

# TEN TIPS FOR GIVING GREAT AUDITIONS

Vivien McKnight

## OVERVIEW

Auditions can be torture. You may have rehearsed till your hair falls out but if you are not prepared “inside” for your audition your chances of success are reduced. Excellence is not an accident. It’s a combination of confidence, skills and know-how. Prepare, prepare, prepare. Here are ten simple tips to help you attend auditions as prepared as you can be from the inside out.

### TIP ONE: TELL IT LIKE IT IS

For some people attending auditions is like starring in their own personal horror movie. So, ask yourself why you are attending auditions. Is it for practice? Are you auditioning for everything and anything because you need to pay the rent? Do you truly want a particular part? Once you are clear on the why, other things begin to fall into place. Are you clear why? Ask yourself: Why am I auditioning for parts?

### TIP TWO: SET THE SCENE

Many people only see the worst case scenario – instead, take some time out, close your eyes, take a few deep breaths and start to imagine success. Ask yourself: What does a really good audition look like for me? What’s happening around me? How am I feeling? How would it feel if I gave the audition of my life? Now, write or draw what you have just visualised.

### TIP THREE: HONOUR YOUR CREATIVITY

One aspect of honouring creativity means taking time for yourself. If you want to be treated seriously by auditors you must treat yourself with respect. This means organising your life to embrace the things that are important to your well-being and this, in turn, makes you aware of your worth. Take a day for

yourself and go to a museum, a motor-racing circuit, a zoo. This kind of active meditation puts your mind ready to receive inspiration.

#### TIP FOUR: KEEP A JOURNAL

Self-monitoring is very beneficial for your emotional health. Many people beat themselves up in an attempt to motivate themselves, saying things like: Come on, get it right, you idiot. In contrast, by keeping a success journal you are constantly expressing your worth through writing. At the end of the day write your positive outcomes, the things that you realised about yourself and the things that are worth celebrating. You will always find something to write.

#### TIP FIVE: PRESENT YOURSELF APPROPRIATELY

Your appearance must be exceptional. If not, no-one is going to give you a second glance. Always wear something that shows off your character and personality. Judges want to know who you really are. If auditioning for a street bum, choose a neat, edgy suit, giving a touch of danger; for a tart, wear a sexy, but covering dress that you can move in. Always have these clothes ready and waiting.

#### TIP SIX: KEEP A STRAIGHT FACE

Keep a positive and pleasant facial expression. Create empathy with a smile. The less expression on your face, the more respect you will get. If you think you've done badly, don't give a hint. You don't know what the judges are thinking. If you indicate that you're not happy, they will assume you have done badly. If you've done well, keep your emotions under control. A neutral expression indicates that doing well is the norm for you.

#### TIP SEVEN: MAKE EYE CONTACT

Unless you are auditioning for a role as a blind person, it's always a good idea to make eye contact with everyone, even the person who takes you into the room. Make it a confident look, though, not an uncomfortable glare. Eye contact helps to establish rapport and in return your auditors will have a more positive attitude to you whatever the final outcome of the audition.

### TIP EIGHT: BE ORGANISED

The business card of performing artists is the resume and a hint of class will give you a fabulous edge. Consider carrying an elegant folder containing your neatly typed resume and photos. Even if you have yet to start your list of performance experience, you still need to have a resume listing your courses, roles in productions (if any), directors you have worked with and your teachers.

### TIP NINE: SHAKE HANDS FIRMLY

This was never a bad thing in any circumstance. A good, firm grip shows confidence and lack of fear, whereas a feeble grip indicates uncertainty and anxiety. Statistics show that twenty-five per cent of interviewers are put off by a weak handshake. If you think you might have the “wet lettuce” type of handshake, go out and shake a lot of hands strongly, but without breaking bones!

### TIP TEN: DON'T LOOK BACK

Analyse what happened by all means but don't hold a post mortem. Auditions are like anything else in life – you are right for the job or you are not. Don't take rejections personally. Believe in yourself and see auditions as opportunities to shine. If you have prepared as best you can, then the part simply wasn't for you. Evaluate objectively whether you gave yourself the best possible chance or whether you sabotaged the opportunity.

### RESOURCES

[www.vivienmcknight.com](http://www.vivienmcknight.com)

THE ARTIST'S WAY

JULIA CAMERON

GET THE PART WITHOUT FALLING APART MARGIE HABER with  
BARBARA BABCHICK

### ABOUT VIVIEN McKNIGHT

Vivien McKnight is a life and creativity coach living on the Mediterranean coast of Spain and dividing her time between UK and Spain. When once asked “What would you most like to know about yourself?” she replied “I would like to know what I am capable of doing, what I can really achieve.” She uses that same question to get others to search inside themselves for answers. Vivien

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