



# KIRSTY STRAIN

COACHING SERVICES



[KIRSTYSTRAIN.COM](http://KIRSTYSTRAIN.COM)

# WELCOME!



Thank you for your interest in working with me. Within this document, you will find all the details of the services I provide and how they can be useful for you. Please do get in touch if you have any additional questions or take a look at the FAQ's on my website. I hope this is helpful and look forward to working with you.

# COMMUNICATIONS COACHING

In these bespoke, tailored sessions, I will work with you to discover exactly what makes you an engaging and effective communicator and lead you to offering the best of yourself in every scenario. This is a supportive and sustainable process, designed specifically for you to achieve your goals.

Whether it's a pitch, a presentation, a performance, a one-to-one meeting, whether you are speaking to a large arena full of people or to an individual, it's all a conversation and it's all relational.

I take a holistic, person centred approach to this process, putting you at the heart of every exchange. For most people - even experienced communicators, leaders and presenters - getting up and presenting in front of an audience or communicating effectively in certain scenarios can be a terrifying, anxiety inducing and sometimes phobic experience.

All of these issues can be quickly and painlessly worked on at an individual, personal level, leading to impressive results.



## CLIENT TESTIMONIAL



“Working with Kirsty was always a fascinating experience for me. I had no idea how much I would learn about myself during the process. Her depth of knowledge on each subject is truly exceptional and I recommend her to everyone because it took my career to great heights, along with my confidence. Once I was free from any limitations I had with my voice, I was able to feel confident when I started my podcast. Fast forward to now and I have found myself being booked as a motivational keynote speaker for large companies and presenting daily with my mindset and life coaching business. Once I knew how important my voice was, the sky is the limit. I am forever grateful.”

LISTEN TO  
AMANDA HERE!



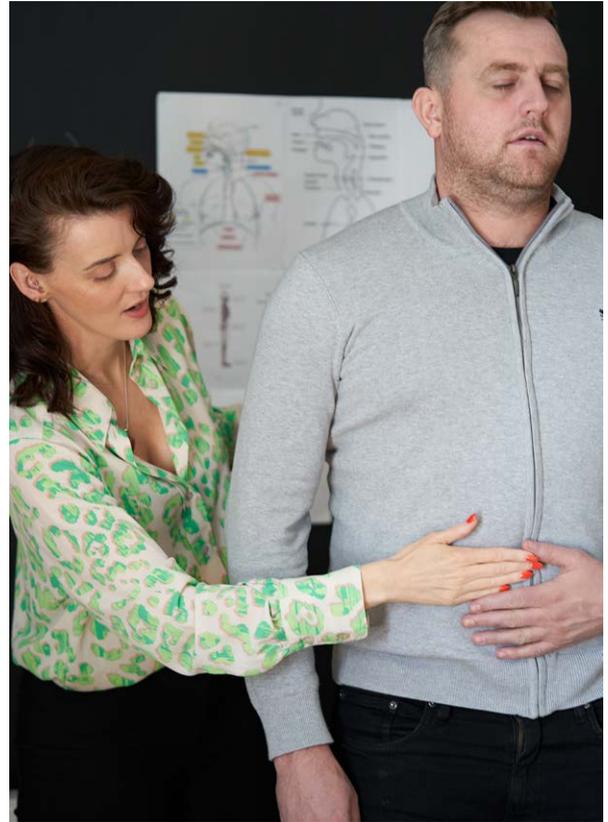
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# BREATH ALIGNMENT PRACTICE

Throughout my training and career, I have studied various practitioners and acquired an array of techniques involving the power of the breath and its importance in performance, vocal health and your overall wellbeing. I have now tailored a programme which utilises these techniques in a very specific way, to allow you to release and align and bring you into a state of relaxation, connection and readiness. This process will help you access the power of your breath and will teach you how to use it in an effective way, enhancing your performance, cultivating confidence and giving you the foundation to achieve your goals.

We will explore posture and alignment, release work and what it means to establish your natural connection and I will guide you through various breathing techniques that will not only enhance your chosen practice but will vastly improve your experiences in everyday life as a whole.

Whether you just want to relax and align or you want to use these techniques to contribute to a larger goal, you are welcome to [contact me](#) for further details or to book an appointment and I would be delighted to guide you through the process.



