

# Adam Milford:

## Actor, Theatre Practitioner & Drama Teacher



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**Profile:** I am an Actor, Theatre Practitioner and Drama Teacher with over a ten years professional stage experience, a further five years theatre and acting training, and over seven years teaching experience to students of all ages. I have an enhanced CRB and public liability insurance.

- Formal Training:**
- The Academy Drama School: Company Course, 1999-2000
  - University College Scarborough: BA Honour's Degree - Theatre Studies & English Literature, 1995-1998
  - ARTTS International, York: Professional Acting Summer School, 1997
  - Penistone Grammar School: GCSE x 9 & A-level x 4, 1987-1995

**Further Training:** Frantic Assembly, Forced Entertainment, Compass Theatre, Stomp, The RSC, 1157 Performance Group, Complicite, Fecund Theatre, John Wright, Glenn Walford.

**Specialist Subjects:** Acting, Directing, Producing, Devising & Physical Theatre, Movement, Mask, Skin Work, Shakespeare, Improvisation, Stage And Screen Combat (BASSC Certificate: unarmed, rapier, rapier & dagger), Stanislavsky, Artaud, Brecht.

- Professional Experience:**
- Acting: Stage, Voice Over, Film - Please visit [www.adammilford.com](http://www.adammilford.com) for more information
  - Devising/Directing: Theatre including Physical, Issue-based and Forum theatre with professional & student casts
  - Workshop Leader: Students, Adults & Corporate Groups for education, recreation or business
  - Producer: English Theatre in Venice

**Current Role** Founder and Director of Theatre Workout Ltd.  
 Responsible for the day-to-day management and development of the company, staff and partners, along-side the development and delivery of bespoke events to clients.

**Past Credits:**

Company	Role	Project	Description
Theatre Workout Ltd Since 2006	Director & Workshop Leader	West End Workshops	Creating bespoke workshops for school groups visiting the West End on <i>Acting, Shakespeare, Story-telling, Devising &amp; Physical Theatre</i> in relation to West End shows.
Disney Theatrical Productions Since 2009	Workshop creator & Leader	Theatre Workout Ltd: West End Workshops	Creation and delivery of educational workshops focused on physical theatre techniques used in the Disney's <i>The Lion King</i> , licensed by Walt Disney Productions to Theatre Workout Ltd.
1157 Performance Group 2008	Actor	89% & Rising UK Tour	Forum theatre production employing physical theatre techniques and exploring contentious issues surrounding HIV & AIDS.
Michael McCabe Productions Since 2008	Workshop creator & Leader	Theatre Workout Ltd: West End Workshops	Creation and delivery of educational workshops for <i>Wicked – the Musical</i> focused on the shows social themes, characters combined with acting and performance technique.
English Theatre In Venice 2007	Actor/Producer/ Co-Director	Theatre Workout Productions	Production of Shakespeare's <i>Much Ado About Nothing</i> , at the Teatro Fondamenta Nuove, Venice with workshops for international and local school groups.
Kevin Wallace Productions 2007-2008	Workshop creator & Leader	Theatre Workout Ltd: West End Workshops	Creation and delivery of educational workshops focused on physical theatre techniques used in the West End production of <i>The Lord of the Rings</i> .
Really Useful Theatres 2008-2009	Workshop creator & Leader	Theatre Workout Ltd: West End Workshops Ongoing	Creation and delivery of educational workshops focused on physical theatre techniques used in the West End productions of <i>The Sound of Music</i> and <i>Joseph</i> .
Novel Theatre 2009	Workshop creator & Leader	Theatre Workout Ltd: West End Workshops	Creation and delivery of educational workshops focused on physical theatre techniques used in the West End productions of <i>Carries War</i> .

Stage Entertainment Since 2008	Workshop creator & Leader	Theatre Workout Ltd: West End Workshops Ongoing	Creation and delivery of educational workshops focused on physical theatre techniques used in the West End productions of <i>Hairspray</i> and <i>Sister Act</i> .
Rose Theatre, Kingston 2008-2009	Theatre Practitioner	Thumbs Up Its Thursday Annual / Ongoing	Responsible for delivering a five week programme of activities for children aged 4-12 as part of Kingston's public summer activities.
Henrietta Barnet School 2008	Theatre Practitioner/ Director	Shakespeare Residency	Working with year 7-9 students on performances of <i>A Midsummer Nights Dream</i> , <i>Romeo &amp; Juliet</i> and <i>Much Ado About Nothing</i> .
Theatre Workout Academy 2006	Theatre Practitioner & Workshop Leader	Summer School @ Mycenae House, Blackheath	Working with children aged 5+ on week-long programmes working towards a performance at the end of each week. Shows include <i>The Jungle Book</i> , <i>Peter Pan</i> & <i>Sound of Music</i> .
Black Cat Theatre 2005	Actor / Teacher	Romeo & Juliet, Much Ado About Nothing UK Tour	Touring schools performing in <i>Romeo &amp; Juliet</i> and <i>Much Ado About Nothing</i> followed by Shakespeare workshops.
Theatre Adad 2002-2004	Actor / Teacher	Wasted 4 x UK Tour	Drug education production <i>Wasted</i> , aimed at students aged 10-16 years, followed by interactive workshops.
Crag Rats 2003	Actor / Teacher	The Queens Bridge Essex Tour	Comic performances and interactive workshops about engineering and Bridge Building – <i>The Queens Bridge</i> .
Crag Rats 2002	Actor / Teacher	Hat Next Yorkshire Tour	Comic performances and interactive workshops about post 16 career options & interview technique – <i>What Next</i> .
Ono Theatre 2001	Actor / Teacher	Poor Ted Sussex Tour	High energy performances of <i>Poor Ted</i> using physical and forum theatre techniques, including interactive workshops on Drugs and Peer Pressure.
LK Productions 2000	Actor / Workshop Leader	Return to Never Never Land UK Tour	Open Air Summer Pantomime in English Heritage sites performing <i>The Return to Never Never Land</i> followed by stage combat workshops.
National Student Drama Festival 1996-2000	Local Organiser	Workshops/FOH/Box Office	Part of the local organisation team in Scarborough over four years for the NSDF, working directly with the festival management, performing companies, production teams and venues including the Stephen Joseph Theatre.
Barnsley College 1994-1995	Teaching Assistant	Summer & Weekend Schools	Assisting Drama Teachers on Saturday Drama Clubs and programmes run during the school holidays for children aged 4-12.

## References:

### Jonathan Cruickshank – Groups Operations Manager

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### Alasdair McPherson – Owner: Play Day's

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