

BECOME A
PROFESSIONAL

**METHOD
ACTOR**

AND MAKE IT TO THE TOP

"If anyone in Sheffield has dreams of getting into film or theatre StandBy gets my vote as the best place to start"

Stephen Graham

Star of This is England and Boardwalk Empire

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And... Action!

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That's a wrap

Training with StandBy Method Acting Studio

AND... ACTION!

Congratulations on getting your insider secrets to becoming a method actor like Tom Hardy.

In here you will find everything you need to take your acting dreams out of your head so you can turn them into a reality.

Are you excited? I am!

THE LIFE OF THE DREAMER

Day to day life can be so busy can't it? There aren't enough hours in the day and there's usually so much to do. Maybe you're keeping down a full time job to pay the bills, maybe you're hard at work with your studies, maybe you're spending each day getting by but not really enjoying life OR maybe you've been pursuing your acting dream a while but not much is happening and you're starting to feel the frustration.

Either way you want to be an actor and can imagine how good it would feel to never have to work another boring shift again... No more dreading Monday mornings, getting paid for doing what you love, having the financial and time freedom that acting can bring and no more clock watching for the end of the shift.

But uh-oh reality check, with all the stuff you've heard about acting; "it's not a proper job", "the competition is high", "only the lucky ones make it" what's the point in trying?! It's no wonder most people end up living a life of regret.

THE COST OF NOT TRYING

Sadly, we can sometimes become wrapped up in life, even if we know our day to day existence doesn't make us truly happy. And that's key; when you're not truly happy you feel unfulfilled, you drudge through life existing rather than living.

Lack of confidence, lack of money, time or fear of failure may have held you back. But you know to live a happy, fulfilling life, it's **NOW OR NEVER**.

LIGHT AT THE END OF THE TUNNEL

No need to beat yourself up anymore or feel guilty. By downloading this powerful eBook you've taken the right first step in giving your acting dream the attention it needs and I'm so proud of you for doing that. You've done what many people will never do just by downloading this ebook, so you're already one step ahead!

I'M GONNA BE AN ACTOR!!

› *You absolutely can be! And I am here to help you every step of the way!*

Sometimes we are held back by not knowing where to begin or what to do. No need to worry anymore. I have a wealth of knowledge and experience that I am bursting to pass onto you.

I originally trained at The Arden when I was 18, more recently I took training at The Actors Studio, NY, and have had coaching training at The American Academy of Dramatic Art. All that topped off with my experience as an actress means I have so much I can share with you. Oh and I specialise in Method Acting - the technique many of the acting elite use so you're going to get off to a very strong start.

You will find lots of powerful, game-changing tips to help you discover your acting potential and help you move in the right direction to get your foot in the door.

On top of my free gift to you, I will also be in touch each week with my blog and even more top Method Acting tips to keep you on track with your acting dreams.

Print it off, keep it handy and make time to work on your acting dreams.

Please don't just let it gather dust in your inbox

To your success - don't ever give up, keep learning!



