



# Changemakers

DIONNE LOREN JAMES



# LOOKALIKES

# Melissa McCarthy

When asked who I look like in the industry I picked Melissa McCarthy. The reasoning behind this was she has a similar build to me, being plus size. I also think our face shapes are very similar along with eye colour and lip size. I think it is important to consider in terms of being cast as image is very important in terms of looking the part. I then researched the roles she had played, to take into consideration of the roles I may look right for. The majority of them are comedic and I found it very interesting when I saw she had played Ursula which is a role I have also played.



# Jaime-Lee O'Donnell



When asked who my energy was, I suggested Jamie Lee O'donnell. In the past when discussing type casting, I was typecast as the cold bully character. I find that Michelle's comedy in Derry Girls is quite like the material I have been given in the past and I love that she has another layer to her. She's perceived to be this standoffish person however deep down she's very caring and kind. I also think her blunt commentary on life is quite like me and something that I resonate with.

# SELF-TAPE EXPLORATION

When exploring filming self-tapes, I found there were a lot of things to consider. Such as lighting, shadows, placement of the camera, eyeline etc. I found that in my feedback I needed to work on all of the above. I found it to make my eye line more established. I used a person to read in and look at to keep the consistency of where I was holding my gaze. I also made sure to have my background as clear as possible, when filming my second self-tape, I chose a completely different location in my house in order to achieve the cleanest background. In future I will invest in a self-tape kit with proper lighting and pop-up backdrop to ensure I have the most effective video quality.

# SIGHT READING

When exploring sight reading, I found it to be quite difficult. However , when going over different techniques to look out for I found it to be considerably easier to pick certain things out. A few things to consider were;

Skimming - this when you lightly read through a passage trying to get the basic idea of what the text is trying to say, this helps when identifying the emotions and the levels in the performance.

Key words - when picking out key words it's important to understand why they are being used and what effect you want to have on the audience when saying these words. It can help you with how you deliver them and the way you use them.

Holding - when holding the paper, it's important to use your non-dominant hand and make sure the paper is lifted up to almost shoulder length. This can help as it keeps the eye line up even when reading and allows movement of the hand to make the performance looser and freer.

Thumb placement - this is when you follow the line, you're reading with your thumb of the hand you are using to hold the paper, this helps keeping your place in the piece and not skipping anything.

I found these things helped me when put on the spot. It gave me a clear way to tackle the material effectively and not get too overwhelmed. One article I read about Actors and Dyslexia really helped me feel less alone and put into perspective for me that sight reading isn't about getting everything correct, it's about your ability to give things a go and respond to correction and direction.

**'Focus on what you know, not what you don't know! Trust your instincts and your ability to make guesses and 'get the gist' from the text. If you don't know what a word means... then guess and make it work for the context of the scene. If it is wrong, the director can always give you a note'**

# NETWORKING

This session was very insightful, it taught us how to successfully network ourselves and our brand. We discussed many different areas to look out for and consider when networking with other creatives. Time keeping is important as being on time is rule number one, making sure clear planning has taken place with transport and delays, but also knowing when to leave and how you'll be getting home. It's also a very effective way to end a conversation, which may leave the person wanting more instead of overstaying your welcome.

Appearance is also key, making sure you're clean and put together in order to be as approachable as possible. But also being open, not being on your phone or being miserable in the corner but smiling and being open to talk to strangers and converse.

Knowledge is key in these situations in terms of knowing the creative team and cast of the show or event you are attending. It's very important to pay attention during the event or show too as it's often you'll be asked your opinion on the production after it. It is very important to know that you shouldn't praise or slate a production too much as again you never know who you are speaking too.

Communication needs to be clear and concise. There needs to be a range of questions and information, so the person you're speaking to is not being interviewed or bombarded with your career timeline. It was suggested to maybe have some sort of practice or outline of the projects you are working on or the people you are meeting are working on in order to exchange in an engaging conversation effectively.

We also learned the importance of connections, in terms of knowing people who know people. It's very often creatives ask to be introduced to other creatives through people they know. It is important to maintain these connections and know who you are talking to as it may not only affect your relationship but the person who has introduced you.

