



Be Seen and Heard Performance Workshops

Groups
Communities
Musicians
Singers
Teachers
Clergy
Barristers
MPs
Amateur companies

Purpose

Improve your impact, confidence and authority in front of your audience. Communicate with purpose and clarity. Learn how to hold the space. Breathing and relaxation techniques

Process

We discuss your group's collective needs and devise a workshop plan.

Content

Group warm-ups, purposeful games, physical awareness, 'center'-ing, anchors, listening, using the space.

Workshops range from 3 hours minimum- 1-day maximum.

Delegate numbers 1 trainer to 25 maximum participants

Pay off

Learn to perform with confidence and engage an audience. Develop physical awareness and ensemble work

Clients

Paddock Singers, Cello Courses.com, Music Forum, Lewisham College, London Actors.

Feedback

"I'm the chair of The Paddock Singers, a small community singing group who perform a few times a year. We count ourselves massively fortunate to have Pat's professional attention for each performance. Her pre-show workshop has a profound impact on each and every singer and yet ironically this comes about as Pat gets us to move out of being individuals and into thinking, behaving and acting like a pack. And as if this isn't impressive enough, she makes her point with lightness and humour, play and fun.

She's a marvel, we love her, and no-one wants to miss one of her workshops; she makes a bunch of amateurs stand up tall and feel and behave as though they might be professionals"

Catriona Shepard.