Artistic Director
StandBy Method Acting Studio

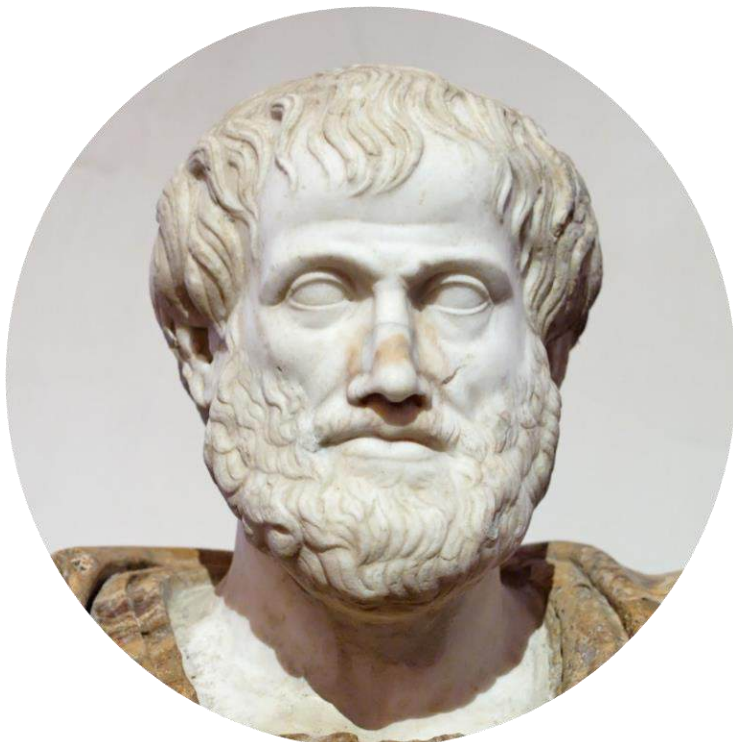


WHAT IS METHOD ACTING?

Method acting is a technique that produces world class acting ability. It is made up of in depth acting exercises that answer the question

How can I (actor) be truthful when everything around me is fake?

which was asked by everyone from Aristotle, Denis Diderot, Vaktanghov, Stanislavski to Strasberg and everyone in between.



Aristotle



Denis Diderot



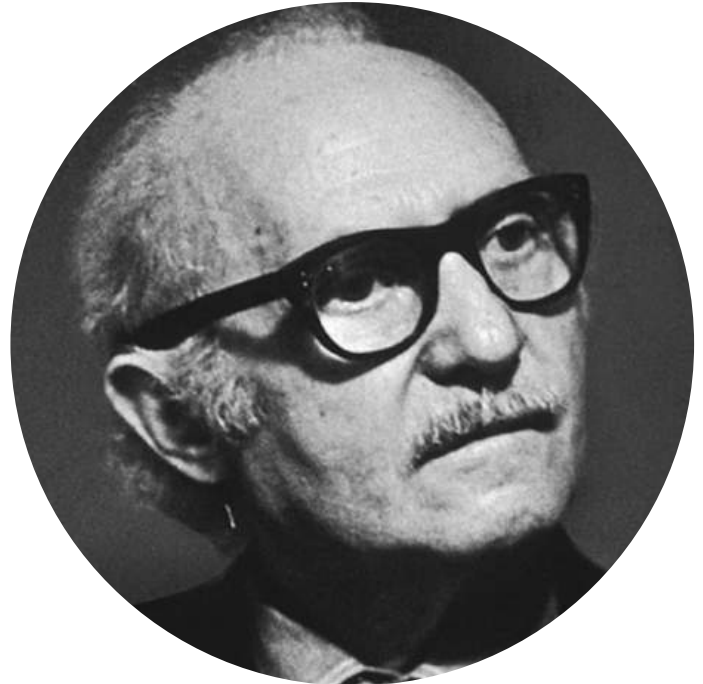
Stanislavski

LEE STRASBERG

Method Acting is a practice that was developed by Strasberg following on from the work Stanislavski initially set out. It allows you to work from the inside out, using your own personal life experience and marinating it with your imagination to create truly unique, authentic human behaviour whilst living moment to moment in the imaginary given circumstances without forcing, faking or “acting”.

Method Acting will transform your acting skills from that of an average actor to that of an outstanding, world class actor, by asking you to truly understand who you are and your experiences, so you are able to empathise with and understand what motivates each character.

Another great benefit of Method Acting is that it allows you to understand why people behave the way they do, thus allowing you in your own life to be able to start to read people’s behaviour and body language.



Method Acting exercises include:

- Relaxation
- Sense Memory
- The Animal Exercise
- Affective Memory
- Script Analysis
- Character Analysis
- The need, the motivation, the action
- Substitution
- Object of Attention
- Triggering Imagination
- Method Acting Improvisation
- Repetition Exercise (Sanford Meisner)
- Private Moment Exercise/Fourth Wall

FAMOUS METHOD ACTORS

Award winning actors that practise The Method



Robert De Niro



Al Pacino



Meryl Streep



Forrest Whitaker



Angelina Jolie



Bradley Cooper



Marilyn Monroe



Marlon Brando



James Dean



Daniel Day - Lewis



Christian Bale



Dustin Hoffman



Tom Hardy



Jennifer Lawrence



Amy Adams

CONFIDENCE

As Lee Strasberg (founder of The Method), the world's most amazing acting tutor (he trained everyone from Marlon Brando to Marilyn Monroe) discovered, many of the actor's problems are nothing to do with acting but to do with their personal problems.

