PRESENTATION

# Professional Practice

BY DERYN-BACH

## RESEARCH

### PLAYS

- Freak
- The Effect
- Miss Julie
- Dirty Butterfly
- The Vagina Monologues
- Lungs
- Mosquitoes
- A Street Car Named Desire
- Precious Little Talent

## INPERATION (MONOLOGUE)

- Sofia Isella

Us and Pigs
Doll People
(she was a major inspiration in my movements that i did for the Vagina Monologues)

- The Viewpoints

- Real peoples lived experiences in the delivery room witnessing births

## INSPIRATION (DUOLOGUE)

- Annie Get Your Gun
Anything You Can Do I Can Do Better

- Laban

- The Viewpoints

- Noel Coward
(this is because of the pacing of the plays that he produces has that comedy naturally engraved)

# PDP

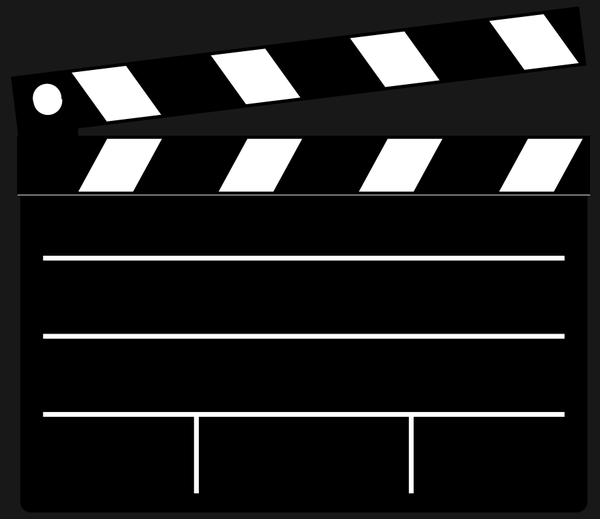
## STRENGTHS



**SPEAKING WELSH:** being able to speak multiple languages opens you up for more potential job oppurtunities.

**VARIED PLAYING AGE**: being able to have a wide range of playing age means that you can play a character at different stages of their life.

- **SPORT:** i am a black belt in judo and am also a competent climber/belayer meaning that i have training in more niche skills.
- **HOBBIES**: having a wide array of hobbies allows me to be open to the potential of a character that does a specific or niche activity.
- **PHYSICALITY**: being a more physical actor opens me up to more contemporary and abstract projects.
- **NEURODIVERSE**: being neurodiverse is a strength as it allows me to access my emotions quickly and also means that i am good at taking a character off after a performance (masking)



## WEAKNESSES

- **SOCIAL SITUATIONS**

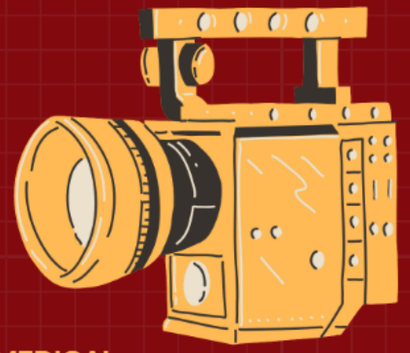
  being autistic often means that i struglle in social situations, i also struggle with getting my point accross and sometimes it can come off like i do not know what i am talking about however it is how my mind processes sometimes

- **PROCRASTINATION**

  i often put work that is more academic off to the last possible moment as it does not motivate me, however, i do still ensure that all work gets done, eventually.

