



**Available Program Formats:**

- ◆ Keynotes
- ◆ Master Classes
- ◆ Workshops
- ◆ Seminars

*Dynamic Adria Firestone is a 'force of nature.' She is well-spoken, multi-talented, and brilliant at communicating with, and inspiring, an audience whether the setting be a darkened theater, a student master class, or a professional board room. Her positive attitude and inspiration are infectious. Adria's passion and generosity for sharing her skills are a special gift to be experienced by all.*  
**John Hoopes , Artistic Director | Nashville Opera**

*Your blueprint is step-by-step and hands-on. Your class takes my student from the practice room to the pavement in a pro-active stride.*

**Lynn Marie Dolce, NJMEA**

# Firestone

## adria

*You were a total success. Our students were inspired and enlightened by your wealth of knowledge in vocal performance & physical relaxation. ~ Michael Rorex, Professor | Northwestern State*

*I loved the business plan; Such practical career and performance advice. Thanks! The ZEBRA method is the bomb! ! ~ K. Rodriguez, Teen Arts*

*Adria Firestone, is a master. ~ Jim de Blasis, Director | Producer | Teacher*

*it was wonderful to hear you speak about things that weren't generic & abstract. Everything you said, applied directly to what we do. You gave great solutions to my performance anxiety. ~ Andrew J Bowling NATS*

## Your Students Will Learn:

### PERFORMANCE

- ◆ How **professionalism** will change their lives, on and off stage
- ◆ To develop a deeper, grounded **self-confidence**, and **presence**
- ◆ **Freedom from fear** in the safety of the stage
- ◆ To utilize the power of **clear body language**
- ◆ How to tap into **stillness and listening** on stage
- ◆ How to fully **utilize the space onstage**

### VOCAL MUSIC

- ◆ How to use the entire body for **vocal expression**
- ◆ **Relaxation exercises** to release the body and breath
- ◆ **Acting** for singers, **expression & phrasing**

### DRAMA/THEATRE

- ◆ To use the breath for **better projection & expression**
- ◆ How to quickly **create a believable character**
- ◆ How to **trust themselves** and their scene partners



Adria recording Family Guy with Seth MacFarlane Photo: Freddie Hannan

### AVAILABLE PROGRAMS

- ◆ Online Course: Performance Career Blueprint
- ◆ How to Succeed in the Business of Show Business
- ◆ Make a Living While Pursuing a Career in the Arts
- ◆ 1:1 Coaching: Career Development & Transition
- ◆ Group Coaching for Career Development

## ABOUT ADRIA

Adria Firestone has been on the faculty in the Music, Dance & Theatre Department at New Jersey City University since 2003. Adria teaches voice, movement for actors, speech for performance, acting, career development, and how to control stage fright. As a clinician, Adria has designed and presented programs for NJMEA and NATS, adjudicated for Teen Arts for the past four years, and gives regular workshops and orientations at schools, including Arts High School in Newark and the Girls Career Institute for high school seniors at Rutgers with the GFWC. She is a National Certified Trainer for K-12 *Time to Teach*, an instructional designer and a business and career coach. Adria was an award-winning singer and actor for 25+ years. Her credits include her world-renowned *Carmen* in Bizet's opera to *Family Guy*. For our troops in Desert Storm, from Shanghai to the Pacific Rim, and from Cairo to Canada, Adria has performed throughout the world.