As an acting coach and actress I 1000% agree with him. Whenever I am training an actor and they "can't do something", whether that's connect to the text or connect to their emotions, it's usually because of something going on in their head - "I'm not good enough", "I'll make a fool of myself".

We use a great technique at the studio called stepping out, which resets the actors' mind-set.

If you want to be a world class actor and want to work in the same way the acting elite do - Daniel Day-Lewis, Angelina Jolie, Tom Hardy etc. then the first thing you must do is work on your self-belief, even if you don't think you have confidence problems, most actors do and it penetrates the audition room/production whether you're aware of it or not.

1. Identify your strong points. Maybe you're a good listener, good at telling stories, have a big imagination, are good at expressing yourself clearly, are empathetic to others situations. Whatever your strengths are they will always be useful within acting as we work with the human condition. Make a huge list of your strong points.
2. Affirm your strengths by writing them on a phone, in a diary, or on a piece of paper you can stick somewhere you will see every day. I find placing them on your phone with alarms, set to music you really like works very well at affirming these strengths and boosting your confidence.
3. Recognise your insecurities by writing them down, this will also help you disassociate yourself from them.
4. Challenge your insecurities with positive evidence. Prove to yourself that your insecurity isn't true.

E.g. "I will be rubbish at learning learns". Maybe you can remember lots of random facts or you can remember what you read in the papers this week. Learning lines is about memory so challenge that insecurity with times your memory has been on point.

When we challenge our insecurities, we begin to slowly but surely change our thought process and our confidence grows.

5. Speak with friends/family/fellow acting students to recognise everyone is insecure/un-confident about something. It's part of being human.



6. Write down the worst thing that could happen with your insecurity/specific confidence issue and workout the likelihood of that happening.

EXAMPLE 1

I may go to an audition and forget my lines and everyone will know.

Likelihood of happening....

ZERO if I have used the line learning tips in this book, prepared well and relaxed myself.

Louise says: “No-one will know you’ve forgotten the lines as they don’t know what the character says next, only you know that.”

EXAMPLE 2

I will make a fool out of myself when acting if I make a mistake.

Likelihood of happening....

ZERO. No-one will ever guess you’ve made a mistake as they don’t know your character as well as you so have no idea what to expect.

Louise says: “Mistakes are a great way of learning and everyone makes them. Our training at StandBy Method Acting Studio encourages you to make mistakes and fail forwards like the successful actors you admire had to.”

7. Stop comparing yourself to others. If you find yourself doing this re-visit tips 1 – 7 or challenge your thoughts with something you like about yourself.

YOU ARE GREAT, THERE IS NO ONE ELSE LIKE YOU

8. Imagine yourself each morning as a confident successful actor achieving the success you want e.g. collecting an Oscar or signing a contract with an agent.

In your imagination see yourself as successful

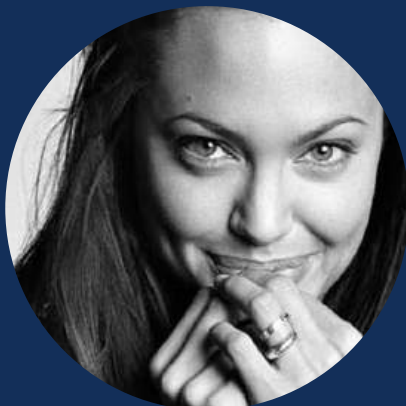
- How do you hold yourself?
- How do you speak?
- Who can you see?
- Where are you?
- What can you smell?
- What sounds are around you?

