

# ACTIVATE PRIVATE TUITION

CREATIVE LEARNING  
ONLINE & IN PERSON



# ABOUT US

UNLOCKING POTENTIAL | HARNESSING IMAGINATION | NURTURING CREATIVITY

## WHO WE ARE

ACTivate is a small team, passionate about equipping students with the **core skills** they need to **pursue their goals, take risks** and express themselves with **credibility, confidence** and **conviction**. Founders Alex and Phoebe are professional actors with over ten years of experience, working with renowned organisations such as the RSC, BBC, National Theatre and Shakespeare's Globe and appearing in hit West End shows such as Matilda, Motown and Pretty Woman. With a background as drama facilitators for young people, Alex and Phoebe established ACTivate Workshops in early 2019 and use the skills they have honed as actors to **enrich learning, harness imagination** and **unlock creative potential**.

## WHAT WE CARE ABOUT

- Young people feeling **ownership** over their work and excitement about learning
- Nurturing **confidence** and **self-esteem**
- Encouraging **independent thought** and **emotional resilience**
- Practising **risk-taking**, learning to **accept failure** and embracing it as an opportunity to learn
- Offering a space for young people to develop their **imagination** and explore their **identity**
- Practising the habit of **self-reflection**, improving **self-awareness** and building **social confidence**
- Cultivating the art of **collaboration, communication** and **problem solving**
- Encouraging young people to consider their **impact** on others and the world around them

## TUITION INCLUDES:

### PERFORMING ARTS

Creative Writing & Devising (pg 2)  
Our Bodies in Performance (pg 2)  
Theatre Background & Design (pg 3)  
Creating Character (pg 3)  
Super Storyteller! (pg 3)  
ACTivate WEST END! (Singing, Drama & Dance/Movement, pg 4)  
Exam Preparation (pg 4)

### ACTIVATE PROJECTS

Make your own documentary! (pg 2)  
Record your own audiobook! (Pg 3)  
Record your own song (or album!) (pg 3)

### CHARACTER EDUCATION

Public Speaking & Presentation (pg 5)  
Interview Skills (pg 5)  
Creative Leadership (pg 6)



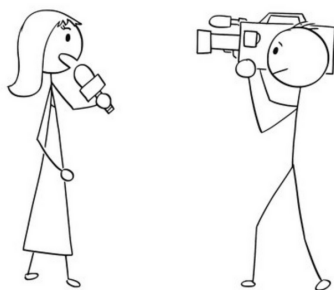
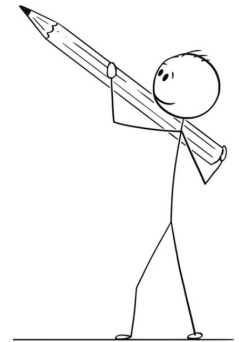
We work with you to make sure your child gets the most out of our sessions together, designing a unique programme that suits their strengths and interests.

## CREATIVE WRITING & DEVSING

Focussing on the process of conceiving and developing a script, whether it be for radio, stage or a piece of narrative text to record as an audiobook (see above). We explore:



- Imaginative and practical exercises to encourage lateral thinking and **creative play**
- Getting lost in another world!
- Practising **focus** and **channelling creative energy**
- Developing **consistent, clear narratives** and **detailed characters**
- **Shedding inhibitions** - putting your head in the lion's mouth!
- Connecting with **creative instinct** and encouraging personal **initiative**
- **Tackling perfectionism** and confronting the **fear of failure**
- Sessions culminate in a sharing of a written monologue/duologue, or even recording it as a radio/audio project.



## MAKE YOUR OWN DOCUMENTARY!

The student is guided through the process of shooting, presenting and editing a film on a subject of their choice.

These sessions are fantastic fun for students who love youtube and vlogging! Click [here](#) to see a project we made recently with a student to find out more.

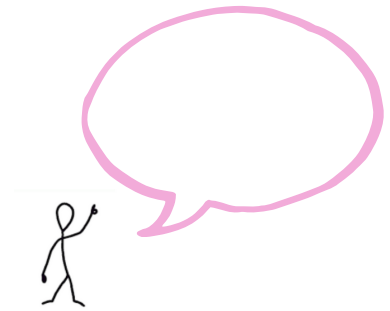
## OUR BODIES IN PERFORMANCE

- We explore our bodies and the important of **physicality** in performance.
- An introduction to the key elements of physical **stagecraft**
- Understanding the impact of **body language** on the way we communicate
- Changing our **physicality** to create characters
- Working from the **outside-in**
- Characterising and *hot-seating* inanimate objects
- Practising the key principles of confident expression – **breath, voice and body.**



