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ACT: Always Creating Theater

A slightly unconventional, informal & practical approach to teaching & coaching a theater class or drama team utilizing principals of communications & character along with lots & lots of improvisation exercises.

My goals

- Have fun.
- Provide a workshop & training ground for= 1) people to learn and/or get more experience in theater; 2) build a drama team for your organization or 3) polish an existing team.

Goals for participants

- Have fun.
- Gain confidence inside & out, on & off stage.
- Find out how to create something with nothing using characterization, communications & improv.
- Discover strengths & weaknesses as well as explore possible hidden talents.
- Learn to work as a team= 1) prima-donnas are lonely people—a team supports each other on & off stage (i.e. would you rather be in a fun, dynamic, creating magic kind of production or an uptight, stressful, is-it-too-late-for-me-to-back-out-now production?) and 2) take those team building skills into any new group situation to build cohesion—or at least be fun to work with where ever you go.

Format

- Topic & discussion
- Always at least 1 or 2 improv exercises= best way to exercise your acting muscles.
- Every other week, 1 hour to 1 ½ hours max, for like 6 /7 sessions??

Requirements

- Any room or area with chairs we can move around.
- Be on time—the curtain waits for no one!

Class Outline

Session 1

Intro= How do you create theater...?

1) ...With communications

Why? Understanding the tools of communications gives you insight into what you're trying to accomplish on stage.

A. Communications consists of 3 parts= Sender, Receiver & Message

2) ...With a character

Why? Your character is your story teller & having a character means you always have a plan.

A. Character consists of 3 parts= Attitude/motive, voice & body language

3) ...and lots of improv exercises.

Why? Improv is the key to great acting by learning to stay in character, builds confidence & develops on the spot creativity. Basically, if you can survive improv—even get good at it—you can handle & face anything for any audience.

A. Improv consists of 3 parts= Character, Creativity & Confidence (individual/team)

About me

- BA in Communications & Anthropology, PR minor= studied how communications creates, builds & maintains cultures (i.e. "teams") as well as the tools for effective communications.
- Helped build the drama team at Summit AG which included lots of improv, writing skits & eventually acting in productions. I also personally figured out how the communication skills I learned really helped with acting because the goals are similar (communications= sender, receiver & message vs acting= actor, audience & story).