This is a visualisation technique very similar to Sense Memory, which we use in The Method. Committing yourself to visualizing this each morning will help it manifest into your sub-conscious. Once it's accepted by your sub-conscious mind you will begin behaving in line with your imagination (but only if you commit to this each morning).

9. Keep a confidence journal. At the end of each day or week scribble in it any insecurities you have overcome, any confidence breakthroughs you have had, compliments you have received, positive thoughts about yourself, anything great you are proud of yourself for achieving and take time to read every month so you can see just how fantastic you are and begin believing it.

By using these 9 simple steps you will begin developing your confidence, which is one of the first things needed as an actor, without confidence you will lack stage presence.

I'll be emailing you over the next few days, let me know how you've got on with this.



“If I make a fool of myself, who cares? I’m not frightened by anyone’s perception of me”

Angelina Jolie

LEARNING THE LINES

Most actors spend much of their time worrying about the lines, but as Lee Strasberg (founder of The Method), correctly stated, learning lines is nothing to do with acting, it is to do with memory and memory is not something your acting coach will teach you.

I agree with him. Over the past 6 years as I've been training actors and as I've worked on stage and film myself, I have come to realise that almost all actors are concerned with remembering the lines, and I wanted to help. I wanted to help because when an actor gets into a pickle with their lines it can RUIN PERFORMANCES.

So I did a lot of research. The tips I am going to share with you below are very powerful and are science based.

DO NOT LEAVE LEARNING THE LINES TO THE LAST MINUTE, if not for yourself, learn them early for your scene partner or fellow cast members. Acting is about behaviour, not memory.

1. Clear your head of any stress, tension or pressure. These are counter-productive & make the process more difficult. Using a form of relaxation can help with this.
2. Find a relaxing and calm space where there are no distractions, to go over your lines. Burning a scented candle can help with this. I like to go to a park or coffee shop and leave my phone at home so I am distraction free.
3. Break down the learning into units (chunks). Set yourself goals e.g. learn two units of lines in 30 minutes.
4. Record your lines into a phone, dictaphone or other recording device. Listen to these on your way to work/college, in bed, in the car, in the bath. Listening to these just before you doze off and just as you wake up is most effective as your brain is in alpha waves and will take in more of the information.
5. Be careful not to get stuck in rhythms. Record your lines in a few variations.
6. Sing your lines: opera style, musical theatre style, as a pop song, rap them and add fun movement etc. This is a fun, stress-free way of learning and remembering them and again is backed up by science.
7. Some people find writing their lines out helps, try it and see if it works for you. It doesn't work for me but it does for Method Actor Dustin Hoffman.
8. To help your short term memory improve, which will aid line learning, each morning recall what you had for tea 2 days ago.
9. Choose a line learning partner to help "test" you on your lines, one who will ensure you have learnt them word for word and not paraphrased them.
10. Underline or mark on your script where you are paraphrasing your lines then focus on learning these sections. Don't move on until they are clear in your mind and word perfect, because the playwright/script writer chose every single word for a reason.



“The camera does not like acting. The camera is only interested in filming behaviour. So you damn well learn your lines until you know them inside out, while standing on your head!”

Ben Kingsley

CREATING A CHARACTER

Lots of people believe that Method Actors “become the character”, and whilst I can understand why you may believe that, it’s simply not true. Other myths are that Method Actors become “immersed in the character”, again I can understand the logic behind that when you hear of Method Actors such as DeNiro spending 6 weeks as a taxi driver for his role in Taxi Driver, but that is not ALL a method actor does.

Method Acting is firstly about understanding yourself and knowing what has got you to the point you’re at in life so you can empathise with characters. When we get to characters it is about finding inspiration so you can work moment to moment to find and express the truth, which is so powerful and unique it can’t be copied.

Method acting is jam-packed with the most powerful exercises to help each actor overcome problems of creating a character, connecting to the role, overcoming inhibitions, overcoming problems of inexpression and much more.

In the studios each actor has a different problem and whilst they all work through the same modules they are each given individual prescriptions to help them on their way to becoming a world class actor.

