

## Stages Of Development as an Actor

1. Being Authentic as self while silent.
  2. Being authentic as self speaking your own words.
  3. Being Authentic as self speaking someone else's words.
  4. Being Authentic as self in a scenario that is unfamiliar to you.
  5. Being Authentic as a character who speaks differently than you.
  6. Being authentic as a character who moves differently than you.
  7. Being authentic as a character who thinks differently than you.
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## Themes of this Class

- Risk
- Truth
- Rawness
- Listening
- Authenticity
- Vulnerability
- Flow
- Spontaneity
- Bold Choices
- Positivity
- Personal Growth
- Confidence



## Exercises

Movement

Voice and Speech

Spontaneity Work

Meditation

Personal Authenticity

Improvisation: Stretch and Spontaneity

Trigger Work (Richard Seyd)

Creating an Environment / Personal Moment

Sense Memory

Imagination Exercises

Subtext Work

Scene Work – "Shoots" and Theater Scenes.

Continuity for Camera

Audition Technique / Taping

Cold Read Technique

Character work – Posture and Movement

Reel Production:

Partnership with [Enlightened Pictures](#)

For more information about classes, contact [david@voicelosangeles.com](mailto:david@voicelosangeles.com)

