

EXPLORATION OF THE ACTOR'S SPOKEN VOICE: OUTCOME REPORT

"To free the voice is to free the person." -Kristen Linklater

RESULTS

This semester of personal spoken voice training has been extremely transformative and educational. My work with Tovah Close has strengthened my work as a performer and as an emotional being and has widened my knowledge of theatre and performance. We have worked on removing old habits and allowing space for new decisions, and have explored the spoken voice I already know and love.

During our sessions, we focused on four main vocal goals:

1. **The body**
2. **The breath**
3. **Resonance**
4. **Articulation**

During our exploration of **the physical body** and how it effects the voice, I discovered a great deal about the necessity to ground oneself onstage. I learned that my voice changes when I can feel a connection to the ground beneath me. Not only the *sound* of my voice but also the emotional quality I am able to access changes when I am grounded.

After finding a grounded and emotionally available place, Tovah and I worked to discover a deep a genuine **breath** on which to base my creation of sound. From this breath comes emotional freedom, and I was able to access a great amount of emotional freedom and clarity in our work on Juliet's monologue from *Romeo and Juliet*. Tovah taught me that "a good writer chooses words on purpose," and therefore trust in the playwright and the words they write are crucial to acting. I discovered how consonants, sound, and the physical action of the mouth can help me as an actor pursue objectives.

Resonance was the next step in our four part exploration. Our work on resonance has benefitted me more than any other area of exploration this semester because it taught me how to project in a healthy way. As someone who has struggled with over-projecting, learning how to speak clearly but not forcefully is something I will carry into my performance and everyday life as a voice user. Learning where to focus my voice to create the sound I need has improved my acting and singing as well as my speaking.

Finally, we worked on exploring **articulation**. This section of our work allowed me to apply our lessons to monologues from classic plays and roles I am currently working on. Adding words in context allowed me to explore application of our lessons to my everyday work as a performer.

As I wrote in my proposal, Patsy Rodenburg once said that “‘The right to speak’ is a right we all have...All that remains is for us to release and employ the right fully.” My private training with Tovah has truly helped me understand my own right to speak, and how to continue using my voice in a healthy and productive way.

EXPENDITURES

6 vocal training sessions	\$450
TOTAL	\$450