

# Workshops and Classes

*Each class can be modified appropriately for a variety of ages and experience levels.  
To chat more, drop me an email at [kelly.pekar@yahoo.com](mailto:kelly.pekar@yahoo.com)*

## **Character Creation Workshop**

Students are guided through the process of creating a character using text, movement, and physical exploration. While developing tools to apply to their next role in a play or musical, young artists will expand the bounds of their empathetic spirit, take risks in a supportive environment, and learn how to make memorable character-driven choices that enhance any story being told.

## **Fueling Yourself As an Artist**

Arriving at college or in a new city can feel stressful in many ways - including finding ways to build supportive meals and snacks that are sustaining through a full day of classes, rehearsals, auditions and day jobs. Add budget limitations, dietary preferences, college meal plans, and the emotional/psychological aspects of eating to the mix, and the simple act of feeding oneself can feel overwhelming at times! This workshop is ideal for young artists in college or musical theatre programs, recently graduated students, or those who are looking to navigate the role that nutrition plays in the life of an artist. *\*Kelly is a Certified PN LI Nutrition Coach*

## **Acting as a Profession Workshop**

The business of being an actor can feel daunting, and there is no one "right" path to building a life in the arts. This workshop focuses on using the resources you have, navigating barriers and setbacks, "making it work" financially, investing in your career where you can, and how to wear your business hat while not losing your artist heart.

## **Monologology Workshop**

A writing-based workshop with elements of performance, students will finish the experience with a self-written monologue. Curating their own narrative, developing a compassionate listening ear, and cultivating a heightened attention to the world around them, this empowering workshop takes storytelling to a new level.

## **Acting the Song Workshop**

Each student will come to class with a 16 or 32-bar cutting of a song they wish to work on. Through nurturing exploration and play, each student will receive one-on-one coaching time and have the opportunity to support the growth of other students as their songs come to life in deeper ways.

## **The Anxiety-Monster Workshop**

Students are guided through the process of identifying, naming, and giving life to their "Anxiety-monster" - the voice in their life that fosters negative self talk, blocks creativity, and impedes their work as a young artist. An empowering combination of arts and crafts, movement work, speech/text, and group chat, students will cultivate tools for negotiating the relationship with their critical voice,

while claiming and celebrating what makes them unique to the world. *\*Kelly is a trained Crisis Counselor and has worked as a volunteer Counselor with The Trevor Project*

### **Text Analysis Workshop**

Once you've been cast in a play or musical- how do you begin your own work on the material? Exploring both classical and contemporary texts, this workshop is an engaging fusion of reading, writing, performance, and can enhance school work in classes like Literature and History, as well.

### **Create-a-piece-Workshop**

Students will work together to create a short play to be performed at the end of the workshop day. Education about play structure, brainstorming, casting, rehearsal - all done in a period of cooperative, rapid-fire fun! This can be used in conjunction with a school or camp curriculum, or be a free-form experience devised by the group.

### **Private Coaching**

One-on-one coaching in 1/2 hour or hour long increments. College audition prep, monologue selection and/or coaching, working on an audition side or song, preparing for a public speaking engagement, or something else of your own imagining!

## **Teaching Artist Statement:**

*As a current working actor, I'm passionate about preparing students for the "survival" side of the industry, and have a particular interest in exploring the relationship of class to this art form - how to navigate a career path in the arts if you don't come from generational wealth or have outside financial support. I believe that the same creativity we engage with as artists can be applied to forging unconventional approaches to a career. As a trained Crisis Counselor, I'm also enthusiastic about discussing mental health and the development of resilience.*

*As a teaching artist, my values include creating an atmosphere of empathy, trust, and safety for every young artist. I provide actionable feedback that is tailored to the unique needs, talents, and learning styles of each individual, based on two decades of acting professionally. I also believe in dismantling gate-keeping, and that diversity of all kinds improves and informs every experience.*

*My credits as an actor span Off-Broadway, London, voiceover work in multiple animated series, video games, and audiobooks. I have a private coaching practice and have taught, directed, and worked with young people for the last decade. <http://www.kellypekar.com>*