## CLIENT TESTIMONIAL

“I have had the pleasure of working with Kirsty for over a year, and I am very grateful for the transformation she has helped me to achieve in my ability in public speaking and to deliver presentations. From the beginning, Kirsty spent time to gain an in-depth understanding of my specific needs and areas I wanted to improve and tailored our sessions to focus on these. Her patience and strong attention to detail creates a very comfortable learning environment where I can see a considerable improvement after each session. The practical exercises to undertake in my own time, between sessions also reinforces the concepts and techniques we discuss. Kirsty has a genuine passion for seeing her clients improve and unlocking their full potential through the use of the voice, breath and speaking with purpose.”

DR DANIEL DONACHIE BVMS MRCVS



# VOCAL PRODUCTION

People, by their very nature are noise making. The anatomy has evolved to create meaning by vibrating air. You must understand the mechanics of your voice in order to train most effectively.

Whether you are an experienced actor with previous vocal training or a complete novice, whether you are an individual looking to address specific vocal issues or want to include vocal production as part of a larger speaking or communications goal, we will work together to assess your needs and where best to begin our work.

All human sound production starts with breathing so a big part of our work will start with breath, diaphragmatic breathing and breath control.

Vocal production is a whole body experience and we will connect breath and body, utilising certain techniques to bring the best out in your voice in a healthy, sustainable way.

## **BREATH & BODY:**

Breath is voice - breathing correctly is at the core of vocal work and forms the basis from which to work. The more you understand your body and breath habits, the more control you will have over your speaking tone.

## **RANGE & POWER:**

Strengthen and develop your pitch variety and vocal control. Discover effective projection and ensure you can sustain your voice and that it can be adapted for any environment or performance space in a healthy way. Learn the techniques necessary to avoid damaging your voice.

## **TOPICS COVERED INCLUDE:**

- Relaxation
- Vocal Anatomy: produce a strong, open sound
- Alignment: optimal posture
- Breath Support: support the diaphragm efficiently

- **Breath Capacity:** undertaking lengthy speeches without top-up breaths
- **Vocal Anatomy:** Know your tool kit and how the larynx and vocal tract work in order to produce good tone and alter pitch
- **Release:** Learn how to relax the muscles around the larynx and jaw in order to free yourself from unwanted tension which might be inhibiting your sound
- **Sounding:** Develop a free, flexible tone suitable for speaking in any scenario or if you are an actor then you want to make sure it's ready to accomplish a variety of character voices, exploring the musicality of your voice and applying it to text
- **Power:** Explore resonance by projecting your sound, develop depth, command and authority
- Dramatic material and storytelling are then called upon as devices through which to inspire and enhance the sensorial experience of form, structure, rhythm, tempo, and dynamic variety

"I am truly, forever grateful for all your work with me. It is so freeing to have found my voice again and to have given me the confidence in myself."

**TATJANA FERGUSON**  
Yoga Instructor

# DIALECT COACHING, ACCENT SOFTENING AND ELOCUTION

Assisting actors with specific dialects for a casting or role, accent softening either to assist those where English is a second language or for those with strong regional accents who wish to become more neutral and elocution for those who wish to have better diction and more well rounded clarity.



## ACCENT AND DIALECT TRAINING FOR ACTORS

Giving you all the tools you need to successfully act in an accent or dialect. You will be coached in the main vowel and consonant positions and accurate speech and intonation patterns of your key target accent. In addition, you'll be given handouts and helpful audio-visual aids. The target accent can also be applied directly to any audition or performance text.

### DIALECTS OFFERED INCLUDE:

American-Standard, American-California, American-New York, American-Southern States, Australian, Central Scottish, Cockney, Edinburgh, Essex, Fife, Glasgow (native), Highlands, Liverpool, London, Northern, Scottish-Standard, Yorkshire, RP and RP Varieties.

### TOPICS COVERED INCLUDE:

- Regular practice of key tongue, lip and mouth positions on target vowels and consonants
- Key vowels of the target accent
- Key consonants of the target accent
- Practice material
- Transposition of target accent into audio/visual assist for auditions and castings
- Intonation patterns of the key target accent
- TV and audio-visual examples and recommendations
- Online sessions

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# ACCENT SOFTENING FOR ACTORS

Ideal for those who speak English as an additional language, or have a regional accent and wish to become more neutral or want to improve their accuracy, clarity and confidence in English pronunciation.

Actors with international English accents also need to soften their accents and understand English intonation and stress when speaking English for castings, auditions and roles in Film, TV and Theatre.

## TOPICS COVERED INCLUDE:

- Rigorous articulation exercises designed to strengthen your speech muscles; in order to achieve clear, flexible RP sounds more easily

- A practical understanding of the placement and facial movements of the accent
- A detailed breakdown of the sounds of RP; giving you a solid foundation of the tongue and mouth movement as well as sound length
- Feedback on your speech and accent habits and techniques on how to improve your long-term goals
- An understanding of how to apply this work to a script

# ACCENT SOFTENING FOR BUSINESS

Ideal for non-native English speaking business professionals who wish to neutralise or modify their accent for professional or personal reasons.

