



**L I Z Z I E  
W A G N E R  
G R O U P**

# TREAD WITHOUT CAUTION

## Act-Ability 101

Workshop Exclusive to the Lizzie Wagner Group Pty Ltd

**TO KNOW, TO DARE, TO ACT.** Launching yourself into adult life and operating in it successfully, requires self-awareness, confidence and social skills. These programs use drama and acting techniques to focus on and strengthen participant's capacity in all three areas, so they are well equipped to successfully navigate their path through the real world. Leaving your comfort zone and successfully launching yourself into adult life requires self-awareness, confidence and good interpersonal skills. These programs are a journey of self-discovery through drama, movement and voice, using the techniques of the actor to hone and strengthen participants capabilities in all three areas.

Those with disABILITY, be it physical, mental, emotional, and those just want to empower and ignite their self esteem, will find these workshops will assist with life skills, focusing on improved social skills and confidence, through movement, drama and voice training.

Everyone feels they have at some time, limited self esteem, confidence and lack a good understanding and sense of self. Whoever you are ... whatever your age, size, height or for whatever reason - be it a desire to perform, obtain work in the industry, upgrade your skills or simply elevate your self esteem and confidence - this program is for you! We will work with you on the journey of self discovery through individual and team work.

## Key Drama Skills to be explored

- Voice training
- Physical relaxation
- Awareness of the body and how we move
- Delivering a Monologue
- Performance skills
- Self-expression
- Script analysis
- Script writing
- Communicating a character
- Partnered scene work
- Acting for camera: less is more

## Key social skill outcomes from the training

- Improved self-awareness through noticing, exploring and challenging our inner voice in a safe environment
- Improved awareness of how our actions shape other people's impressions of who we are through the exploration of character
- Improved skills to project our best self into the world, through our voice, our body and our words
- Improved ability to separate our external reactions from our internal reactions in order to "ride out" challenging situations and difficult emotions until we can either fix them, accept them or they resolve themselves.
- Improved interpersonal communication through enhanced awareness of "tuning in" to those we are interacting with and collaborate.
- Relaxation techniques to help maintain and improve resilience and equip students to deal with the stresses of stepping out of their comfort zone and embracing challenges in the real world.



## Investment

### \* Program 1 TREAD WITHOUT CAUTION- (5 weeks) Canberra

**Dates:** Thursday 2nd February 2017, 9th February 2017, 16th February 2017, 23rd February 2017, 2nd March 2017

**Times:** 6.00pm - 7.30pm

**Cost:** \$1,100.00 (reduced to \$990 if all 3 programs are undertaken)

**Program 1:** TREAD WITHOUT CAUTION focuses on the voice and movement and how they are used to express character and emotions. Students will become more aware and confident in using their voice and their body to create the image of themselves that they want to project into the world. Through character work, students will also learn about the concept of “the divided self” and strengthen their ability to project an outward image of themselves that is different from their inner state. This is a fundamental skill for playing real life roles like “the confident job interviewee” and riding out challenging situations and emotions with your public image and self-esteem intact. This program culminates in students performing a monologue in front of friends and family.

### Program 1 TREAD WITHOUT CAUTION - (1 day) Western Australia

**Dates:** Saturday 11 March 2017

**(10.00am - 4.00pm)**

**Cost:** \$1,100.00 (reduced to \$990 if all 3 programs are undertaken)

### \* Program 2 IN MY WORDS - (5 weeks) Canberra

**Dates:** Thursday 9th March 2017, Thursday 16th March 2017, Thursday 23rd March 2017, Thursday 30th March 2017, Thursday 6 March 2017

**Times:** 6.00pm - 7.30pm

**Costs:** \$1,100.00 (reduced to \$990 if all 3 programs are undertaken)

**Program 2:** IN MY WORDS enhances the student's ability to express themselves and develop their ideas through working interactively. Students will develop their own script/s, with guidance from an industry professional and through role-play and other interactive drama techniques, where students work together to support the further development of each other's work. The student's focus as an actor will expand to fully tuning-in to their acting partners and thoughtfully responding to their cues. These same skills are essential to successfully navigate interpersonal interactions in everyday life and successful relationships are essential for anyone to thrive. This program wraps up with a performance for friends and family.

