

THE WHOLEHEARTED ACTOR WORKSHOP & SPEAKING PACKAGES WITH CLARE LOPEZ

MISSION:

The WholeHearted Actor's mission is to support the growth and training of actors while advocating for their personal, mental, physical and emotional wellness. The WholeHearted Actor seeks to provide actors high caliber professional training that is both sustainable and joyful. We provide Trauma Informed, Consent Forward, Actor Driven training - in the hopes that every actor work in a safe environment that is free from harm. The WholeHearted Actor seeks to train actors to achieve consistent, grounded performances while also fortifying their mindsets for resilience in the industry.

BIOGRAPHY:

Clare Lopez is a multi-hyphenate storyteller and a full time working Actor & Coach. She's committed to cultivating equitable and brave spaces within the theatre and film community through her work as a Director, Educator and Advocate.

Clare holds a **BA in Theatre & Music from Saint Martin's University** and is a graduate of **The Pacific Conservatory of The Performing Arts**. Clare's been performing professionally in Film, TV, Theatre, and Commercials for over 15 years. Regional credits include: *These Shining Lives* at the Studio Theatre Tierra Del Sol, *Cinderella* at Orlando Repertory Theatre, *Ugly Lies the Bone* at the Garden Theatre, *The Thanksgiving Play* at Urbanite Theatre, *In the Time of the Butterflies* at Stageworks Theatre, *The Hundred Dresses* at Lexington Children's Theatre, and *Merchant of Venice* at Kingsmen Shakespeare Festival. Her film credits include: *12 Days with God* (Pure Flix), *Big Time Adolescence* (Hulu), *Todd* (SFN Productions), *Yoga Mat Chats* (Quietly Bold Films). Clare is a SAG-AFTRA Eligible actor represented by **Brevard Talent Group**.

Clare's been teaching for over 12 years and has taught courses on On-Camera Acting, Script Analysis, Audition Technique, Shakespeare, Writing, Musical Theatre, Movement and Devising. Clare leads through Trauma Informed practices that honor each actor's boundaries and agency. Clare has trained with **Intimacy Directors & Coordinators**, **Theatre Intimacy Education**, and **Open Intimacy Creatives** and has trained on Consent Forward Practices, DEI, Power Dynamics, Anti-Racism, Unconscious Bias, and Boundary Practices, and I am passionate about my on-going training in these areas. Clare is also an affiliate at the **Florida Intimacy Professionals**.



WORKSHOP OFFERINGS:

Q&A WITH CLARE: INDUSTRY CONVERSATION

TIME: 1 hour

PRICE: FREE - By Donation (Suggested \$150)

PARTICIPANTS: up to 100

REQUIREMENTS: None

DESCRIPTION:

In order to make information about the acting industry, Clare Lopez offers this guided conversation with actors in a relaxed setting. It's an open space where actors can learn more about transitioning from Theatre into Film, the business of acting, and actor mindset. Donations are accepted to help support Clare's scholarship fund for historically marginalized communities.

MINDSET FOR THE ACTOR:

TIME: 90 minutes

PRICE: \$375

PARTICIPANTS: up to 20

FORMAT: In-Person

REQUIREMENTS: Chairs + TV Monitor/ Projector / Screen with HDMI if possible

DESCRIPTION: This workshop is dedicated to offering actors tools techniques that support a healthy actor mindset. Clare will lead actors through reflection questions, physical and mental check-in, and grounding techniques. This workshop will offer some reframes to common misconceptions of the industry, and will explore exercises to encourage gentleness and optimism as actors navigate their careers. This is a space for honest, reflective conversation on the limiting beliefs we carry with us as actors.

ON-CAMERA ACTING:

TIME: 3 hours

PRICE: \$550

PARTICIPANTS: up to 8 participants max 50 observers

FORMAT: In-Person

REQUIREMENTS: TV monitor, HDMI Cable, extension cord, WiFi access, chairs

DESCRIPTION: Taught by coach, Clare Lopez, of The WholeHearted Actor, this workshop is a deep dive into self-taped audition technique. Students will learn to translate their theatrical tools for the on-camera medium. Actors will identify and implement an industry standard self-tape set up, and film scene from Film/TV scripts. Actors will rehearse, perform on-camera, and watch live playback of their scenes using The WholeHearted Actor's professional gear*. Actors will explore their scenes on-camera and receive tangible feedback on their connection, and process.

