



*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.