## CHARACTER CREATOR!

- An introduction to **voice, physicality** and **movement**
- Inventing a detailed **back story**
- Exploring **given circumstances, objectives** and **obstacles**
- Transitioning between characters on stage
- Working from the **outside-in** - leading with body parts and exploring physicality



## THEATRE BACKGROUND & DESIGN



- What is a **performance** and what do you need to make one happen?
- Examining the role of the **audience**
- Different **playing styles** and stage set ups and the impact on the performer and audience
- A whistle stop tour of **theatre history** and how our stages have shifted over time! From Jacobean stages like the Globe Theatre to modern arenas
- Breaking down the key elements of theatre design: **lighting, sound, set, props, costume.**

## SUPER STORYTELLER!

- Exploring different styles of and honing skills in storytelling.
- Focus on **pace, delivery, volume, word painting** and **vocal colour**
- Creating **detailed, vivid characters**
- Communicating with **clarity** and **confidence**
- Understanding the arch and **structure** of the stories we tell
- Learning to identify and understand devices used in **effective storytelling**



## RECORD YOUR OWN AUDIOBOOK or SONG!



An extended project to record a piece of creative writing or a favourite book, short story or song. We practise performance and voice skills, looking at pitch, pace, volume, pause and for song recordings, a range of singing and recording techniques. We create a **high quality audio MP3/MP4 recording** or **CD** with cover and case, fully edited with music and sound effects.

\*This often goes down well as a great gift for grandparents or other family members!



# WEST END AT HOME!



With over 10 years of experience in hit West End shows, Alex and Phoebe share their **passion** and **experience** during these sessions which feature *Matilda*, *School of Rock*, *Tarzan*, *The Wiz*, *Hamilton* and many more! These workshops are **high octane** and **action packed** and guaranteed to leave kids **energised, engaged** and wanting more!

YOU WILL NEED

## SINGING

- Understanding singing technique
- Exploring the **breath** and its use in singing
- **Acting through song**
- Transitioning from **speech** to **song** on stage
- **Word painting** with lyrics
- Choosing sounds and **vocal qualities** to match character
- **Improvising** and scat singing!
- Singing for **joy!**



## DANCE & MOVEMENT

We take students through **dynamic, energetic routines** from hit West End shows such as *Matilda*, *Mamma Mia*, *School of Rock*, *Wicked* and many more.

These sessions are tailored to appropriate levels and we welcome **ALL abilities!** We want to get students moving and leave them on a real high!



## DRAMA

- Exploring **voice, physicality** and **movement**
- Inventing a detailed back story
- Exploring **Given Circumstances, Objectives** and **Obstacles**
- Transitioning between characters on stage
- Working from the outside in - leading with body parts etc
- Focus on **pace, delivery, volume, word painting** and **vocal colour**
- Creating detailed, **vivid characters**
- Communicating with **clarity** and **confidence**
- Understanding the arc and **structure** of the stories we tell
- Learning to **identify** and **understand devices** used in effective storytelling



Our very own Alex starring in *Matilda!*

## EXAMS

We also prepare students for Singing and Drama exams with the following boards:

**ABRSM**  
**LAMDA**  
**Trinity Laban**  
**Guildhall**



## PUBLIC SPEAKING | PRESENTATION | INTERVIEW SKILLS

Suitable for **ages 11+**, these sessions are all about **boosting confidence** and equip students with the **core skills** they need to **hold their own** when speaking in public. We explore:

- Identifying and practising effective public speaking techniques, expressing yourself with **confidence, dynamism** and **conviction**
- Understanding the relationship between **breath** and **voice**.
- Practising **vocal projection** and 'colouring' the voice.
- Exploring practically the impact of **body language** and physicality on how we feel as well as how we are perceived by others
- Strategies for **coping with nerves**
- **Active listening** and **first impressions**
- Practising the habit of **self-reflection**
- Identifying and practising the 3 key objectives in public speaking: **inform, persuade, entertain**
- Considering qualities of successful (and unsuccessful!) leaders. What is their **influence/impact** and why?

YOU WILL NEED

→ Questionnaire  
→ Handout

How can I use my  
breath, voice and  
body to have  
influence and  
impact?

What is my impact  
now and what would I  
like it to be?

How can I convey my  
ideas with credibility,  
confidence and  
conviction?

