



*Dynamic Adria Firestone is a 'force of nature' She is brilliant at inspiring an audience whether the setting be a darkened theater, a student master class, or a professional board room. 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

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

# 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, NJCU

*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 changes every area of their lives
- How to develop realistic self-confidence
- Freedom from fear in the safety of the stage
- How to utilize the power of body language
- How to tap into stillness and listening on stage

### VOCAL MUSIC

- ♦ How to use the body for vocal expression

- ♦ Exercises to release the body and breath
- ♦ Acting for singers, expression & phrasing

### DRAMA/THEATRE

- ♦ How to use the breath for better projection & expression
- ♦ Quickly create a believable character
- ♦ How to trust themselves and their scene partners
- ♦ How to make use of the stage space



Adria recording Family Guy/Seth MacFarlane Photo: F. Hannan

### TOPICS | PROGRAMS

#### CLINICS | MASTER CLASSES | WORKSHOPS

- ♦ Pandemic Pivots for the Business of Show Business
- ♦ Make a Living While Pursuing a Career in the Arts
- ♦ Career Design for the Emerging Performing Artist
- ♦ Power Performance for the Performing Artist
- ♦ Surrender & Control Your Fear

## ABOUT ADRIA



Adria Firestone, on the faculty in the Music, Dance & Theatre Department at New Jersey City University, teaches voice, movement for actors, speech for performance, acting, career development, and how to control stage fright. Adria designs and presents programs for, among others, Duke University, the National University of Singapore, Dubai English-Speaking School and Northwestern University. As a clinician, Adria gives workshops and master classes for NJMEA and NATS, and is a regular contributor to *Classical Singer* & the *Huffington Post*. She is a National Certified Trainer for *Time to Teach*, an instructional designer, and an entertainment industry coach. Adria was an award-winning opera singer and actor: her credits include her world-renowned Carmen in Bizet's opera to *Family Guy*. Adria won a Carbonell Award for Best Actress in a Musical (Aldonza in *Man of La Mancha*) and was voted Woman of the Year at the Spoleto Festival in Italy. For our troops in Desert Storm, from Shanghai to the Pacific Rim, and from Cairo to Canada, Adria has performed throughout the world.