

TALENT AND FILM WORKSHOP

A HALF DAY OF CONFIDENCE BUILDING, UPSKILLING AND FUN!

YOUR HOSTS



EMMA TRINDER

Mindfulness Coach
Photographer
Film Maker
Graphic Designer
Teacher

With over 15 years experience in the creative sector, Emma knows her stuff!

After 2 years as Course Leader of Photography at Fareham College (Ofsted Outstanding) she knows how to break down important information and deliver bite size golden nuggets to absolute beginners. Learning becomes fun and creative!



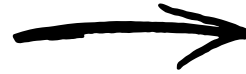
SARAH HUTCHINGSON

MET Film School Tutor
Professional director (stage and screen)
Experienced facilitator (presenting & communicating)
Neuro Dramatic Play Practitioner

Sarah is a qualified yoga instructor, experienced theatre director, facilitator of performing arts and a NDP Practitioner - a form developed by Drama therapist Sue Jennings combining both play and drama for personal development.

More about Sarah's work with NDP is here:
<https://hutch32.wixsite.com/sarahhutchinsonndp>
And her work as a director: www.sistersarah.co.uk

WHAT THE DAY LOOKS LIKE



WORKSHOP A WITH EMMA

Intro to video creation - you do 'you'
Mindfulness - getting into the right mindset for filming,
making space to stay present and focused on your script
Using the camera
Setting up lights/using available light
Audio crash course
To camera (solo) or to a person (side of camera) & why
Power of the 'gaze'
Teleprompter

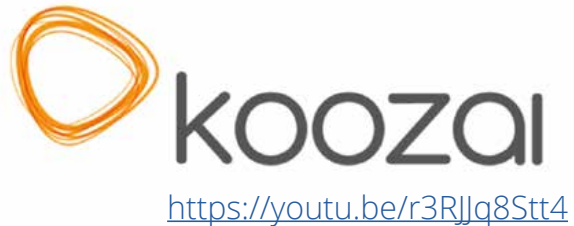
WORKSHOP B WITH SARAH

Core acting skills
Using breath and senses
Connection with audience
Games - loose inhibitions
Present as a group
Present Solo
Acting out a well known story
Storytelling



Q&A
Everyone - lets shoot!
In pairs, interviewer/interviewee
Phones & tripods

WE HAVE WORKED WITH SOME FANTASTIC CLIENTS



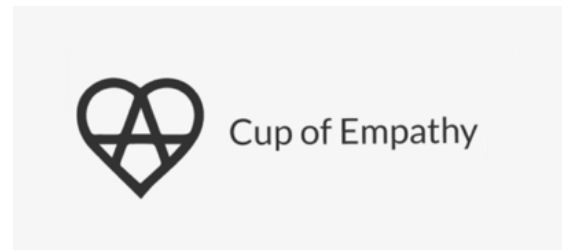
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<https://youtu.be/RL1Tv2444kE>



<https://youtu.be/koOhQ9Grk0s>



https://youtu.be/54ZqLx_iDq0

TESTIMONIALS



Emma has a knack for making you feel comfortable in front of the camera, filming becomes fun and light-hearted.

<https://youtu.be/1oYsq61WqCs>



Cup of Empathy

Emma brings so much enthusiasm to a project and creates a connection beyond simply doing a task - it becomes her 'baby' too. It was wonderful to feel her excitement for my business and how we could make it better.

Communication is always easy, Emma takes the time to understand the task well, and it shows in the great work produced.

