

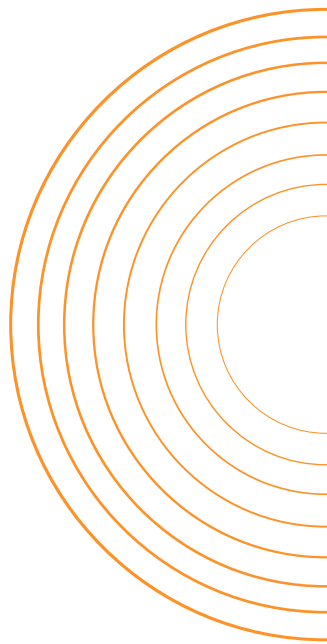
[www.seanhollands.com](http://www.seanhollands.com)

[sean.a.hollands@gmail.com](mailto:sean.a.hollands@gmail.com)



# SEAN HOLLANDS WORKSHOPS

Drama Workshops for Students at  
GCSE, A-Level, and University.





# About Sean

Sean Hollands is a highly experienced professional Theatre Director and Movement Director with a decade experience.

Sean has worked for renowned companies such as the *National Youth Theatre of GB*, *Frantic Assembly*, and multiple drama schools. As a recipient of the prestigious Bryan Forbes Award, his dedication to his craft is evident in every aspect of his work.

Sean has successfully facilitated workshops for students across various educational levels, ranging from secondary schools to universities and drama schools. With a keen focus on inclusivity and accessibility, he is adept at tailoring his teaching methods to meet the diverse needs of students, ensuring a transformative and engaging experience.

The workshops offer a rich spectrum of skills and techniques that empower students to unlock their creativity, and develop a deeper understanding of the theatre processes.

Sean creates dynamic and supportive learning environment that encourages students to take risks, think critically, and collaborate effectively. His workshops foster a holistic approach to theatre, emphasising both practical skills and theoretical foundations.

[www.seanhollands.com](http://www.seanhollands.com)



# Workshops

## Approaches to Devising

In these sessions, Sean explores approaches to creating devised theatre. These sessions are all about how to move from a stimulus and get creating. The goal is to stop talking and get making! The workshop includes tasks and processes to help students shape their ideas. We also look at different ways that material can be structured to make captivating and engaging theatre.

The objectives of the workshop are:

- **Creative Stimulus Exploration:** Participants will learn effective techniques for generating ideas and exploring various stimuli as sources of inspiration for devising theatre pieces.
- **Idea Development and Shaping:** Participants will learn practical tools and exercises to develop and shape their ideas, transforming initial concepts into the start of coherent narratives or performance pieces.
- **Creative Risk-Taking:** Participants will be encouraged to take creative risks, step out of their comfort zones, and challenge traditional conventions to push the boundaries of their devised work.



# Workshops

## Physical Theatre and Movement

This workshop is all about learning tools to create movement which is inspired by a text or stimulus. Students will learn how to find inspiration for movement in stimulus, and then explore processes for turning it into action. They will be shown how to analyse movement so they can go beyond the initial ideas, and make considered pieces of physical theatre in their work.

The objectives of the workshop are:

- **Movement Inspiration:** Participants will learn effective strategies to find inspiration for movement from various stimuli, such as texts, images, music, or personal experiences, and how to translate these inspirations into physical work or tasks.
- **Exploring Physicality:** Participants will engage in movement exercises to explore their physicality, develop body awareness, and expand their movement vocabulary for creating dynamic pieces of movement.
- **Reflective Practice:** Participants will engage in reflective discussions to analyse and evaluate their own and others' movement work, fostering critical thinking and self-assessment for personal and creative development



# Workshops

## Text to Performance

This workshop is all about analysing a text and translating it into performance. In this session we will look at how to break down the component parts of a scene, how to explore character, and how to apply tools to the text to enhance performance.

Students will leave the workshop with processes to approach text, then be able to apply creative action to their discoveries.

The objectives of the workshop are:

- **Text Analysis:** Participants will learn strategies for effectively analysing a text, including understanding its structure, themes, characters, and subtext, to gain a deeper insight into its meaning and potential for performance.
- **Interpretation and Creative Action:** Participants will learn approaches to interpreting a text and applying creative choices to enhance their performance, including exploring alternative viewpoints, experimenting with different staging and blocking, and making bold artistic choices.
- **Performance Confidence:** Participants will build confidence in their performance abilities through practical exercises, scene work, and constructive feedback, empowering them to deliver engaging performances.