Below are 10 very powerful tips to use to create a character. Enjoy

1. Find all the similarities between yourself and the character for a strong starting point. Research the differences so you become familiar with them.
2. Choose 3 dominant personality character traits that stand out from the script as another good starting point for discovering who this person is. E.g. bossy.
3. Read the script as many times as you can to find all the evidence about the

person you will become. Some clues are very well hidden so you may have to dig deeper.

4. From all the clues you have discovered begin writing or voice recording a back story from birth until present day, to create a life for your character away from the script.
5. Answer the following question and explain your answers. If my character were a season they would be... If my character were a colour they would be... If my character were a musical genre they would be.... If my character were an animal, they would be...
6. Work out how other characters perceive you by writing down what the other characters say about you, you will find this in the text.
7. Write down what the writer says about you. You will find this in the text usually in the stage directions.
8. Write down what you (your character) says about others. You will find this in the text.
9. Use an actors journal for each part you play to record your discoveries and for charting your character development. It helps you keep track of where you're up to with developing your character.
10. Stick anything in your actor's journal that inspires you - pictures, poems, song lyrics, conversations you've had, pictures of people etc. This is personal to you and there is no right or wrong; it's your creative record and helps you open up your imagination.



“Forget the career, do the work... eventually things will happen”

Al Pacino

GETTING YOUR FOOT IN THE DOOR

Below are 14 powerful ways to get your foot in the door, understand the business side of the industry and move your acting dreams from out of your head and into reality.

Please be wary about calling yourself a professional actor if you haven't had any, or very little training.

Tempting as it may be, would you call yourself a Doctor after reading one book?

Whilst all the tips in this book are designed to move you forward, there is a certain expectation which comes with being called a professional actor from those in the industry.

It's always best to earn that title through ample training. That way you will be armed and ready for all the pitfalls hidden in the industry and will be less likely to trip up.

If you get to work on your craft AND use these tips you will have a powerful combination to begin cracking the industry.

1. Decide what actor you want to be to build your profile e.g. male lead, female lead, action, comedy actor. Where do you fit best?
2. Follow industry people on Twitter everyday.
3. Engage in conversations on social media with your ideal agents, casting directors & other industry people you are interested in, but don't stalk them!
4. Get your acting vision clear by making a vision board full of all you want from

your acting career. Do this by sticking pictures of everything you hope to achieve with your acting career & stick it somewhere prominent.

5. Set monthly goals to fit in line with your vision board then go out and achieve them.
6. Work out who your ideal agent is who can cater to you and your career needs (you don't need to write to every agent, focus on the ones who fit in with your career needs). You can find a list of agents in the Contacts book.
7. Make a list of 10 agencies who cater to the type of work you're after and focus on these.
8. You will need a set of good quality, professional headshots. Your headshots need to be in colour and black & white & should be 10 x 8 size.
9. Choose 1 headshot that represents you and your casting type well to use as your main picture on CVs and casting sites.
10. Have 5 different headshots that show your different looks for any casting sites you appear on E.g. Spotlight.
11. You will need a 3-minute show reel showcasing your best acting work and castability to use as a marketing tool when approaching casting directors and agents.
12. Choose your three most important tasks to do each day then do them.
13. Choose an accountability partner who will support you and ensure you have achieved your 3 MIT's each day. Choose one who isn't afraid to ask you why you haven't achieved them if you haven't.
14. When you have enough content, set up a Facebook page to showcase your latest projects & build a fan base.



“I say luck is when an opportunity comes along and you're prepared for it”

Denzel Washington

THAT'S A WRAP!

So... now you know how to become a professional Method Actor and make it to the top you are good to go...

I pinky promise you that if you use these tips properly, they WILL take you towards that all important big break. These tips have been used by your acting inspirations because they too had to start out somewhere.

Like I said earlier, don't let them gather dust in your inbox.

I'll be in touch in a few days to see how you're getting on with them and you can ask me any questions you have, if you're confused by anything.

