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PHYSICAL THEATRE

Zen Zen Zo Physical Theatre presents
The 19th
Creative Entrepreneur
COMPANY INTERNSHIP
PROGRAM

21 July – 1 December, 2024

12 graduates of the Internship have gained entry into NIDA, WAAPA,
VCA, AADA (New York) & the Lecoq School (Paris).

“The Zen Zen Zo internship has given me the greatest sense of fulfilment I have ever known. With the help of Lynne, the 7 other interns and the company members of Zen, I was able to achieve every single goal I set for myself. I learnt how to effectively and professionally manage my time, ground myself and nourish my body, understand myself and my habits, promote myself as an artist, network with industry professionals and do a kick-arse audition. The internship has helped me realise what I am capable of and has put me in the best position possible to achieve any goal I set.”
(Elle Mickel, 2013 Intern, WAAPA graduate)



“The Internship Program was the most intense, challenging and inspiring course in my life (both personally and professionally). It’s not just a 6-month course, it’s a golden time dedicated to your art form, your practice, your preparation and your exploration of what it means to be a renaissance ARTIST.”
(Soonufat Supramaniam, 2012 Intern, Teaching-Artist, Malaysia)

“The Internship has allowed me to develop my self and my skills as both a visual and performing artist. I am so grateful to have had this opportunity, it has given me much joy and a new sense of confidence with which to help me move forward in my life and artistic pursuits.”
(Fleur Noble 2008 Intern, Visual Artist, Adelaide)

“I have had the pleasure of learning from Lynne Bradley over the past two years. I have never felt more supported, encouraged, and capable as a writer and physical performer, for the simple fact Lynne facilitates classes and directs shows with an insurmountable belief in talented people. Her use of Viewpoints and the Suzuki Method are linchpins for creative dialogue and training, and to experience that training come to life under her directorship is like light made solid so you can cup it in your hands and drink it. If Buddha and Kali had a baby, it would be Lynne Bradley: patient, guiding, relentless in her pursuit of great art, full of belief in her students and unafraid to wield a sword or two.”
(Scott Wings, Slam Poet & Actor’s Dojo Member 2012–2014)

Introducing the Zen Zen Zo Company Internship

In 2024 Zen Zen Zo will offer the 19th **Company Internship Program** in Brisbane. This innovative program provides one of the few opportunities in Australia for **emerging artists** (actors, directors, producers, teachers & administrators) to acquire the skills and contacts necessary to make the transition into the professional performing arts industry. It also caters to **established artists** looking to re-train in auxiliary areas and rejuvenate themselves mid-career. Closely mentored by **Dr Lynne Bradley** – Zen Zen Zo’s Founder & Director – and the Zen Zen Zo Company members, the Interns undertake a series of intensive training units in acting, physical theatre, fitness training, directing, producing, auditioning, networking, marketing, grant writing, administration, finance, sports psychology, as well as meeting some of Australia’s pre-eminent Arts Leaders.



Performing in Japan with Dairakudakan.

past 25 years. The actors, directors and producers trained in the stimulating and challenging environment of Zen Zen Zo have been extremely successful in gaining other employment within the industry and the company now has a reputation for producing some of Australia’s most dynamic emerging talent.

Those who are accepted into the Internship become an integral part of the Zen Zen Zo company, developing strong bonds with the other Interns and company members. The Zen Zen Zo philosophy is based on **the ensemble**, and a major component of the Internship is learning to live, work and create in a group environment. Whilst not the primary aim of the program, at the conclusion of the Internship some of the Interns may be invited to become a permanent part of the company.

The 2024 Company Internship will take place over a **5-month period**, with one evening (Mon 6-7.30pm) and two contact days per week (Thurs + Friday: 9am-5pm). Participants can enrol part-time over 2 years (1 day per week) if they have other work or study commitments. **Entrance is by application only** (see the back cover of this document), and 10 Interns will be selected from national and international applicants for the Internship Program.