Additional workshops available about working with a Casting Director and working with an Intimacy Director available.



SELF-TAPE REVIEW:

TIME: 3 hours

PRICE: \$375

PARTICIPANTS: up to 10 participants max + 100 observers

FORMAT: In-person or Virtual available.

REQUIREMENTS: TV monitor, extension cord, powerstrip, WiFi access

DESCRIPTION:

Taught by coach, Clare Lopez, of The WholeHearted Actor, this workshop will allow you to dive into the ins and outs of auditioning via self-taping - and how to maximize your audition skills for the on-camera space. Actors will submit pre-recorded self-tape scenes and review their work live. Actors will receive tangible feedback on their technical set up, connection, and process. This workshop includes a Q&A about self-taping gear, technical elements, and on-camera audition process. Virtual workshops can be recorded with recording delivered to all attendees.

AUDITION PACKAGE REVIEW

TIME: 3 hours

PRICE: \$550

PARTICIPANTS: up to 8 participants max 100 observers

REQUIREMENTS: TV monitor, HDMI Cable, Extension cord, powerstrip, WiFi access

DESCRIPTION:

In this workshop, actors will receive personalized feedback on their audition package. Actors will share their headshot, resume, self-tape clips, actors access link, or any other actor marketing material for review. This workshop will also cover the on-camera audition process, agency submissions, reels, websites, and mindset. This workshop can be geared either for the context of Theatre, College Admission Programs, or Agency Submission. The workshop will also conclude a Q&A (limited slots available).

ON-CAMERA MASTERCLASS:

TIME: 3 hours

PRICE: \$750

PARTICIPANTS: up to 8 participants max 100 observers

FORMAT: In-person or Virtual available.

REQUIREMENTS: TV monitor, HDMI Cable, extension cord, powerstrip, WiFi access

DESCRIPTION:

This class will be run as a mock audition, where actors will perform pre-prepared scenes or monologues in an on-camera set up using The WholeHearted Actor's professional gear.* In this masterclass, actors will perform material of their choosing (with the option to select from a library of 10 available scripts provided by The WholeHearted Actor). After actors perform their material, they will receive redirection. These auditions will be recorded live on-camera. After each actor's mock audition, actors will receive feedback on their performance, interpretation, management of their environment, and directability. *This workshop included editing and delivery of all the actors in-room self-taped scenes within 48 hours.*



The Wholehearted Actor[✓]

WITH CLARE LOPEZ

GEAR LIST:

- DSLR CANON 80D HD CAMERA + 128GB SANDISK MEMORY CARD
- RODE VIDEO MIC NTG SHOTGUN MICROPHONE
- NEEWER STAINLESS STEEL 79" LIGHT STANDS (3)
- NEEWER 18" RING LIGHT
- NEEWER BICOLOR LED LIGHTS (2)
- SOFTBOX LIGHTING KIT (2)
- RALENO STUDIO SOFT LED LIGHT
- 2 COLOR PHOTOGRAPHY BACKGROUND
- MACBOOKPRO 2023

PRICE LIST*:

60 MIN Q&A SESSION	FREE / BY DONATION
HOURLY WORKSHOP RATE	\$250
FULL DAY WORKSHOPS (6 HOURS)	\$1,500
AVAILABLE ADD ONS	
GEAR RENTAL	\$100
VIDEO EDITING & DELIVERY*	\$100
PRINTING FEES	\$25

**NOTE: Speaking and workshop packages are rated for 3rd party organizations, rates are variable at a sliding scale for non-for profit organizations, sole proprietors, or marginalized communities.*

Video Editing & Delivery can be \$10/per file with \$100 minimum for group classes.

RESOURCES:

- INSPIRATION PACKET FOR THE WHOLEHEARTED ACTOR
- SELF-TAPE GEAR GUIDE
- FLORIDA RESOURCE GUIDE
- MASLOW'S HIERARCHY OF NEEDS – FOR THE WHOLEHEARTED ACTOR
- TRANSLATING COMMON ACTING NOTES GUIDE
- HEADSHOT SELECTION GUIDE

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