If you feel that your accent is holding you back and that you frequently get asked to repeat yourself or worry that people haven't fully understood you, then then I can provide you with a comprehensive, step-by-step plan to help you gain a natural and flexible pronunciation of English. You will focus on the vowel and consonant sounds of Received Pronunciation (RP) as well as training your mouth muscles to master the sounds you need with freedom and ease.

## TOPICS COVERED INCLUDE:

- Rigorous articulation exercises designed to strengthen your speech muscles; in order to achieve clear, flexible RP sounds more easily

- A practical understanding of the placement and facial movements of the accent
- A detailed breakdown of the sounds of RP; giving you a solid foundation of the tongue and mouth movement, as well as sound length
- Feedback on your speech and accent habits and techniques on how to improve your long-term goals
- Working with a variety of texts to apply the techniques
- An understanding of how to apply the new sounds to everyday speech and text

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# ELOCUTION

If you are a native, or fluent International English speaker, yet feel the quality of your speech production lets you down (you've been given feedback that you are inaudible, mumble, your intonation patterns are monotonous, for instance), then I can help you maximise your accuracy, clarity, projection and muscularity in spoken English and enable you to eliminate any minor-to-moderate speech faults you currently have.

We will train your speech muscles in order to develop more precise and flexible diction and work through a series of practical, transferable exercises that thoroughly warm up and shape your articulators.

## TOPICS COVERED INCLUDE:

- Precision: to produce clear speech
- Placement: maximise clarity and tone
- Accuracy: in order to avoid consonants sounds becoming muffled or mumbled
- Sound placement/resonant focus: focusing sound forward
- Mirror work to ensure the correct facial setting
- Sound recording analysis: analysing your sound in a group setting
- Key vowel and consonant changes to look out for
- Confidence, release and freeing work

MAKE A BOOKING WITH ME



## CLIENT TESTIMONIAL

"I have been coached by Kirsty for more than 3 years now and in that time, I have learnt so many things and feel most of my growth as an overall performer is because of Kirsty. She is so supportive and takes a NO strict learning approach, and helps you achieve your goals in an UPLIFTING WAY, that challenges you and makes you feel good! Thank you for everything so far!"

**NUALA PEBERDY**

Acting and Accent/Dialect Coaching

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NUALA HERE!



SPOTLIGHT CV

# VOICE OVER TRAINING

Whether you are looking to work as a vocal performer in commercials, narration, audiobooks, character and animation or gaming or whether you want to have your own podcast or want to make or produce your own explainer videos, I can guide you through all the necessary steps and technical know how to get the best out of your voice and performance with specificity and ease. You will also have access to my home studio set up and be given the opportunity to record samples.

- **Recording:** Record and assess yourself performing different scripts with review and feedback.
- **Prepare Your Own Voice-Reel:** Choosing contrasting pieces for casting and agents.
- **Warm-Up/Vocal Health:** Advice and guidance on how to warm-up your voice and keep your voice healthy, laying the foundation for optimum performance.

## KEY POINTS COVERED INCLUDE:

- **The Industry:** An overview of how the voice over industry works, including types of work available, finding work, what voice-over work entails, typical rates and how to market yourself to agents and employers.
- **Identify Your Voice Quality:** Know the USP's of your voice and your appropriate casting.
- **Voice Reels:** Analyse a variety of professional voice reels to identify the key areas that you are working on and relate it back to your practice and take note of the industry standards.
- **Script Work & Analysis:** Work practically on a variety of scripts; discover quick strategies for exploring different vocal energies, pace and range and develop a preparation checklist.



[GET IN TOUCH HERE](#)

## CLIENT TESTIMONIAL

“Kirsty is able to use her knowledge of the industry and break the process down in such a way that I, as a newcomer, was able to easily digest and understand. Sessions are always pleasant, warm and very in-formative. Whatever we are working on, no matter how new or unfamiliar it may feel, Kirsty will take the time to help me get comfortable with it, offer helpful suggestions and feedback, and encourage me to do the things I never thought possible.”