IN 2024, ONLY 10 PLACES WILL BE

OFFERED to ensure maximum attention is given to each individual artist’s journey and development.

Zen Zen Zo Physical Theatre has produced around 50 professional productions, toured nationally and internationally, and trained a generation of actors and physical theatre performers over the



Zen Zen Zo Company at the Zen Den Studio

Program Aims

The overall aims of the program can be summed up as follows:

1. A creative entrepreneur program aimed at connecting the artist's CREATIVITY to a strong understanding of BUSINESS PRACTICE in order to enhance career opportunities

This occurs through extensive upskilling in the areas of business and peak performance psychology, increasing participants' financial literacy, and meeting and networking with a number of key leaders and creative entrepreneurs currently working in Australia.

2. A career-shaping experience, which helps applicants identify their strengths and weaknesses (in order to improve in these areas), and plan their future paths within the arts industry

This happens through exposure to a number of different artistic fields, including directing, producing, teaching, administration, finance, and one-on-one career coaching with Dr Lynne Bradley & Nicole Reilly (Zen Zen Zo's Founder & Artistic Director).

3. A leadership course, with a strong focus on personal development

This is facilitated through sessions with a qualified sports psychologist, a rigorous and truthful learning environment, and regular assessment meetings with the Internship trainers. The goal is to cultivate artists with a high degree of mental, emotional and physical tenacity in order to ensure a sustainable career.

4. An advanced actor-training program, specialising in Physical Theatre

This happens through twice-weekly physical theatre training sessions (one in The Actor's Dojo), weekly acting classes, the unit on auditioning, and the graduating performance.

Is the Internship just for Actors?

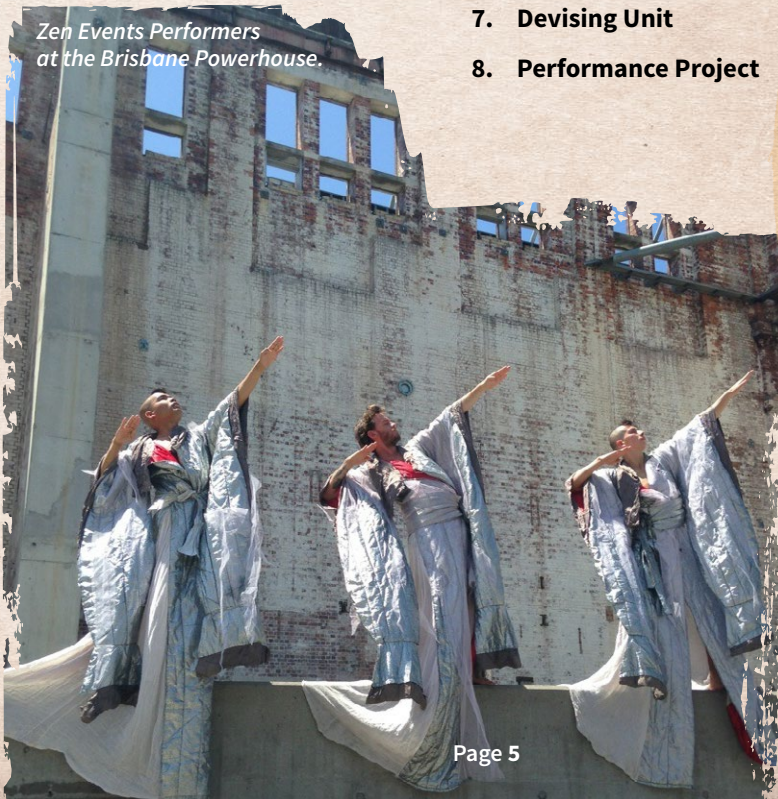
Central to the driving philosophy behind this program is the idea that artists need to be equipped with many skills in order to survive long term. Acting, directing, teaching, producing and administrative skills may all be required for you to realise your vision in the performing arts in Australia (or abroad). This program therefore works to identify and strengthen your natural talents as an artist, and provide you with new ones that will give you the maximum opportunities to gain employment in this highly competitive industry.