# Workshops

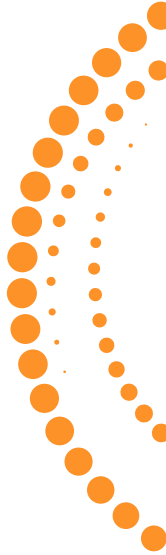
## Residency and Performance Direction

Sean is also available to deliver residency programmes or assist in the direction of productions. Residencies can be workshop focused, working with multiple or single classes over an extended period of time. Residencies can also be focused on production creation.

This could include but is not limited to:

- Collaborating with students and educators to devise and create original productions from scratch, providing guidance and support throughout the creative process.
- Assisting in the direction of existing productions, offering expertise in areas such as movement, staging, and overall artistic vision.
- Conducting in-depth workshops and masterclasses on specific topics related to theatre, movement, or performance, tailored to the needs and interests of the students.
- Providing one-on-one coaching and mentoring sessions for individual students or small groups, offering personalised guidance and feedback to support their growth and development as performers.
- Offering consultation services for schools or drama departments seeking to enhance their theatre programs, providing insights and recommendations on curriculum development, production planning, and artistic direction.
- Facilitating audition workshops, equipping students with essential skills and techniques for auditioning in the theatre industry, including monologue selection, character exploration, and performance preparation.

Please note this doesn't include Direction for exam performances.





# Workshop Details

## *What you need for your Workshop.*

- Students studying GCSE, A-Level, or above.
- A space large enough for students to move around the space.
- A good sound system for playing music.
- Either with a bluetooth or jack lead connection.
- Access to chairs, pens, and paper.
- A student group between 10 - 25, unless discussed otherwise
- A room **without** carpet
- Students need to be in clothes they can comfortably move in

## *Health & Safety*

- I have an Enhanced DBS and my details can be provided on request for the Update Service
- A member of staff must be present in the room at all times
- Any injuries must be reported ahead of time as much is possible
- Any additional needs must be reported ahead of time as much is possible
- The physical workshops in particular can be physically challenging. While I will make the workshops accessible, certain injuries may prevent participants from taking part in exercises. If you are concerned about this, please do ask, and I will make accommodations.

[www.seanhollands.com](http://www.seanhollands.com)





## Prices 23/24

All individual workshops can be delivered between 2 and 6 hours.

2 Hour Workshop: £250 + Travel & Accommodation

4 Hour Workshop: £350 + Travel & Accommodation

6 Hour Workshop: £450 + Travel & Accommodation

Accommodation may not always be required.

Quotes for Residency packages are provided on request. I am also available for longer term collaborations, please enquire if you would like to explore a bespoke project.

If the workshop is rescheduled in less than 10 working days of the session, the host must pay a £50 administration fee.

If you would like to discuss prices please reach out over email. I am happy to consider adjustments, however these may not always be possible.



# Testimonials

*"Sean created a brilliant energy from the moment the session started, he somehow skipped passed the inevitable awkward stage of a drama workshop and jumped right into educating us on physical theatre. I greatly enjoyed the workshop, and the prospect of blocking our A-level script suddenly became far more enjoyable than it was before."* **Workshop Participant**

*"I really liked this workshop and it was a very fun day. Sean was really helpful and supportive if I was struggling with anything that he had taught us. I learnt things that I didn't know were possible."* **Workshop Participant**

*"It was fantastic. Sean spoke to every child, his explanations and the way he broke everything down was perfect. All of our students left full of energy and excitement and ideas for their devised pieces."* **Teacher**

*Sean was fantastic with our students! They were so engaged and it was great to be an outside eye as a teacher seeing them challenged, pushed and inspired by the work! In the two hours, every single student left with new knowledge, advanced understanding and some performance material ready to develop. Lots of students asked if we could do it again in the future, so we made sure to book Sean for the following year!* **Teacher**

[www.seanhollands.com](http://www.seanhollands.com)



# Gallery



Pictures in this document taken by: Simon Annand, Charles Flint, Helen Maybanks, Helen Murray, Michael Lynch, and Greta Zabulyte.