

## **InsideOut Coaching** with *Mavis Scully* for **Serious Pre-professional students**

### Hourly Sessions - In Person/On-Line

\$65 per 1 Hour - \$97 for 1 1/2 Hours

### **Payment Due Day of Session**

- Via Cash, Check, Venmo or PayPal -

**Cancellation Policy and Fee:** Please give 24 hour's Notice or more if you will miss your session. I have a waiting list and can fill your spot with enough notice. Also, like you, I need to plan my days as best I can! There is **a \$35 charge for same day cancellation and NoCall/NoShow on day of scheduled session**

### **Expectations for New and Continuing Students: READ CAREFULLY**

Our work together is a Partnership. Each of us has our job and responsibility in making your training a success each week. For your maximum growth in this work:

#### I commit to:

Consistent scheduling of my time to work with you; to guide, challenge, nurture, raise the bar with diverse resources, an open mind, heart, ears and complete focus on you and your work - including being truthful in my assessments and helping you work through elements that may be effecting, influencing, hindering you from your best work.

#### You are expected to commit to:

Consistent scheduling of your time to work with me; to consistently work your pieces on your own with diligence, utilizing the tools - methods, and techniques you learn in our sessions; to be truthful, open and willing to work beyond your perceived limitations and trust me in the process; and to check your email for correspondence from me.

#### As your book of work expands:

Some sessions will include discussion of future options for training, education, career, broadening of work experience ie: agent representation, preparation for upcoming auditions and working on roles in which you have been cast.

#### **Communication is KEY:**

I will do my best to let you know of schedule changes or other issues, and to send monologues/information to you in a timely manner. Please show me the same courtesy by letting me know what your plans are for vacations, school conflicts, family obligations. We are a Partnership!

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Overall goals:

1. **Creating a confident, well-rounded, employable Artist**
2. **Building/Expanding Your Audition Repertoire** through:

*How to do the deep and thorough prep work:*

### **Clarifying the basics in Monologue work:**

Analysis, Excavation, Beats, segments, movement and vocal exploration, substitution, imagery, breath work, line/beat repetition, moment to moment thought and physical connection, experiential exercises that bring forth an honest/truthful/authentic interpretation of the characters in your pieces.

*Combined with:*

Research, discussion, audition prep, and help with knowing type and how to decide material right for you

- In several month's time you will have 5 to 7 monologues from Contemporary, Classical, Comedic, Dramatic, Serio-Comic that you can mix and match for a strong audition package for any audition.
- Throughout the process of weekly work, there will be: mentoring, discussion, advising on next steps, working towards a specific audition (*when they come up*), working through roles in which students have been cast, and helping students take more ownership of their personal practice time to obtain a stronger outcome.
- Musical pieces ( MT songs, arias, art songs, etc.) may be worked as well - acting through the song - using the same model as monologue work.
- **Students are expected to work their pieces consistently throughout the week between sessions.**