



Performance for Professionals

Performance for Professionals classes apply techniques & curriculum used in professional actor training to organizations, businesses and individuals looking for profound and meaningful development.

performance for professionals I: **the art of skillful public speaking**

Personal, in-depth co-instruction and practical training in vocal and physical techniques that enhance personal presence and overall effectiveness in public speaking from the boardroom to the Ted Talk.

performance for professionals II: **mastering difficult conversations**

Through improvised scenarios and exercises in mindfulness and self-awareness, participants gain confidence in skillfully negotiating, mediating and resolving difficult situations.

the authentic professional persona

Knowing your persona is a valuable tool that can direct, guide and inform your growth as a professional. Participants explore how to discover, shape and authentically present oneself in an optimal way in interviews, conferences, team meetings, public announcements and one-on-one interactions.

the art of the on-air interview

Explore the art of recording an effective interview through interactive viewing exercises, on-camera practice, instructor feedback and group discussion. Participants are empowered to think critically and speak effectively in various situations including producing usable sound bites and preparing for an interview.

performance for professionals **workout I: innovation and productivity**

An on-your-feet interactive exploration of essential acting skills designed to help participants improve spontaneity and enhance problem-solving & team building skills. *Innovation and Productivity* consists of vocal, physical and internal exercises to achieve the practice of intuitive decision-making, innovative collaboration and that elusive creative state of mind.

performance for professionals **workout II: discipline and ritual**

A restorative exploration of essential acting skills that help professionals of every field improve resilience through disappointment, set-back, and success. *Discipline and Ritual for Wellness* consists of relaxation exercises, stress-management skills and focused, individual coaching. This "put your own oxygen mask on first" course reveals how the habits of a healthy artist enhance the life of the executive.

arvold.education will work on a project-by-project basis to tailor the perfect curriculum for your organization, business or event.

Please contact Denise Stewart at education@arvold.com or call (434) 529-8442.



Erica Arvold has been a guest instructor and speaker for over 25 years. She shares insights from a career as a casting director and producer that spans major studio films, television shows and multimedia projects. Collaborating with students and faculty at universities, schools and acting studios, as well as frequently appearing as a panelist, moderator and mentor for film festivals across the country, Erica founded arvold.education with the goal of raising the bar for both film artists and professionals through training and collaboration.



Denise Stewart, Director of Education, coaches organizations, adults and teens on public speaking skills as well as developing ritual and discipline for health, creativity and productivity. Clients include Martha Jefferson Hospital, Kluge Children's Rehabilitation Center and CFA Institute. As playwright and actor, Denise toured her one-woman show, *Dirty Barbie and other Girlhood Tales*, internationally. She has a BA in Theatre from Catawba College, and an MFA in Playwriting from the University of Virginia where she is currently a lecturer in the Department of Drama.



Mercedes Herrero's acting career spans three decades, two continents and three languages. She was a 2017 Visiting Professor at Bennington College and taught with the Cervantes Institute and Middlebury College. At the Language Learning Enterprise in Washington DC, she prepared U.S. diplomats for their FSI exams prior to being stationed abroad in a Spanish speaking country. As a private coach, she has worked with young actors for conservatory/school auditions, and professional actors for everyday auditions including monologues and scene work. Mercedes received an M.F.A in Acting from Yale School of Drama.



Judith Reagan has coached oral presentation for faculty and students at UVA, JMU, Tulane, Cornell and Georgetown and has worked with legal, medical, engineering, and business professionals, including the Sorensen Institute for Political Leadership. She is a teacher and coach with more than 20 years experience at the University of Virginia as Associate Director of the Center for Teaching Excellence and in the Department of Drama. A longtime member of Actors' Equity Association, Judith most recently starred in *Chapatti* at Heritage Rep.



Richard Warner is a master acting teacher and coach. As professor of acting for over 30 years at the University of Virginia, Richard had the honor of coaching Tina Fey, Ben McKenzie (*Gotham*, *The O.C.*) and Sean Patrick Thomas (*Cruel Intentions*, *Barbershop*). He received UVa's Outstanding Teacher Award, the Mayo Distinguished Teaching Professorship and was selected as an inaugural member of the University Academy of Teaching. In New York City, Richard studied with Michael Howard and performed at Manhattan Theatre Club and Douglas Fairbanks Theatre.



Eva DeVirgillis is an actor, coach, keynote speaker and activist for radical self-acceptance and female empowerment. She recently returned from a global speaking and research tour expanding her TEDx Talk *In My Chair*. An Adjunct Professor at Virginia Commonwealth University's School of Business; Eva teaches students fun, creative, and out-of-the-box methods to giving winning presentations. Hailing from NYC, Eva studied under renowned actor Vincent D'Onofrio and has appeared in numerous films and television shows.



Scott Wichmann is an award-winning stage, film and television actor who has served as Actor-in-Residence at the University of Richmond and as adjunct public speaking professor at the Virginia Commonwealth University School of Business. Scott is an accomplished cabaret performer, director, and author of several educational plays for Theatre IV America. He holds a B.A. in Theatre and Speech from Wagner College, Staten Island, N.Y., and proudly serves as a Mass Communications Specialist in the U.S. Navy Reserve.