



How can you be a more exciting actor?

How can you have a more successful career?

Day One

Warmth

- Developing playfulness
- Strengthening your imagination

Generosity

- Balancing the ensemble and the individual
- Finding connection with others and with the audience
- Understanding status as a means of building rapport

Enthusiasm

- Extending the range of the personality
- Getting the best out of the team

Day Two

Danger

- Widening your emotional range
- Nurturing bolder approaches to character

Grit

- Setting values
- Nurturing a positive mindset
- Setting and achieving goals

Day Three

Presence

- Centring energy to strengthen personal presence
- Using *ki* energy

Charisma

- Dealing with stress and tension
- Managing time
- Strengthening the extrovert focus
- Bringing the right energy into the room

Day Four

- Getting to outstanding
- Putting it all together

Preparation

Each person should have learnt by heart:

One classical monologue (preferably Shakespeare)

One contemporary or modern monologue (it can be English or German)

A classical or modern duologue (may need to be prepared with a partner in mind)

All of these should be 1½ to 2 minutes long)

Dress code

Wear anything you can move comfortably in, e.g. track pants, T-shirt.