

EMMA COLE

Email

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PROFILE

TRAINING

2022-2023 The Royal Central School of Speech and Drama, MA Movement: Directing and Teaching

2016 Stella Adler Academy of Acting, Summer School

2005-2006 Sussex Downs University, City and Guild

1999-2000 Middlesex University, BA Performing Arts & Dance

EXPERIENCE

Movement Experience whilst on the MA Movement: Directing and Teaching

2023 Movement Director for 'Carmen', Waterperry Opera Festival, director Anna Morrissey

2023 Teaching Placement (BA Applied Theatre) Neutral Mask with Anna Tringham, Guildford School of Acting

2022 Movement Director of 'Bull' by Mike Bartlett (Diploma Musical Theatre), directed by Deidre McGaughlin, Italia Conti

2020 Assistant Movement Director, Romeo and Juliet (BA (Hons) Acting Musical Theatre Year 2), director Michael Fry. RCSSD

2020 Teaching Placement (BA (Hons) Acting Year 1) Neutral Mask with Vanessa Ewan, RCSSD

As a Movement Director/Choreographer

2021, 2022 Movement Director and Choreographer 'The Frow Show', Sussex

2013 Assistant Movement Director, 'As You Like It', Shakespeare, The Minack Theatre

2005, Assistant MD, 'First' director Tinge Krishnan

2003, Assistant MD, 'Plucking and Bowing', director Tinge Krishnan

As a Movement Teacher

2021 Laban Movement Teacher, Mountview

2014 Contemporary Dance Teacher, South East Dance Professional Classes

MEMBERSHIPS

Spotlight, Equity

BIOGRAPHY

Emma Cole trained as contemporary dancer at Middlesex University in 2000 and enjoyed a long career as a dancer for Opera at Glyndebourne, Opera North, Royal Opera House, Royal Albert Hall, De Vlaamse Opera, Opera De Lille, Opera De Dijon, Opera De Paris & English Touring Opera.

Emma is trained in Shiatsu Massage and is a Senior Yoga Teacher Trainer (2019) with a Trauma-Informed Somatic Yoga practice.

Emma loves spoken word, rhythms, imagery, self-expression and all things poetic. Her ongoing academic research areas include touch and consent in actor-training, mapping and unpacking the perimenopause as a rite of passage through movement, theatre and performance.

SKILLS

Movement Specialist Areas include: Experiential Anatomy, Animal Studies, The Feldenkrais Method, Neutral Mask, Space, Time, Weight, Rhythm, Laban Efforts, Touch & Consent, Qi Gong, Capoeira, Kickboxing, African Dance, Tango, Salsa, Lindy Hop, Ballet, Burlesque Dance, Contemporary Dance, Cunningham, Limon, Graham, Humphrey, Skinner Releasing, Contact Improvisation, Charleston, Lindy Hop, Tango, Salsa Rueda, African Dance, Capoeira, Singing (Alto), Swimming, Yoga.

LANGUAGES

Spanish, French