[LISTEN TO KIERAN HERE!](#)



**KIERAN MOOR**  
Commercial and Narration

# ACTING COACHING

I work regularly as an actor and director in film, tv, theatre and voice work and my on the job experience has expanded my skill set far beyond my initial training. I work with numerous professional actors and actors in training and we get really specific within the key areas that they wish to develop. Having trained and studied various practitioners over the years, what I have come to realise in my professional work is that it all leads to the same thing, does the audience believe you? Are they with you? Are they drawn in? Finding that truth by being present is at the heart of my practice and my 1-2-1 sessions are tailored around the specific needs of the individual.

## WHO IS IT FOR?

- Professional Actors
- Actors In Training
- Drama School Applicants
- Young Actors - Aged 8+
- Business Professionals or Public Speakers

If you would like to work with me or are interested in finding out more about my process and block bookings do get in touch below.

[ENQUIRE HERE](#)

## AREAS OF SPECIALISATION:

- Breath and Connection - Establishing your foundation
- Audition Preparation
- Self Taping Preparation and Process
- Self Taping Service - Let's achieve the best submission together!
- Acting For Camera
- Character Development
- Script Analysis
- Actioning Texts
- Scene Study
- Owning Your Truth - An in depth look at finding your truth in performance



## CLIENT TESTIMONIAL

“Doing my sessions with Kirsty has allowed me to take my mask off. It’s made me vulnerable but allowed me to learn more about why I’m doing this. I now know why I am on this journey and what I have to offer. I come out of my comfort zone and that has been completely exhilarating. Kirsty allows me to be me and more importantly, be present in that moment and each time, I find more and more truth in what I’m doing. Kirsty has taken the time to learn what I need and tailored my sessions to suit. Thank you for giving me a safe space to believe in myself.”

**EMMA HAMILTON**  
Actress, Acting Coaching



## CHILDREN & YOUNG PEOPLE

### ACTING COACHING - SCENE STUDY & CHARACTER DEVELOPMENT

My coaching sessions for young people work in much the same way as they do for adult coaching but the process is tailored to be age appropriate for the participant and designed to create a safe and engaging space for the young actor to thrive and explore and achieve their goals. Please see above in regards to the topics covered.

### VOICE OVER TRAINING

This discipline can be adapted for young voices aged 13+ and I will guide them through all the topics mentioned in the voice over training section of this brochure.

### ELOCUTION

I also consult on certain issues in regards to elocution and depending on the age of the young person and the specific issue, I can tailor sessions to cover the topics listed in the elocution section in an engaging and helpful way for younger clients.

# ACCENT & DIALECT COACHING

Given that a young person's voice is growing and changing before reaching puberty, vocal production work is not necessarily advised at this stage. However, young actors may be asked to perform in an accent other than their own and as such, may require coaching. I work with children as young as eight to help them achieve their chosen dialect. The techniques are much the same as working with adults but the sessions are tailored to make it engaging and fun for the young person and to help them find the sounds and changes in mouth movement with ease. They will be coached in the main vowel and consonant positions and accurate speech and intonation patterns of their key target accent. In addition, they will be given fun handouts and helpful audio-visual aids. The target accent can also be applied directly to any audition or performance text.

## DIALECTS OFFERED INCLUDE:

American-Standard, American-California, American-New York, American-Southern States, Australian, Central Scottish, Cockney, Edinburgh, Essex, Fife, Glasgow, High-lands, Liverpool, London, Northern, Scottish-Standard, Yorkshire, RP and RP Varieties.

## TOPICS COVERED INCLUDE:

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## CLIENT TESTIMONIAL

"In two years, I've worked with Kirsty on American Southern States, American Standard, Scottish West Coast, Estuary, Manchester, and Yorkshire accents. She has also helped me with voice-over and character work for auditions. Although my natural accent is Received Pronunciation, after working on my Scottish accent with Kirsty I was cast by a top Scottish director to act in a Scottish commercial. Even remotely, Kirsty is great at helping me understand how to apply the techniques to achieve different accents. Kirsty has a warm, friendly energy and is very patient. She always reminds me that I'm in a safe space to make mistakes, and I trust her to correct me so I learn from them."

### DULCIE MCEVOY GOULD

Actress, Acting & Dialect Coaching & Voice Over Training

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DULCIE HERE!



SPOTLIGHT CV



## THANK YOU!

Thank you for taking an interest in my services and reading through the options available. If you find that any of the contents included here may be of help to you and you would like to book a session, I would be absolutely delighted to work with you and guide you towards achieving your goals!

Please take a look at my website or for pricing information and to book directly, you can email via the following address:

[kirsty@kirstystrain.com](mailto:kirsty@kirstystrain.com)



**KIRSTY STRAIN**  
COACHING SERVICES

[KIRSTYSTRAIN.COM](http://KIRSTYSTRAIN.COM)

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