



SARAH NICHOLS

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SUMMARY

Voice, accent, and communication coach with an MFA in Voice Studies. Performer with a BFA in Musical Theatre. Based in Washington, DC, I offer both private and group sessions, for actors and executives, on breathing, vocal production, dialects, accent modification, presence, communication, and public speaking.

EXPERIENCE

Accent Instructor | March 2021 – Present

The Little Theatre of Alexandria (LTA) | Alexandria, VA

- Teach interactive accent workshops through Zoom to LTA's community members and beyond
- Have taught one-off, ninety-minute workshops on the Standard British and Irish accents
- Lead a six-week workshop series on the Non-regional American accent for actors and executives

Voice Practitioner | March 2021 – April 2021

Sawitri Theatre Group | Mississauga, Ontario, Canada

- Facilitate weekly voice workshops through Zoom based on Kristin Linklater's *Freeing the Natural Voice*
- Eight-week workshop series in which students are led through an intensive vocal progression into text
- Sawitri is a South Asian theatre group with actors of various ages and performance experience

Online Instructor | December 2020 – Present

Community Online Academy | <https://edu.perksatwork.com/>

- Lead an interactive workshop on Zoom called "Hone Your Presence and Communication Skills"
- The class can contain up to 600 participants from varying locations, backgrounds, and occupations
- Community Online Academy, a branch of Perks at Work, provides personal and professional development courses to employees of large corporations in the US and the UK

Voice and Accent Educator | August 2020 – Present

Washington Improv Theater (WIT) | Washington, DC

- Offer two-hour workshops periodically through WIT's education program
- Lead Zoom classes in character voice exploration and various accents

- Incorporate improv concepts and exercises into the lessons
- Provide the only specialized voice training that WIT currently offers its students

Editorial Assistant | August 2020 – Present

The Voice Coach's Toolkit by Pamela Prather | pamela.prather@gmail.com

- Assist Pamela Prather, current president of the Voice and Speech Trainer's Association (VASTA), with editing her upcoming book, *The Voice Coach's Toolkit*, which will be published by Routledge, an imprint of Taylor & Francis
- Synthesize Pamela's interviews with prominent voice practitioners into categories of interest predetermined for the book
- Compile a reference list of works published by interviewees and the texts they recommend
- Complete multiple rounds of editing the interviews, which are transcribed from audio recordings

Visiting Vocal Coach & Researcher | January – February 2020

Virginia Commonwealth University (VCU) | Richmond, VA

- Second-year MFA Voice Studies attachment through The Royal Central School of Speech and Drama, arranged independently
- Conducted an exploratory case study for my master's dissertation research while serving as Vocal Coach for VCU School of the Arts' production of *Machinal* by Sophie Treadwell
- Worked closely with *Machinal's* sound designer, for the purpose of my dissertation's participatory action research methodology, to explore the possibility of deeper and more efficient collaboration between voice coaches and sound designers in the theatre
- Occasionally facilitated sections of a Shakespeare class to sophomores in the BA Theatre program, along with a VCU Theatre Pedagogy graduate student, to observe each other and exchange feedback

Visiting Accent Coach & Voice Practitioner | April – May 2019

Rose Bruford College of Theatre & Performance | Kent, England

- Was assigned to this institution for a teaching placement/internship through Royal Central School of Speech and Drama during the first year of the MFA Voice Studies course
- Led 2-3 hour-long, bi-weekly practical voice classes for third-year students in Rose Bruford's American Theatre Arts course for one term
- Served as Voice and Accent Coach for the third-years' end-of-year plays, which called for Nonregional American and Toronto accents

Visiting Voice Practitioner | April 2019

American University in Cairo (AUC) | Cairo, Egypt

- Taught an hour-long voice workshop to Theatre students at AUC Center for the Arts
- Utilized a Linklater-based approach to take students through a voice progression
- Students don't receive voice training in AUC's Theatre course, so this workshop served as an introduction to voice work for most if not all of the participants

Visiting Voice Practitioner | January – March 2019

East15 Acting School, Southend Campus | Southend-On-Sea, England

- Was assigned to this institution for a teaching placement/internship through Royal Central School of Speech and Drama during the first year of the MFA Voice Studies course
- Led weekly two-hour workshops to second-year students on East15's BA World Performance course for one term
- Facilitated substantial voice and movement investigation as a way into exploring various resonance spaces and extended vocal range, with the purpose of creating and experimenting with character voices
- Incorporated throughout the term a mixture of solo exploration, pair work, and masterclass-style peer-to-peer critique
- Constructed an end-of-term assessment and delivered individual verbal feedback

ESOL Teacher | May 2018 – September 2019

VIPKID International | <https://t.vipkid.com.cn/>

- Taught English to children in China, ages 4-11, using the VIPKID online platform
- Conducted 25-minute lessons in the form of a live one-on-one video chat
- Delivered the lessons using a slideshow created by VIPKID while employing gestures, props, and reward systems to supplement learning
- Provided regular class feedback for both the children's parents and other VIPKID teachers to view

Voice and Speech Teaching Assistant | August 2013 – May 2014

Boston Conservatory at Berklee | Boston, MA

- Work study position offered by the Conservatory to two seniors and/or grad students every year
- Acted as an administrative and teaching assistant to the school's four Voice and Speech professors
- Held group sessions for students with homework assignments involving IPA, as well as private sessions for those who needed specific accent practice
- Served as Accent Coach for a student-directed production of *Peter Pan* at the Conservatory

