

## THE WHOLEHEARTED WORKSHOP & SPEAKING PACKAGES\* WITH CLARE LOPEZ

[www.TheWholeHeartedActor.com](http://www.TheWholeHeartedActor.com) | [TheWholeHeartedActor@gmail.com](mailto:TheWholeHeartedActor@gmail.com) | 916.216.6307

### 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 my 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. Some of 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 taught courses in 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](#) and and have 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 also currently serves as a panel member for the [Florida Intimacy Professionals](#).



## WORKSHOP & GUEST SPEAKING OFFERINGS:

### Q&A WITH CLARE: INDUSTRY CONVERSATION

**TIME:** 1 hours

**PRICE:** FREE/ By Donation (Suggested \$100)

**PARTICIPANTS:** up 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.

### MINDFULNESS FOR THE ACTOR WORKSHOP:

**TIME:** 2-3 hours

**PRICE:** \$375

**PARTICIPANTS:** up to 20

**FORMAT:** In-Person

**REQUIREMENTS:** Chairs

**DESCRIPTION:** This workshop is dedicated to guiding actors through the challenges and rejections of the industry. 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. This workshop is led by veteran actor, director and coach, Clare Lopez, owner of The WholeHearted Actor.

### SELF-TAPING WORKSHOP:

**TIME:** 3 hours

**PRICE:** \$525

**PARTICIPANTS:** up to 8 participants max 100 observers

**FORMAT:** In-Person

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

**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 receive an overview of industry standard self-tape expectations, and then are assigned scenes from Film/TV scripts. Actors will rehearse for a short period, and then get to perform their screens on-camera using The WholeHearted Actor's professional gear\*. All actors will be able to watch live playback of each scene, and will receive tangible feedback on their technical set up, connection, and process. *This workshop included editing and delivery of all the actors in-room self-taped scenes within 48 hours.*



## **SELF-TAPE REVIEW WORKSHOP:**

**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 WORKSHOP**

**TIME:** 3 hours

**PRICE:** \$500

**PARTICIPANTS:** up to 8 participants max 100 observers

**REQUIREMENTS:** TV monitor, 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. The workshop will also conclude a 30 minute Q&A (limited slots available).

## **ON-CAMERA MASTERCLASS:**

**TIME:** 3 hours

**PRICE:** \$550

**PARTICIPANTS:** up to 8 participants max 100 observers

**FORMAT:** In-person or Virtual available.

**REQUIREMENTS:** TV monitor, 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 a short 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.*



## GEAR LIST:

- DSLR, Canon 80D HD camera
- Rode VideoMIC NTG Shotgun Microphone
- Neewer 18" Ring light
- Neewer BiColor LED Lights
- Softbox Lighting Kit
- RaLeno Studio Soft LED light
- Collapsible 2 sided photo background
- MacBookPro 2023

## PRICE LIST\*:

<b>60 min Q&amp;A Session</b>	<b>FREE</b>
<b>Hourly workshop rate</b>	<b>\$125</b>
<b>FULL DAY Workshops (8 hours)</b>	<b>\$1,000</b>
<b>AVAILABLE ADD ONS</b>	
<b>Gear Rental</b>	<b>\$100</b>
<b>Video Editing &amp; Delivery</b>	<b>\$50</b>
<b>Printing Fees</b>	<b>\$25</b>

*Please note, all speaking and workshop packages are rated for 3rd party organization, rates are variable at a sliding scale for individual students, or marginalized communities.*

## FREE PDF RESOURCES:

- **Inspiration Packet for The WholeHearted Actor**
- **Maslow's Hierarchy of Needs – For the WholeHearted Actor**
- **Translating Common Acting Notes Guide**
- **Self-Taping Guide**
- **Headshot Selection Guide**

