



Creating Solo Performance

Sean Bruno, Luke Dixon

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Creating Solo Performance is an innovative toolbox of exercises and challenges focused on providing you – the performer – with engaging and inspiring ways to explore and develop your idea both on the page and in the performance space.

The creation of a solo show may be the most rewarding, liberating and stressful challenge you will take on in your career. This book acts as your silent collaborator as you develop your performance, by helpfully arranging exercises under the following headings:

- Beginnings
- Creating character
- Generating material
- Using your performance space
- Technology
- Endings
- Collaboration

Exercises can be explored in sequence, at random or according to your specific needs and interests as a performer. By enabling you to create a bespoke formula that best applies to your specific subject, area of interest, style and discipline, this book will become an indispensable resource as you produce your solo show.

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