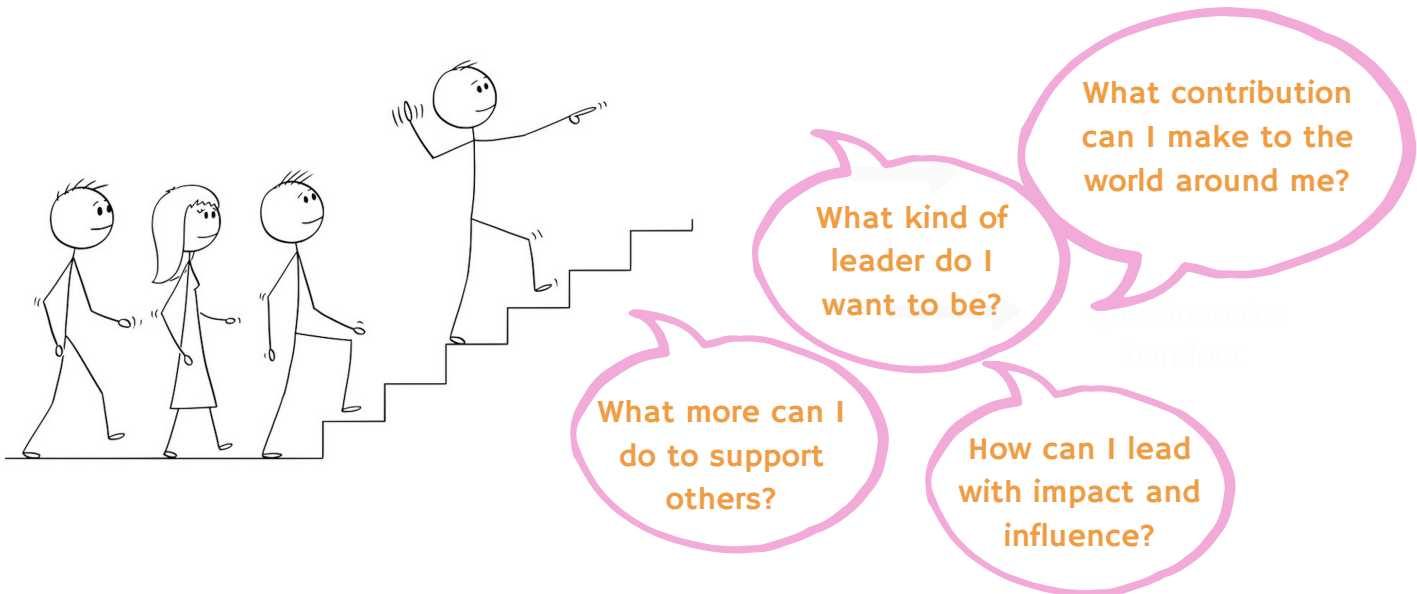


### ACTivate Challenges!

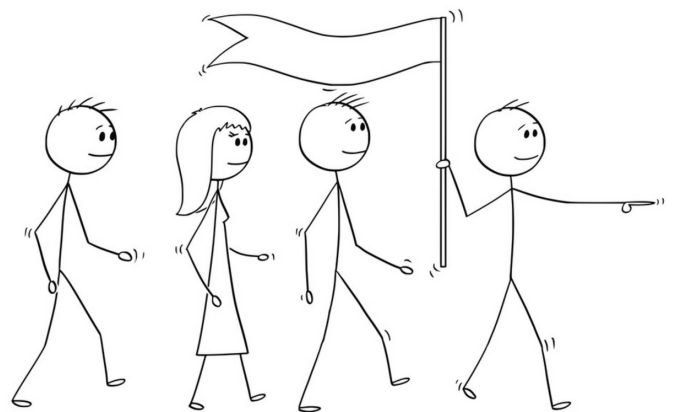
- Write and present your own TED talk on a topic of your choice!
- Write, deliver and even film your opening speech as Prime Minister outside Downing Street!
- Become a news reporter and film your own news bulletin!
- Formal interview practice (if appropriate)

## CREATIVE LEADERSHIP & GROWTH MINDSET

An introduction for students aged 11+ to Creative Leadership & Growth Mindset.



- Considering the question **'what makes a good leader?'**
- Identifying examples of different **types of leadership**
- Considering which **personal qualities** lend themselves to leadership – which of your unique strengths **impact positively on others** and why?
- Developing **time-management** skills
- **Harnessing resilience** and **re-thinking failure**
- Considering different methods of communication and learning to interpret **non-verbal signals**
- **Tackling perfectionism** and exploring **lateral thinking**
- Strategies to cope with **nerves** and **performance anxiety** and altering negative thought patterns
- Understanding the difference between **'fixed mindset'** and **'growth mindset'**.
- Building the habit of setting short and long-term **goals**. Dedicated time to review goals and **targets** for the week.
- Identifying two anticipated **challenges** for the week and brainstorming **strategies** to navigate these
- Reflection on a growth mindset based 'thought of the week'



# ACTIVATE WORKSHOPS

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