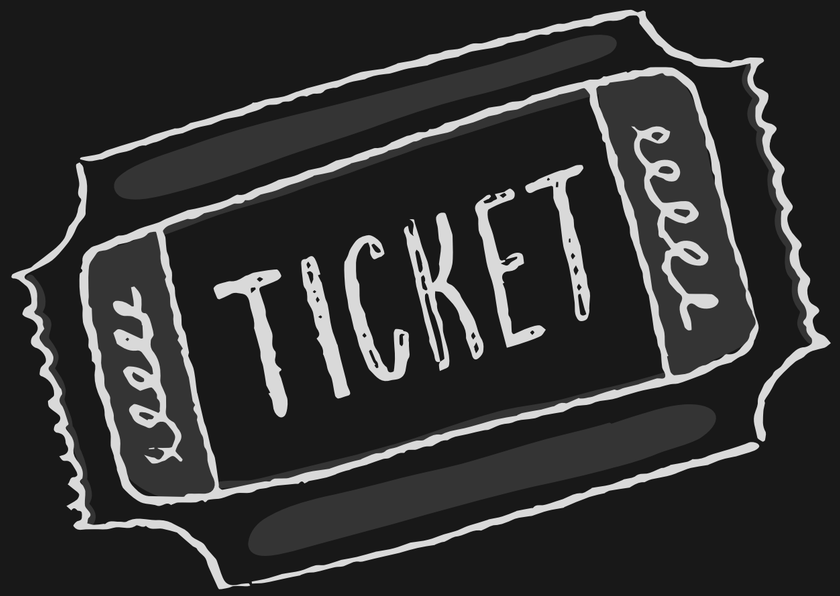
- **IMPOSTER SYNDROME**

  the feeling that i am not as good as my fello actors that i do not deserve to share the space with them.



- **MEDICAL**

  at current i am going through a diagnosis for something that CAN cause fainting, however, this is not a common thing it is just the potential that i refer to as the weakness




## SHORT TERM GOALS

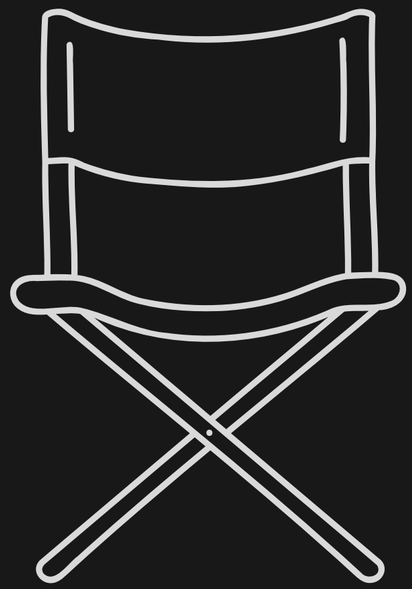


- have more of an array of knowledge when it comes to British play writes.
- learn to play the guitar to a better level
- try and build up my physical strength
- gain confidence in singing publicly
- learning what my body needs and when to allow myself to rest so i do not overwork myself
- get better at doing makeup so that i am able to do it for shows to help with time

## LONG TERM GOALS

- get cast as a principle character in a Welsh speaking production of some sorts
- get my CWI (Climbing Wall Instructer) qualification
- Network more and get more contacts
- perform my play that i have written to an audience in a professional environment
- learn a third languages so that i can open up potential job oppurtunities





# ACTIONABLE STEPS

- talk to more people within the industry to get more contacts
- research more plays and playwrites and build a library of plays
- keep on auditioning to gain experience when it comes to the industry
- continue going to the gym and rehabbing my injured joints





# OPPURTUNITIES

Theatre CWMNI

Goint to the gym



Online research

Mailing lists

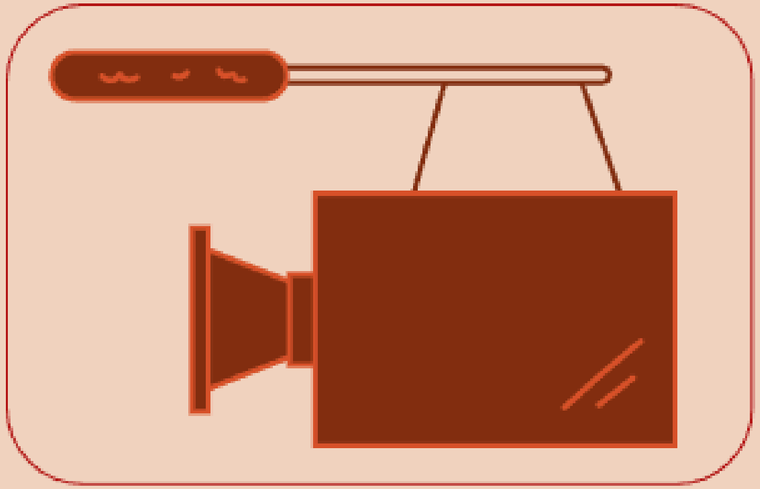
# STRENGTHS

i am a Welsh speaking actor and i am proficient in both languages having performed in both individually and combined.

