

The „Stage Animal“ in me

Fun ways to be present on any stage and to create characters and roles – for singers and speakers

Seminar leaders: Susanne Leitner (link to www.susanne-leitner.at) and Ursula Oelke

How can I be more present, extend myself beyond my comfort zone and deal with embarrassment in situations like presentations, auditions and stage performances? With the help of acting tools we create characters – personages - who live in a different reality, by different rules – stage personages who have the level of energy and presence that's required on stage – far from our own personal state of body and mind. What seems impossible for us in public situations like speaking to people from a stage, suddenly becomes possible – just by the distance of the created personage to my own private person. I am free to express myself and my personage can and dares to do all the things I personally wouldn't or couldn't do.

This creation of a personage can happen in different dosages. It ranges from a „homeopathical“ dosage where it's not possible for the audience to tell a difference between the private person and the stage personage to developing artificial personages with their very own identities.

Additional topics:

- Stress management
- Voice training (basics)
- Gestures
- Vocal and physical presence
- Emotionality in presentation
- Body language – stereotypes
- Relationships between the performers
- Relationship between singer/presenter and audience

The seminar leaders:

Ursula Oelke and Susanne Leitner met in their training to become an Integrative Voicetrainer (Integrativer Stimmtrainer IST®). Since 2007 they have been leading seminars for stage presence together, first on Lesbos (GR), now also in Vienna (AUT) and St. Gallen (CH). What started as an experiment has developed into a successful workshop concept, enriched by the different musical roots as well as their love for people, music and stage performance.