



The Confident Performer Workshop

A three-hour intensive combining the Alexander Technique with acting instruction, stage-craft tips, and strategies for conquering performance anxiety.



Through lecture, discussion and active exploration, singers grow in artistry, ease of expression, and poise. Strategies and techniques are presented in a supportive setting, with opportunity to apply the concepts in a master class format.

Diana McCullough maintains a private voice and Alexander Technique studio and is a frequent AT guest lecturer and teacher at regional colleges and universities. She works with Sharon Stohrer's Capital University voice studio on a monthly basis and this very successful collaboration has resulted in the formation of the workshop.

Author of *The Singer's Companion*, **Sharon Stohrer** has also published with *Classical Singer Magazine* and the *NATS Journal of Singing*. In addition to her teaching, she has been a workshop facilitator of acting, stagecraft and overcoming performance anxiety for numerous schools and organizations, including the BNATS auditions and the 2008 NATS National Convention.



An insider's view (with thanks to those Capital University students who attended pilot workshops):

- * *Sharon and Diana create a comfortable space. . .there is a lot of open discussion and the environment is warm and stress-free.* Angie Duncan
- * *Diana and Sharon have a wonderful teaching chemistry.* Emily Werling
- * *If anyone is looking for a life changing experience. . . get a hold of Sharon Stohrer and Diana McCullough. Their mixture of vocal and Alexander Technique provide a full body experience in performance.* Lorenzo McKeever
- * *Diana and Sharon are a dream team.* Mary Hill
- * *Thanks to my work with Sharon and Diana, I have allowed myself to build strong foundations in both body and mind that allow me to pursue a higher level of joy and expression while performing.* Courtney Cunningham



For scheduling and fees, contact Diana McCullough dmccullough397@gmail.com