**Alexander Bell**

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## Education

* MA Actor Training and Coaching – Royal Central School of Speech and Drama – Distinction
* BA (Hons) Acting – Northampton University – 2.1

## Professional Profile

I have been a Teacher/Coach for almost a decade and consider my approach ‘person-oriented’, with an emphasis on the students and working with their unique skills. I will often get students to approach the material in a variety of different ways using various techniques and practitioners to show that they can make several choices with their work, rather than trying to stick to ‘one’.

I have an MA in Actor Training and Coaching from Central School of Speech and Drama, which has helped down to develop my approach further with a grounding in play and clowning and has inspired me to write a PHD proposal, exploring ‘How I might use elements of tabletop gaming to create a more open environment with student and teacher.’

## Influences

Michael Chekhov for his use of the psychophysical and exploring ‘bold choices’, John Wright for his use of play and clowning and Sanford Meisner for his use of allowing the students to believe they are good enough and just to focus on the other.

## Specialist Skills

Characterisation with a focus on Chekhov to allow the actors to feel and emphasise with the characters more and connect to the part. Scene Studies with an emphasis on play and making choices quickly and easily and allowing for ‘failure’ and helping students to understand themselves as both an actor and an ensemble (which I achieve combining a variety of techniques such as Laban and Clowning, so that students can explore all sides of ‘themselves’

## Employment

* **Trestle Theatre Co LTD, St Albans –** **January 2023 to present**   
  Workshop leader working with students on core acting methodologies, such as Laban, Chekhov, Stanislavski and Lecoq  
  - Working with a variety of students, including people with neurodiversity’s and different levels of skill, with the aim to create an inclusive environment   
  - Developing workshops, which allow students of all levels to participate and allowing for reasonable adjustments   
  - In charge of opening and locking up and making sure the health and safety is correct
* **Royal Central School of Speech and Drama, London – July 2019 to present**Visiting lecturer on MA Actor Training and Coaching, Central evening courses (Shakespeare, audition technique, intro to acting and working with text) and teacher on Central Acting Diploma  
  - Run the ‘intro to acting’ / ‘working with text' evening course (Online and in person) exploring various techniques for a Toolbox approach and then applying this to scripts  
  - Director on a devised version of Gorky’s ‘The Lower Depths’ with the Acting Diploma  
  - Have delivered workshops to local schools and colleges as part of their outreach
* **East 15, Loughton – October 2022 to November 2022**

Teaching MA Acting students on fundamental acting skills

- Teaching Stanislavski techniques, such as objectives, obstacles, and actions

- Directing scenes from Chekhov’s ‘The Cherry Orchard’  
- Giving both verbal and written feedback to students at the end of the module

* **LAMDA, London – October 2022 to October 2022**Running a workshop with MA Acting students on Michael Chekhov   
  - Exploring Michael Chekhov ‘centres’ with students  
  - Helping students to make bold choices within their work  
  - Bridging the gap between Chekhov’s technique and scripts
* **Italia Conti, London – September 2021 to March 2022**

Acting tutor for 1st Year BA Acting students on the Devising Project and working with 2nd years on comedy skills and outreach devising course with University of East London  
- Teaching 1st year students acting fundamentals leading towards their first presentation of work, which is a devised piece based on Fairy Tales.  
- Working with 2nd years on heightened characters and working on comedic timing leading to a comedy showing   
- Working with University of East London with students for NT Connections and devising a new play for the Edinburgh Fringe

* **Identity School of Acting, London – April 2021 to January 2022**  
  Tutor for foundation and intermediate students
  + Teaching on various acting courses of students of different skill sets and needs. Students cover a wide range of ethnic and social backgrounds and classes must reflect these differences.
  + Preparing and directing students for an industry showcase
  + Working with students both online and in person and identifying exercises from various practitioners to get the best results
* **Performance Preparation Academy, Guildford – February 2021 to October 2021**  
  Visiting lecturer for 3rd year BA Acting students.
  + Running a four workshop on playfulness and Clowning and how to apply these techniques to the current industry.
  + Exploring risk taking and mindfulness
  + Using techniques to work with texts and auditions.
* **Holly Road Productions, St Albans – 2015 June to October 2017**Established a theatre company: as Artistic Director I worked on selecting and producing plays at the Maltings theatre, St Albans.
  + Time management to make sure that every part of the production ran well, and we were able to achieve what we had set out too.
  + Facilitating both creative team (actors/designers) and working with the public
  + Selection of plays that we performed and casting responsibility.
* **Theatrix Drama School, St Albans - April 2015 to March 2021**Teacher for students preparing for Trinity exams and auditions
  + Audition preparation (Drama school and theatre/film jobs)
  + Leading private and group classes of various ages and skill sets
  + Introducing students to acting methodologies and improving their individual skills

***More employment available on request***

Workshops/Masterclasses Attended

* Bella Merlin exploring Stanislavski’s approach to text
* John Wright exploring pathetic and tragic clown and devising
* Peta Lily exploring basic clown
* Bridgit Panet exploring Laban
* Jon Davison, exploring using clown in traditional actor training
* Barbara Houseman exploring techniques with text
* Anne Bogart exploring viewpoints

## Other Relevant Experience:

* Speaker at Central School of Speech and Drama’s 2019 TEDx Talk
* Working as a role player with the Royal General Medical Council and Alter Ego Creative Solutions Ltd
* Facilitating events at the Maltings Theatre and working with private students on dialect and accent training and singing either for auditions or to help improve their confidence
* Have led workshops with Level 2 & 3 students at different colleges in Hertfordshire & London
* Led a lecture on presentation skills at the University of Bedford with business students.

## Other Training/Qualifications

* DBS Check
* ATCL Musical Theatre Diploma
* CPD Qualification in Psychology
* TQUK Level 2 Certificate in Awareness of Mental Health Problems (OA)
* UK Passport
* Full UK Driving License

References  
Name: Dr Jessica Hartley  
Job title: Course Leader MA/MFA Actor Training and Coaching  
Company Name: Royal Central School of Speech and Drama  
Email: [jessica.hartley@cssd.ac.uk](mailto:jessica.hartley@cssd.ac.uk)   
Relationship: Course Leader/Lecturer  
  
Name: Jake Harders   
Job title: Teacher  
Company Name: Met Film School  
Email: jakeharders@hotmail.com  
Relationship: Manager/Colleague