Respect is very important as it's something that a creative person needs to be aware of as soon as they leave the house, you never know who people are or are connected to. For example, if you get into an altercation with someone on the tube on the way to an event, although you're not at the event or actively networking, you may find yourself running into someone who will be there or has some sort of influence in the industry. It's crucial to present yourself in a respectful and kind way in order to maintain a good image. You never know who you're speaking to.

YOUR 4 SPEECH CHOICES - WITH CHARACTER / PLAY  
TITLE / WRITER AND RATIONALE FOR EACH

### A DAY IN THE DEATH OF JOE EGG - SHEILA - PETER NICHOLS

I HAVE ALWAYS LOVED THIS PLAY FOR MANY REASONS, FIRST BEING HOW ADVERSITY IS TACKLED WITH COMEDY. I THINK DARK HUMOUR IS VERY TRICKY AS IT'S HARD TO FIND THE LINE BETWEEN COMEDY AND DISRESPECT. HOWEVER NICHOLS WRITES BEAUTIFULLY IN THIS PLAY, AS FOUND BY MY RESEARCH HE HAD ALSO EXPERIENCED FIRST HAND THE RAISING OF A DISABLED CHILD AND THE TRIAL AND ERROR THAT COMES ALONG WITH IT. PERSONALLY I REALLY RESONATED WITH THE CHARACTER OF SHEILA, I FOUND THROUGH MY ANALYSIS OF THE PLAY AND CHOSEN SPEECH SHE CHOOSES TO OCCUPY HERSELF INSTEAD OF SLOW DOWN AND ALLOW EMOTIONS TO TAKE OVER HER. SHE IS A VERY COMPLEX CHARACTER AS THERE ARE SO MANY LAYERS TO HER, THERE'S THE FEELING OF NEEDING TO CARE FOR THINGS FOR EXAMPLE HER MANY CREATIVE AND GARDENING ENDEAVOURS, JOE AND EVEN BRAIN, WHO IS A LOT MORE CHILD-LIKE THAN HE CARES TO ADMIT. THIS NEED TIES INTO THE NEXT LAYER, PERSONALLY I FEEL LIKE SHE FEELS SHE HAS FAILED AS A MOTHER DUE TO JOE'S UNRESPONSIVE NATURE AND IN EFFECT BLAMES HERSELF AND TRIES TO THEN CARE FOR AS MANY THINGS AND OCCUPY HERSELF. I TOOK A LOT OF INSPIRATION FROM THE PRODUCTION FEATURING VICTORIA HAMILTON AND EDDIE IZZARD.

### BITCH BOXER - CHLOE - CHARLOTTE JOSEPHINE

WITH THIS MONOLOGUE I FOUND THAT CHLOE AS A CHARACTER IS SOMEONE I RELATED HEAVILY TO. I FOUND THAT AT A TIME OF MY LIFE WHEN I LOST MY GRANDFATHER WHO WAS LIKE MY FATHER I SIMILARLY FOUND MYSELF IN A RELATIONSHIP. WHEN I READ THIS MONOLOGUE I FELT AS THOUGH I WAS READING SOMETHING I HAD SAID BEFORE AND AS AN ACTRESS MY MAIN GOAL IN PERFORMANCE IS TO STRIVE FOR TRUTH AND TRUE CONNECTION TO THE PIECES I PERFORM. I FOUND WHEN GETTING INTO THE CHARACTER OF CHLOE HER VALUES IN LIFE ALIGNED WITH MINE, WE ARE BOTH VERY HARD WORKING INDIVIDUALS AND WILL DO ANYTHING TO ACHIEVE OUR DREAMS. HER STORY WAS ONE I FOUND EXTREMELY HEARTBREAKING AND INSPIRING AND IS ONE I LOVED PUTTING MY OWN TWIST ON.

