

Experience

I have spent twelve years working as an actor and creative collaborator in mainstream theatre, fringe theatre and theatre in education, with companies such as Melbourne Theatre Company, Playbox, Eleventh Hour, Arena Theatre Company, James McCaughey and Co and Short Attention Span.

During this time I have also worked in the Victorian Public Service. Working simultaneously on the creative development of theatre projects and high-level project management, I have discovered the benefits of sharing the methods and skills used in the theatre and performance with the business world.

I have a Bachelor of Arts from Monash University and graduated from the Victorian College of the Arts in 1997.

With Somersault I have developed the curriculum for and delivered Communicating with Impact and Theatre of Change and Performance workshops.

Typical Recent Assignments

- Conducting a communication and performance skills workshop for a group of experienced facilitators.
- Conducting a vocal skills and body awareness session to enhance communication to a group of industry leaders.
- Conducting workshops in reflective feedback and the actor director relationship for middle managers to assist them to get the best performance from their teams.
- Coaching senior leaders to build their confidence and influence.

I'm known for:

- Enabling clients to build more effective and authentic communication skills including personal presentation, vocal dynamics and clear expression of ideas.
- My knowledge of techniques used by performers, artists and technicians in creative collaborations that enable dynamic interactions and innovative problem solving.
- My ability to translate creative techniques into business language.
- Strong interpersonal skills and a high level of sensitivity and empathy that allows me to communicate and coach effectively.



"I believe there is a clear relationship between the worlds of Performing Arts and Business. When people become more confident and find strategies to use their body and voice, they become more authentic. They become themselves."