**Program 2 IN MY WORDS - (1 day) Western Australia**

**Dates:** Sunday 12th March 2017

**(10.00am - 4.00pm)**

**Cost:** \$1,100.00 (reduced to \$990 if all 3 programs are undertaken)

**\* Program 3 LIGHTS CAMERA ACTION- (5 weeks) Canberra**

**Dates:** Thursday 13th April 2017, Thursday 20th April 2017, Thursday 27th April 2017, Thursday 4th May 2017, Thursday 11 May 2017

**Times:** 6.00pm - 7.30pm

**Costs:** \$1,100.00 (reduced to \$990 if all 3 programs are undertaken)

LIGHTS, CAMERA, ACTION further hones students skills in projecting a character and tuning-in to their scene partners through the experience of acting for camera, which requires a more subtle and "less is more" approach to acting than live performance does. Over the 5 weeks of the program students will collaborate to produce a short film that will be screened for family and friends.

**Program 3 LIGHTS CAMERA ACTION - (1 day) Western Australia**

**Dates:** Monday 13th March 2017

**(10.00am - 4.00pm)**

**Cost:** \$1,100.00 (reduced to \$990 if all 3 programs are undertaken)

Each student will be closely monitored, measuring the depth of detail needed to each comprehensive level without exclusion.

**Early bird pricing; Therefore 5 weeks, \$1,100, (1 day WA) 10 weeks \$1,980, (2 Days WA) 15 weeks \$2,970 (3 days WA) if received by 1/12/2016.** Otherwise the normal price, each 5 week module will be \$1,250 and all three will be \$3,500. Location of venue will be confirmed on final booking pending on numbers!

### Some of the topics include

- Script analysis
- Individual monologues
- Physical and mental relaxation
- Voice training
- Movement and expressions
- Performance
- Thinking on your feet
- Dance and movement
- Script writing
- Live role play
- Dress rehearsal
- Live performances to audience
- Working with camera
- Focusing on character
- Performing for film and camera
- Video production
- Create production for filming
- Social skills and etiquette

**Diploma presentation**

### What you need to bring;

- Note pad, I Pad or recorder
- Comfortable clothing
- Clothing items to be discussed for performances and filming
- A dialogue or speech you would like to present or work on (not if it makes you uncomfortable)
- Snacks and drinks
- A good attitude
- A sense of adventure
- A sense of humour
- A big smile
- Your favourite song or music
- Family and friends for performance/s and diploma presentation
- You will be advised at the end of each session, what is required for the follow day/week.

**Be - to know, To dare, to act ready**



## Some of our trainers include;

Di Centa currently performs in her own productions and collaborates with other art-professionals. She would like to develop and expose her professional experience to promote contemporary dance-art, the study of human movement and the research and analysis of the development of Contemporary Performative Arts.

**Debora di Centa -  
Choreographer/Dance  
artist**

Villanti's extensive experience sees him deliver corporate "live role play" with a broad range from communication skills. From domestic violence to general negotiation skills and conflict resolution, effective in, entertaining and an unquenchable creative passion. Villanti's mentorship will "turn the key" to unlock and assist in reaching your full potential, enabling self discovery and ownership.

**David Villanti - Actor**

Hopkins comes to LWG with a fresh voice in Dramatic Art . Her unbridled passion and instincts for the craft is an ideal platform to launch "Tread without Caution". Hopkins brings a fearless zest to the programming of the workshop. For the Last 14 years Hopkins has built her portfolio within the UK, Europe and US; in both performance and production.

**Victoria Hopkins-  
Actor/Designer**