### Iphigenia in Splott - Effy - Gary Owen

After reading this play, I fell in love with Effy. She is so painfully accurate to how so many Welsh underprivileged women end up. Most of her characteristics are very relevant to people I know or see in myself. She is someone who is so misunderstood and it's very clear her own goal is to not end up alone. She seems to be very cold and irrational however she is one of the most feeling and empathetic characters i've ever observed and her kindness speaks volumes when not going through with ruining Lee's marriage and suing the hospital. She also has a lot of negative qualities which are very prevalent in the play. She is a perfect example of a victim of circumstance. All of these layers are something that drew me to this monologue and play. I had such a hard time picking what section however the section i picked was so heart wrenching i had to pick it. I feel like in this monologue Effy is being as vulnerable as she can be, she doesn't know how to convey her emotions in a constructive way and in this monologue, we see clearly this is her breaking point. Gary Owens writing in this play is so beautifully accurate of Welsh life and language and feels so natural to perform. The depth in which he went to create this character makes it so easy for the actor to tap into and enter seamlessly.

### Jane Eyre - Jane Eyre - Charlotte Bronte

Jane is such a fearless woman and shows this all throughout her life and the play. She is herself unapologetically and this value is something I strive to follow through in my own life. The way this monologue is written is like poetry and i find that analysing and picking apart this monologue was so interesting to do.

HOW YOU CHOSE YOUR TWO SPEECHES AND WHY

In the end I decided to go with Bitch Boxer and Iphagina in Splott as my monologue choices. I found it to be difficult however when deciding I took into account length, passion and ones I could realistically learn in the time I had. For example, when picking my monologues I do like to take into account how easy they are to learn. For example, when bringing my original monologues, I decided to bring more than 4 just in case some were not suitable. One I bought was Leah's monologue from DNA by Dennis Kelly, although this is a good monologue choice for me due to the contemplation and thought that goes into it, I found when learning it I really struggled. I found that most of the lines could go anywhere in the monologues, and it would still make sense in my brain. Although this may have been a good choice for me, I decided that for me knowing my words was way more important. In 'An Actor Prepares' Stanislavski says "If you speak any lines, or do anything, mechanically, without fully realizing who you are, where you came from, why, what you want, where you are going, and what you will do when you get there, you will be acting without imagination" this comment told me that I must know my lines inside out in order to be able to play with them confidently and let my subconscious mind take over. With the two monologues I chose I found that learning them came very natural to me and the language they use is similar to which language I would use. I also found that both women had very different ways in being vulnerable, this too allowed me to explore two ways to behave. I found Chloe to be openly vulnerable and confiding in the audience about her father and her partner however with Effy she is almost being unconsciously vulnerable, and I really wanted to convey that in the delivery of her lines. These monologues really worked for me and are definitely ones I will be using in the future along with the others I brought forward.

CV X 2 (ONE ACTOR ONE 'GENERAL')

### **Curriculum Vitae**

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### **Personal Profile**

I have attended and performed in many amateur shows and concerts since the age of 9. I have performed in a number of stage configurations including the round, thrust, proscenium arch etc, giving me an elevated sense of awareness when performing to different audiences. I have also performed to a range of audience sizes, knowing when to be more intimate and subtle and when to project my voice. I have achieved my A level in drama and have also completed my Level 4 in performance both being in Gower College Swansea. I have also been an acting teacher in two local drama schools for the past year and am loving it. Most of my one to one students receive high merits/distinctions and I love seeing all of their hard work pay off. I am currently in my second year at UWTSD in their Carmarthen campus studying BA Acting, which I am loving so far.

### **Education**

2014 – 2019 – Bryngwyn Comprehensive School Llanelli

A-C grades in the following subjects:

English Literature, English Language, Mathematics, Welsh, Biology, Chemistry, Physics, History, Sociology,

2019-2022 -Gower College Swansea

2023-Present day - UWTSD Carmarthen

### **Qualifications**

Welsh Baccalaureate

Duke of Edinburgh Bronze Award

RSL qualification

UAL level 4 in performance

### **Experience**

I have mentored young people in the role as a senior member of a local theatre group. This requires adaptability and patience when dealing with children and their parents and I strive to encourage the younger members by building their confidence and being a positive role model.

As of yet I have no professional experience.

### **Interests**

- I am an active member of many local theatre companies and enjoy singing, dancing and acting.
- I play a variety of instruments including the guitar, piano and trumpet and enjoy the creativity of playing and listening to music.
- I am an avid reader and find it helps me to relax.