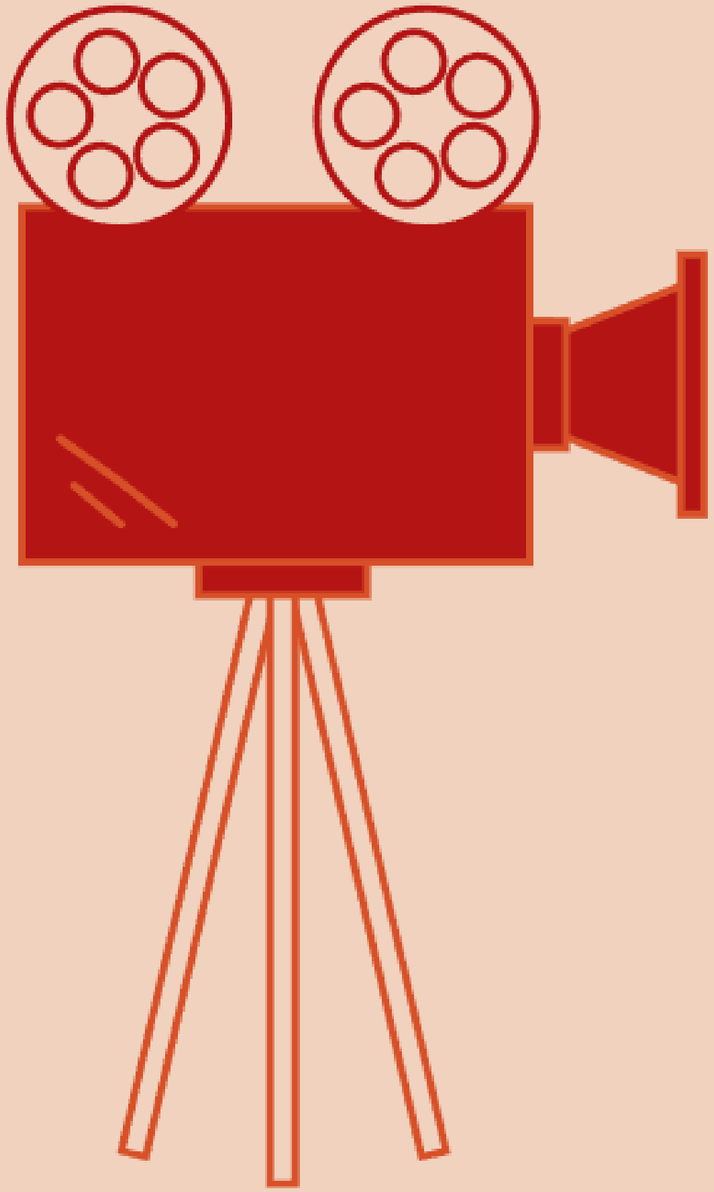
i have a black belt (1st Dan) in judo and have fought not only for my country but also for GB. this has come in handy when it comes to doing more physical based theatre as i am usually very able to throw myself into any situation.

i am a rock climber and am a very competent one at that, however i am better when it comes to belaying. I have a belaying license and have demonstrated incredible control. This it means that in any circumstance where there is a need for climbing within a piece i am able to not only perform but also provide support to my fellow actors.

i am an autistic actor who also has ADHD, this is a strength of mine as it allows me to access a wider range of emotions that also allow me to be largely empathetic do people with different mindsets.



i like to think that i have a wide array of hobbies (crochet, knitting, sewing, baking, playing the guitar, drawing, singing, ect) and this means that i am no stranger to picking up new hobbies. so whatever is asked of me if required to for a role i may already know the basics or am willing to learn.



# WEAKNESSES

i do have a hard time in socials situations often leading me to go on tangents. this is something that has been picked up on i often have to go around the houses to get to my point however this does often mean that i have new discoveries while explaining my process.

i have a tendancy to procrastinate work that is not thrilling for me to do, this can be things such as writing or reviewing my performances. i tend to be more of an in the moment type of person, however, that does not mean the work does not get done because i always make sure it is done within the allotted time.

i struggle a lot with imposter syndrome, believing that i do not deserve to be where i am in life. i tend to compare myself to others and especially when in a room with people who i view as greater than myself i tend to get anxious and a feeling that i do not belong.

