

## **Professional Actors Workshop**

This Two-Days Workshop addresses itself to professional, working actors who want to strengthen their acting ability through introductory work on a very personal level - achieving a deeper understanding of one's physical, mental and emotional tools. For being successful on stage, reaching the audience, convincing casters and directors, we must have a full understanding of our "instrument", which is the sum of our abilities, experience and personality.

As a German actor with long years of stage experience I exclusively impart, mediate and train methods, that I consider both essential and proven to be highly efficient by actors of different backgrounds, with work experience in film/television and on stage.

### **What we will do**

The main emphasis of the workshop is to work on a practical level, with only as much theory as necessary. I firmly believe in a "learning by doing", experimental approach, based on the participant's individual strengths and talents.

#### ***First (Warming-up) Phase:***

We start with going "back to the roots", doing playful exercises including observation, improvisation and self-awareness.

#### ***Second (Main Training) Phase:***

We undergo a training of selected excerpts from the work of Michael Chekhov, Lee Strasberg ("Sense Memory"), Konstantin Stanislavski, Sanford Meisner, Stella Adler and others. We (re-)discover the sensation of those methods and combine them into powerful tools of our "acting arsenal".

#### ***Third (Conclusion) Phase:***

We work on the discoveries of the second phase by applying it to a prepared monologue and/or cold reading. We reflect on the experience we made together and conclude this in a final feedback.

### **How we prepare**

We accept to undertake a demanding journey into our artistic potential with the intention of sharpening our senses and further developing our instrument. Therefore, we participate fully on all sessions of the course and prepare in advance at least one monologue (classical or modern).

At the end of the course a certificate can be issued based on successful completion of the workshop.