Start using them today and see how quickly you are on your way to becoming a professional actor. If you can't begin today, begin as soon as you have a spare 15 minutes. Don't wait too long though because we all know what happens when we put things off.... Life gets in the way and our dreams stay as dreams. I would hate for you to regret not living your dreams out so take action!

If you really want to crack on with your acting dreams and just don't have the time to use these tips by yourself but you know you need some high quality, powerful, professional acting training I have just the thing for you. Turn over to the next page "**StandBy Method Acting Studio's Training**" to find out how I can help you in the flesh!

*"The minute you're not learning,
I believe you're dead"*

Jack Nicholson



STANDBY METHOD ACTING STUDIO'S TRAINING

StandBy Method Acting Studio is Sheffield's
first and only Method Acting Studio

We train all of our actors in method acting turning
our students into world class, professional actors.



Our students love us because we make their acting dreams come true by connecting them with casting directors & giving them the skills to survive and thrive in the acting industry.

Our training is affordable, powerful & one of its kind in the North of England

12 WEEK METHOD ACTING PROGRAMME

The powerhouse of all our programmes

Each 12 week programme consists of a module. There are 16 modules in total which you can work your way through. Each module takes you through a different part of The Method in depth and uses original exercises that Lee Strasberg used with the likes of Marlon Brando, Robert DeNiro, Al Pacino, Gene Hackman etc. This is the perfect programme to give you the same level as training you would get at a full time drama school but on a part time basis so you can still keep earning a living at the same time. After studying all 16 modules you will be ready to conquer the acting world and have improved your talent to a world class level, like those who are at the top of their game constantly winning awards & working.

To study on our 12 week programme you must first pass the application stage, then pass the audition stage.

APPLY NOW



Weekend Method Acting Training Camp

A life-changing programme packed with method acting must haves

The Weekend Method Acting Training Camp introduces you to The Method, covering the basics over 3 days. You will work with The Method to shake off your bad acting habits & replace them with healthier ones as used by your acting inspiration. The Weekend Method Acting Training Camp also focuses on nailing your casting type, so you know exactly where you fit in the industry. We also have an expert coach stop by to help you understand how you personally respond to rejection. Our coach gives you powerful tools to stop rejection standing in your way of finding success. This training camp is great for those who have already trained and need to brush up on their skills because it's a lifelong process to master your craft isn't it? It's also great for those in the early stages of their acting career so you can sandblast any bad acting traits you've picked up before they become a habit and hold you back.

To study on the training camp you must pass the application stage.

APPLY NOW



Monthly Masterclass

Our secret weapon for actors on a mission

Our monthly masterclasses focus on different essential skills each month, VITAL for actors to THRIVE in the industry. Skills give you sellability, helping you achieve your dreams by being the actor with a CLEAR CASTING TYPE, making it easy to place you in the industry!

You don't have to feel frustrated that you're not landing those auditions or that you don't know where you fit in the industry. Skills give you identity as an actor making it easy to see the roles you are suitable for so you can be much clearer on how you'll build your acting career. Skills range from combat, voice, accents & dialects, Shakespeare and even casting masterclasses with Casting Directors so you can learn how to nail your auditions the right way.

To study on any of the monthly masterclasses you must pass the application stage.

[APPLY NOW](#)



1:1 tuition

Intensive coaching that gets into the nitty gritty of you and your talent using The Method

1:1 private tuition is all about YOU, no interruptions. It is a great way to work on and overcome those acting obstacles quickly, so you can see the results you're after and feel like the confident, world class actor you are capable of being.

1:1 private tuition has been used by our students for roles on Coronation Street, This is England, auditions for Hollyoaks, getting into drama school, BBC dramas, commercials, directors looking to improve their skills on set with actors, those who have landed roles and are struggling, those who want to build up their confidence before auditioning for our programmes, creating career plans and much much more.

To receive 1:1 tuition you will need to fill in the booking form

[BOOK HERE](#)



“If anyone in Sheffield has dreams of getting into film or theatre, StandBy gets my vote as the best place to start.”

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*Star of This is England
and Boardwalk Empire*