

5 REASONS WHY ACTING IS FOR EVERYBODY

Since we first opened our doors in 2003, The Actor's Scene has been blessed to have thousands of students step inside. We have helped hundreds of actors find success in the industry all over the world- and it all began with one question, "*Is acting right for me?*"

The reasons behind the question vary. After all, acting classes draw a pretty diverse crowd. Our walls ring out with the sounds of the class clowns who love the spotlight, the motivated thespians wanting to try their hand at film acting, the mature actors who are ready to take the next step. But what about the rest? The quiet ones looking to build their confidence, the adults returning to their first creative love, the business executives looking to improve their presentation skills, teenagers wanting to grow their face to face communication skills... what about them?

The answer? Acting is for everyone: the shy ones, the loud ones, the ambitious, and those just looking for a hobby. When you sign up for acting, you aren't just registering for a class- you are investing in your future. Yep, that's a pretty bold statement, but we stand behind it. Not convinced? Read on to see the 5 life skills that you can sharpen with acting classes.

1. Confidence

Confidence is needed every day; in school, college, interviews, your job... It is the ability to approach new situations and opportunities with a *Can-Do* attitude and healthy amount of comfort in your own skin. The number one fear in the world is public speaking. Why? Lack of confidence. And yet this is a common part of the American culture- from educational presentations, to customer service and sales jobs, to presenting an idea before your colleagues, and so on. Acting teaches how to stand strong while in the spotlight and cultivate *presence* in your face, body, and voice- all while presenting yourself in the best way possible and developing healthy mindsets to get you through the moment.

2. Awareness

Self-awareness is one critical skill that is developed while working on set, as well as awareness of your surroundings. How well do you listen, *really* listen, and process what is going on around you? How do you step outside of your racing thoughts to observe your options and make the best choice? Acting teaches how to take in every moment and react with authenticity. It builds stronger relationships and healthier environments through conscience efforts taught through focus and emotional intelligence.

3. Goal setting

One powerful lesson taught in acting is how to set measurable and attainable goals. Starting with goals within yourself and spanning into things you want to accomplish in the near future. Many people may have a dream "I want to be in a movie", but that dream becomes a goal when you break it down into achievable tasks. These goals are often times shared between students and their coach, and even talked about in a community of their peers to foster accountability and encouragement. Actors learn how to both set goals and achieve them.

4. Ability to work well independently and in a team

Acting requires the ability to work well on your own and in various groups of people. From boosting time management skills and deadlines, pouring over scripts to develop your own subtext, to collaborating with other artists to build a unified vision. Actors must be skilled at working along and with other; developing your own ideas and incorporating them with a group.

5. Communication

Communication skills are an essential part of acting. With the onslaught of our digital society, we are seeing a decrease in peoples' ability to communicate effectively. Acting both preserves and advances these important skills while maximizing and improving your ability to communicate successfully; both verbally and nonverbally.