EDUCATION

Master of Fine Arts in Voice Studies | October 2018 – June 2020

Royal Central School of Speech and Drama | London, England

Bachelor of Fine Arts in Musical Theatre | August 2010 – May 2014

Boston Conservatory at Berklee | Boston, MA

WORKSHOPS ATTENDED

Catherine Fitzmaurice | July 15-19, 2019

Rose Bruford College of Theatre & Performance | Kent, England

Anna-Helena McLean & Pamela Prather | September 7-26, 2019

Centro Anidra | Borzonasca, Italy

Kristin Linklater | October 6-12, 2019

Linklater Voice Centre | Orkney, Scotland

Workshops attended at The Royal Central School of Speech and Drama:

Kristin Linklater, Frankie Armstrong, Patsy Rodenburg, Ita O'Brien, Christina Shewell, Barbara Houseman, Edda Sharpe, David and Rebecca Clark Carey, Annie Morrison

VOLUNTEERING

Junior Board Member | January 2020 – Present

The Voice and Speech Trainers Association (VASTA) | www.vasta.org

- Competitive, non-voting position granted yearly to two VASTA members who identify themselves as early career voice and speech practitioners
- Attend both in-person and virtual board meetings for two full years to experience the inner workings of VASTA and how the board of an organization functions
- Have made significant changes to the position with board approval, including the following:
 - Officially renamed the position from "Early Career Leader" to "Junior Board Member"
 - Extended the position term from one year to two years
 - Increased the Junior Board from two members to four members on a rolling basis
 - Clarified the major roles and initiatives of the Junior Board as a standing committee

- Will create an official Manual of Operations for the Junior Board this year
- Have assumed the role of Associate Tech Director, which includes managing the back end of VASTA's website in order to fix issues and make updates, and assisting with VASTA's social media presence
- Have co-authored an article entitled 'Depictions of a Voice and Speech Trainer: Current Trends in the VASTA Community' which is published in *The Voice and Speech Review*, VASTA's academic journal

Senior Editor-at-Large | December 2017 – Present

International Dialects of English Archive (IDEA) | www.dialectsarchive.com

- Have been established as a major contributor to IDEA, an online database of accent and dialect recordings used by actors and voice practitioners globally
- Obtain recordings of subjects from around the world speaking English, which are transcribed and published on IDEA's website for public use and accent/dialect study
- Have submitted over thirty recordings from fourteen countries including Montenegro, Dominica and the Bahamas, which are the first of their country to be represented on the website

PERFORMANCE

Vocal Captain/Singer/Dancer | April 2016 – January 2018

Royal Caribbean International | North Miami, FL & *Majesty of the Seas*

- Upheld the vocal integrity of the ship's two revue shows as set in shoreside rehearsals by the Vocal Director, while maintaining the role of singer/dancer in a cast of twelve
- Managed sound checks prior to each performance with the ship's seven-piece orchestra, its Musical Director, the Sound Technician, and the other cast singers
- Worked with the ship's Cruise Director, Production Manager, Musical Director, and Dance Captain to schedule music rehearsals and coordinate additional performances such as a cast holiday show and singer sets with the orchestra
- Served as an emergency station leader, taking part in passenger safety drills at the beginning of each voyage as well as weekly crew safety drills
- Obtained certifications mandated by Royal Caribbean in corporate leadership skills, safety and accident prevention, security awareness, first aid and fatigue, crowd management, firefighting, ergonomics, and environmental awareness

Performer/Assistant Stage Manager | September – December 2015

TheatreworksUSA | New York, NY

- Played both a lead role (Jenny) and a supporting role (chicken) in *Click, Clack, Moo!*, a one act musical based on the children's book *Click, Clack, Moo: Cows That Type* by Doreen Cronin

- Toured along the United States' East Coast and to Anchorage, Alaska with five other ensemble members and a stage manager, performing for elementary school children
- Facilitated interactive workshops for children to supplement their experience after watching the performance or having read the book
- Assembled and disassembled the show's set at each location, adapting it to venues ranging from large auditoriums to small cafeterias

Character Performer | June 2009 – January 2013

Walt Disney World Resort | Orlando, FL

- Performed as numerous Disney characters in Meet & Greets throughout Walt Disney World's four theme parks: Magic Kingdom, Hollywood Studios, Animal Kingdom, and EPCOT
- The roles required highly skilled mask work, improvisation for extended periods of time, and the ability to consistently execute each character's persona and handwriting for autographs

THEATRE ROLES

Hero | *Much Ado About Nothing* | Boston, MA

Juliet | *Romeo and Juliet* | Boston, MA

Dorothy/Dance Captain | *The Wiz!* | 2010 Edinburgh Fringe Festival

Cosette | *Les Misérables* | Orlando, FL

Sarah Brown/Dance Captain | *Guys and Dolls* | Orlando, FL

Nellie Forbush | *South Pacific* | Orlando, FL

Amy March | *Little Women* | Orlando, FL

Rusty | *Footloose!* | Orlando, FL

FILM ROLES

Hippie | *Good Girls Revolt* | Amazon Prime Original Series

Partygoer | *Joy* | 20th Century Fox

Protestor | *American Odyssey* | NBC

Audience Member | *Sex Tape* | Columbia Pictures

MEMBERSHIP

Voice and Speech Trainer's Association ([VASTA](#))

2018 – Present

British Voice Association ([BVA](#))

2019 – Present

CONFERENCES ATTENDED

VASTA/PAVA Joint Conference | August 11-14, 2018 | Seattle, WA

Soma and Science: Bridging the Gap in Interdisciplinary Voice Training

VASTA Annual Conference | August 4-7, 2019 | Orlando, FL

Connectors, Communicators, and Culture

[ATHE](#) Annual Conference | August 7-11, 2019 | Orlando, FL

Scene Changes: Performing, Teaching, and Working through the Transitions

BVA Conference | *Extreme Voices* | November 23-24, 2019 | London, UK

BVA Online Conference | *The Voice – Top Down* | September 19-20, 2020