

PROFESSIONAL PRACTICE WORKBOOK

PDP

Professional Practice Module - Personal Development Plan

Name: Livia Frampton

Course: BA Acting

Objectives – Short Term ‘What do I want/need to do/learn?’	Actions ‘What will I do to achieve this?’	Resources ‘What will I need?’	Measures ‘What will my success criteria be?’	Timeframe Target dates for review/completion
Improve my confidence in myself	Practice performing in front of others more often, allow myself vulnerability, stop speaking/thinking negatively about myself	Opportunities to perform, time to improve, feedback from others	Becoming more confident in myself overall, a positive impact on my performing skills	The next few months, ongoing
Improve the level of research I do	Refresh myself on techniques and practitioners I can apply to a piece	Books/websites, practice with text	A better understanding of pieces due to research	The next few months

Improve my self-tapes/auditions on screen	Practice recording self-tapes, refresh myself on feedback given	Time, equipment, setup (improvised or professional)	A noticeable improvement to my self-tapes/screen auditions	The next few months

ssibility: Good to go

Objectives – Mid Term ‘What do I want/need to do/learn?’	Actions ‘What will I do to achieve this?’	Resources ‘What will I need?’	Measures ‘What will my success criteria be?’	Timeframe Target dates for review/completion
Improve/gain new acting skills	Classes, workshops etc.	Time, money	Understanding/ability to demonstrate these skills	The months ahead, nonspecific
Graduate from the course	Work to pass modules with a good enough grade	Equipment to complete my work, tutor guidance when needed	Graduating at the set time, 2026	May, 2026
Improving my singing ability	Find and attend classes/workshops for this purpose	Time, money	An audible improvement in my ability, however minor	The months ahead, nonspecific
Networking	Contact industry/professionals, research specific companies/individuals	Time, opportunities to speak to/message	Getting my name out there on any level	Ongoing process
		people, confidence		

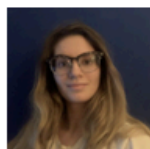
Objectives – Long Term ‘What do I want/need to do/learn?’	Actions ‘What will I do to achieve this?’	Resources ‘What will I need?’	Measures ‘What will my success criteria be?’	Timeframe Target dates for review/completion
Driving	Take driving lessons	Money, time	Passing driving test for a license	When I can afford it
Finding experience	Applying for volunteering positions,	Time, available opportunities	Adding more skills- hopefully relevant to	The months ahead,
	amateur theatre, auditions, or entry-level jobs		acting- on my CV for the future	nonspecific, ongoing
Decide on where to mainly be based	Consider the pros and cons of each location, investigate what work there is there	Time, research	Make a final decision between living in Wales or close to London	The next few months

S.W.O.T

Strengths, Weaknesses, Opportunities, Threats

Strengths What I'm good at Vocal projection Taking in feedback and adjusting accordingly Able to work well in a company/team Resilience and perseverance	Weaknesses What to improve Self-confidence in my acting/character choices Finding emotional changes during a piece Conducting more in-depth research Self-tapes/auditioning on screen
Opportunities Talks in Professional practice Classes and workshops (amateur and professional) Local theatre groups Specific organised events (open mic, improv nights) Extracurricular projects (student short films, etc.)	Threats Other actors in the same position Expenses for travelling (petrol, train tickets etc.) Expenses for entry to workshops/classes Being unable to travel (driving) Lack of current experience in professional settings

CVs (Old and new)



Livia Frampton

Liviapframpton@gmail.com

(PLACEHOLDER PHOTO)

Height: 5'7"
Hair: Ombre brown to blonde
Eyes: Hazel
Playing Age: 15 - 21

Accents: RP
Skills: Singing (Mezzo Soprano)
Basic Tap Dancing
Swimming (Strong)
Rowing (non-competitive)

Acting Credits

Film

<i>Mask</i>	Mask 12	UWTSD (Dir. Keiron Self)
<i>Faux</i>	Scientist	UWTSD (Dir. Lars Chia Jones)
<i>Final Session</i>	Claire	UWTSD (Dir. Leah Williams)
<i>Crossroads</i>	Extra	UWTSD (Dir. Keiron Self)

Theatre

<i>The Dragon's Breath</i>	Firefly Keeper	Walk The Plank (Dir. Bev Ayre)
<i>The Crown VS Jill</i>	Jill	Riseley Youth Theatre (Dir. Martyn Wady)
<i>The Birthday Party</i>	McCann	Sharnbrook Academy (Dir. Michael Walker)
<i>The Last of the Pelican Daughters</i>	Sage	UWTSD (Dir. Seren Vickers)

Education

2026 B.A. Hons Acting
University of Wales Trinity St Davids, Carmarthen, Wales



Livia Frampton

Liviapframpton@gmail.com

Height: 5'6"
Hair: Dyed, ombre brown to blonde
Eyes: Hazel
Age: 20
Playing Age: 16 - 25

Accents: RP
Skills: Singing (Mezzo Soprano)
Tap Dancing (non-graded)
Rowing (non-competitive)
Swimming (Strong)

Education

2026 B.A. Hons Acting
University of Wales Trinity St Davids,
Carmarthen, Wales

Acting Credits

Film

Mask
Mask 12
UWTSD (Dir. Keiron Self)

Faux
Scientist

UWTSD (Dir. Lars Chia Jones)

Final Session
Claire
UWTSD (Dir. Leah Williams)

Crossroads
Extra
UWTSD (Dir. Keiron Self)

Theatre

The Dragon's Breath
Firefly Keeper
Walk The Plank (Dir. Bev Ayre)

The Birthday Party
McCann
Sharnbrook Academy (Dir. Michael Walker)

The Last of the Pelican Daughters
Sage
UWTSD (Dir. Seren Vickers)

Blood Wedding
Girl 1 / Woodcutter 2
UWTSD (Dir. Duncan Hallis)



Plays/Shows searched:

The Wardrobe Ensemble (2020). *The Last of the Pelican Daughters*. Nick Hern Books.

Durang, C. (2013). *Vanya and Sonia and Masha and Spike*. Grove/Atlantic, Inc.

Dyson, J. and Nyman, A. (2019). *Ghost stories*. Nick Hern Books.

Sinistercervyr (2023) *Nellie's speech - part 2 // The Haunting of Hill House 1x10*. Available at: https://youtu.be/kKHF-R0NSB8?si=GY_I22AOTFhnhwR3 [Accessed 16 Feb]

Kelly, D. (2021). *Love and Money*. Methuen Drama.

Richmond, J. and Maxwell, B. (2021). *Ride the Cyclone: the Musical (world Premiere Cast Recording)*.

Eleanor Worthington-Cox - Topic (2025). *Everything Else*. Available at: <https://youtu.be/hULymGBv9xU?si=GDxPNEmvIoB6O12P> [Accessed 5 Feb]

Pinter, H. (1991). *The birthday party*. Faber And Faber.

Websites/books:

Spotlight (2018). *Spotlight: The home of casting*. [online] Spotlight.com. Available at: <https://www.spotlight.com/>. [Accessed 17 Feb]

Equity (2019). *Equity*. [online] Equity.org.uk. Available at: <https://www.equity.org.uk/>. [Accessed 18 Feb]

Screen Alliance Wales (n.d.). *SAW | Welcome*. [online] www.screenalliancewales.com. [online] Available at: <https://www.screenalliancewales.com/>. [Accessed 18 Feb]