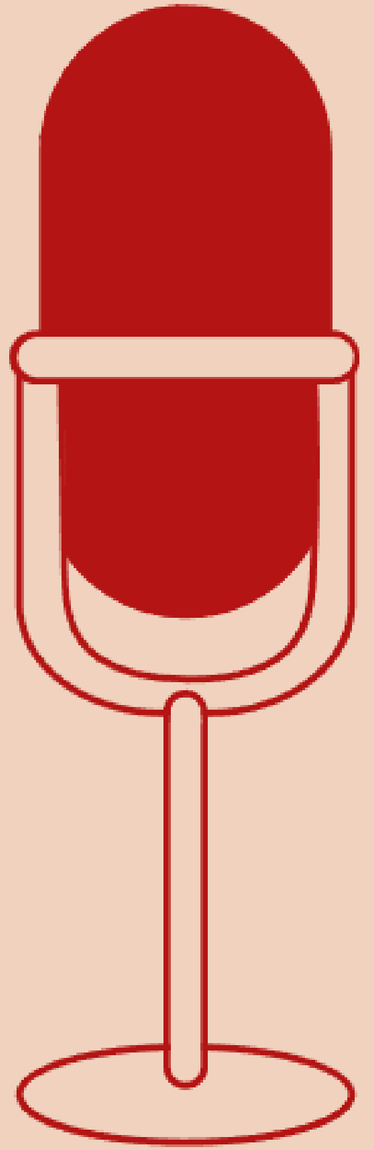
i have a problem when occassions i faint or feel the need to faint, due to medical issues. this however does not happen all to often and i have began to learn and manage my symptoms to the best of my ability without causing myself too much harm. this however will not stop me from partaking in any sort of theatre, physical included, as that is a part of who i am. and aslong as i am on the upward journey of understanding my body and listening to my needs then i believe that i can manage my own symptoms.

# OPPURTUNITIES

currently in wales there are a lot of oppurtunites for those who speak welsh as there has been a surge in the demand for bilingual theatre and media in an attempts to relight the fire that is the welsh language. so there is a lot more oppurtunities with company's like CWMNI as they aim to be welsh centered but are not turning away Welsh learners either.

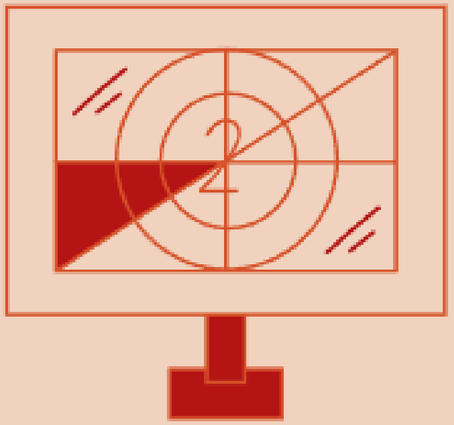
with what is happining in the world of politics there has been an increase of performances that share the same sentiment to show what the working class has been through. there is a film company currently who are working on a project that talks about the Merthyr Rising which was a pinicle part of Merthyr (my home town's) history.

along the same lines with regards to the political world, women centered (and AFAB) have become more and more, talking about the way women are objectified by our society and treated poorly in comparison to men in the majority of fields. there is a project currently called Girl-Coded being worked on in the WMC, even though the themes of the piece itself have not been announced, one would deduce that it is about womens lived experiences and struggles.



# THREATS

in this industry there is a habit that casting directors have and that is to re-cast the same actors in the leading roles, this is due to the fact that they know that the person has the ability to perform to the standard that they want and that they are reliable when it comes to being on time and showing a good work ethic. however, this is starting to make it harder for new talent to break through into the industry as they have this wall of familiarity that casting directors already have with other agents and actors.



there is a major threat in the industry when it comes to type casting it is not a fair judge of someone abilities as it bases its casting choices on the way an individual is perceived. as someone who is queer, autistic and visually impaired (i can only take my glasses off if the character also is visually impaired or if i am stationary) i sometimes get asked to portray a caricature of myself.

there is an issue in todays society when it comes to the theatre, theatre groups all across the UK are underfunded causing their closure and schools are less inclined to put what little funding they do have into the arts in general. it is getting to a point that being a part of a youth company is an elitist chance and those who come from underfunded areas do not have much chance in this industry.



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