

SELF WRITTEN MONOLOGUES

There are several stages to building/developing a powerful and effective monologue performance. The structure of the monologue (the writing) needs to be looked at completely separate from the actual monologue performance (the acting). If a monologue performance is not approached properly, it's sorta like taking a bunch of sticks, throwing them together in a pile and expecting to have a well built house. It's not gonna happen.

If you plan on having a self written monologue coached/worked by Coach Banks, the monologue requirements below must be met. Reason being, not everything that's written as an extended paragraph qualifies as an actual '*monologue*'. And... the closer the piece is to an actual real life experience, the better the chances it's not going to adhere to structural monologue integrity. Considered *the writing*, the tracks the train will be riding on. If the tracks aren't structurally sound, you'll be in for a bumpy ride... and more than likely, derailment.

If, during the coaching of your monologue, it's realized that the piece doesn't meet the necessary requirements, you (the actor) will be politely asked to take a seat and the coaching of that piece will cease.

Necessary Structural Dynamics:

1. **Your monologue must not come in any longer than 150 seconds.**
 - **1 Minute Monologues, no longer than 80 seconds.**
2. **There must be a clear Beginning, Middle and End.**
 - **Sound story structure.**
3. **A strong *Who, What, Where* must be established and noticeably detectable.**
 - **Who you're talking to - What's going on - Where it's taking place**
4. **The piece must present a strong story/character arc.**
 - **It's got to go somewhere with noticeable *moments* taking place.**

Coach Banks can not be expected to conduct a writing session or have to rewrite the piece for you in these performance sessions. If you're in need of a custom written monologue, or you require a writing coaching session, contact a member of the CBSI team to set up a **MONOLOGUE PRIVATE COACHING SESSION** and Coach will be more than happy to help you develop your piece. All appropriate session fees will apply.

Remember -- build from the ground up.

1. Level the ground - THE PIECE MUST FIT YOU - RESEARCH/EXPLORE
2. Build the tracks - THE PIECE MUST BE WRITTEN WELL
3. Test the tracks you've built - GOOD WRITING ISN'T WRITTEN... IT'S REWRITTEN
4. Build the train - THE ACTOR IS ACTIVATED AND READY FOR THE PERFORMANCE
5. Condition and prep the train - THE PERFORMANCE HAS BEEN WORKED OUT
6. Run the train on the tracks several times - DISCOVER SEVERAL WAYS TO ATTACK IT
7. Put some turns in the tracks and decorations on the train - TWEAKING THE PERFORMANCE

An effective monologues will serve the working actor in immeasurable ways throughout their career... Do the work correctly the first time and you can expect sensational results!