### **Previous Jobs**

Jenkins- worked there for a little while providing me with experience with preparing and selling food. This being my first real job gave me a slight confidence boost and really pushed me out of my comfort zone.

Finishing touches cleaning company- worked for this company for a month or so. The role I took on involved cleaning hotel rooms for Oldwalls up the Gower. This gave her an insight into how important hygiene and small details are.

TKMAXX- worked for TKMAXX for around 3 years on and off as a Christmas temp, now it is permanent. This has been my longest job and has taught her a lot, for example, teamwork skills, customer service, punctuality, organisation skills and many more things. It has also taught me to push herself in many ways and better myself and my work. Also I have been brought back to work and was made permanent. This job has created a passion for customer service for me.

### **Previous roles**

The Witch - Into the woods

Wendla - Spring awakening

Ursula - The little mermaid

Sour kangaroo - Seussical the musical

Scaramouche - We will rock you

Miss Hanagan - Annie

Sister Mary Lazarus - Sister Act

Miss Sherman - Fame

Jenny Hill - Big fish

References are available on request

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### **Personal Profile**

I attended and left Bryngwyn Comprehensive School, Llanelli after undertaking my GCSEs. I studied A-Levels in Gower College Swansea and have also received my UAL level 4 in performance.

I am a highly organised, conscientious and motivated individual who is determined to achieve my full potential and am happy to undergo any training for me to succeed in doing so. I consider myself to have excellent communication and interpersonal skills and am confident when speaking to people from a variety of backgrounds.

I work well under pressure, on my own and as part of a team. I have previous volunteering experience in mentoring young people through the Duke of Edinburgh Awards and in a local theatre company and now do so as a job in two separate theatre schools.

I am currently in my second year at UWTSD in their carmarthen campus studying BA Acting, which I am loving so far.

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2014 – 2019 – Bryngwyn Comprehensive School Llanelli

A-C grades in the following subjects:

English Literature, English Language, Mathematics, Welsh, Biology, Chemistry, Physics, History, Sociology,

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### **Experience**

I have mentored young people in the role as a senior member of a local theatre group. This requires adaptability and patience when dealing with children and their parents and I strive to encourage the younger members by building their confidence and being a positive role model.

As part of my Welsh Baccalaureate qualification, I taught a group of Year 7 and 8 pupils in Glan y Mor School, Llanelli. I enjoyed the often-challenging sessions and learnt many new skills which further improved my confidence.

### **Interests**

- I am an active member of many local theatre companies and enjoy singing, dancing and acting.
- I play a variety of instruments including the guitar, piano and trumpet and enjoy the creativity of playing and listening to music.
- I am an avid reader and find it helps me to relax.

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References are available on request

SOCIAL MEDIA PRESENCE LINK/S - PROFESSIONAL FACING:

DIONNE LOREN JAMES (@DIONNELOREN\_ACTING\_) • INSTAGRAM  
PHOTOS AND VIDEOS

LINK TO EXCEL SPREADSHEET:

[NETWORKING.XLSX](#)

CREATIVE LANDSCAPE BACK 'HOME' OR WHERE YOU WILL BASE YOURSELF - **WHO** ARE THE COMPANIES, **WHICH** ONES WOULD YOU LIKE TO WORK WITH AND **WHY** ARE YOU A GOOD MATCH FOR THEM.

Unfortunately I am not too sure where I will base myself in the future as I am still very undecided on whether I am going to apply for masters courses all around the uk and whether they'll be in stage management or acting. I have also struggled to find many professional companies in Llanelli and if they are professional I have struggled to find that information. This is relevant in my spreadsheet also which is something I struggled with.

I am currently working in two drama groups in Llanelli and have noted them down on my spreadsheet however as I've said I'm not set in stone as to what i will be doing as of just yet.

# Appendix

- Sight-reading and Dyslexia « The Actors' Guild of Great Britain ([actorsguild.co.uk](http://actorsguild.co.uk)) article used for slide 8
- 'An Actor Prepares - Konstantine Stanislavski' book used for slide 15