Our Vision for your Artistic Development

The Zen Zen Zo Company Internship includes 8 major components spanning a 5-month period:

1. **The Actor's Dojo Weekly Training: Suzuki Method, Viewpoints & Butoh**
2. **Naturalistic Acting: Scene Work & Monologue Classes**
3. **Fitness Training Program**
4. **Producing Unit (see Core Seminars)**
5. **Directing Unit (see Core Seminars)**
6. **Creative Entrepreneur Unit (see Core Seminars)**
7. **Devising Unit**
8. **Performance Project**

Zen Events Performers at the Brisbane Powerhouse.



Core Seminars

The Core Seminars — taught by Dr Lynne Bradley, Nicole Reilly, Gina Tay Limpus and Industry guests — aim to equip you in the areas of auditioning, directing, producing, administration, finance and business. Topics covered include:

- starting your own company
- auditioning
- grant-writing
- creative entrepreneurialism
- planning and producing your own project
- directing
- leadership skills

UNIT 1: First Things First: Laying the Foundations

1. The Science of Success & the Art of Happiness
2. Bushido: Developing a Strong Moral Compass
3. Mental Tenacity & Conflict Resolution
4. Nutrition & Eating for Peak Performance

UNIT 2: Sustainability: Grants & Finance

1. Grant Writing
2. Budgets
3. Taxes, Wages & Accounting
4. Avoiding Burn Out

UNIT 3: Making Your Own Work: Directing & Producing

1. Directing
2. Producing
3. Marketing & Publicity
4. Pitching Projects

UNIT 4: Acting: Monologues, Auditions & Agents

1. Auditioning
2. Agents
3. Practice Audition & Self-Test
4. Career Pathways

All of the core areas have a practical outcome, including:

- a personal fitness training regime
- a project pitch to Industry Producers
- an Arts Queensland grant application
- an audition in front of Industry Directors

Participants must complete all the above in order to graduate from the Internship Program.

Internship Entrance Requirements

The Internship is designed for people who:

1. Enjoy a physical, mental and spiritual challenge

This course will examine the principles of peak performance. We are looking for participants who are prepared to work hard and strive for excellence in all areas of their artistic work. To be a successful actor or physical theatre performer you don't need the body of an Olympic athlete, but we believe that you need the attitude and approach of one. This course will suit any artist who aspires to achieve the extraordinary, and who is prepared to work hard to get there.

2. Have a desire to work and learn within the context of a Company

We believe that the essence of theatre lies in the power of the ensemble – in your ability to work with and for the company of artists that you are in. Most of the great theatre companies of the world are ensembles, knowing that long-term artistic collaboration is one of the ingredients of truly extraordinary work. Zen Zen Zo is striving to create something that transcends ourselves as individuals and this underpins all the training and the performance work of the company. As participants will work closely with the same team for 5 months, we are looking for people with good communication skills who will thrive in a group environment.

3. Appreciate the need to be a multi-skilled or “Renaissance Artist”

While a comprehensive actor-training program (which will address the body, voice, and emotions) is a part of the Internship, we will also be mentoring the participants in a range of other skills essential for surviving (and indeed thriving) in the Australian performing arts industry. We aim to develop artists with a broad skills-base and knowledge of the Industry, thus giving you the greatest possible chance to generate your own work (or even your own company) in the future.



Internship Fee

All Zen Zen Zo training strives for the highest possible quality while keeping prices to a minimum to maintain accessibility: **(Aus) \$5,000.**

NB: This fee covers all components of the Internship Program except textbooks.

CREATIVE ENTREPRENEUR INTERNSHIP

July-December 2024



APPLICATION FORM

Applications are accepted anytime until the program becomes full.
Early applications are therefore highly recommended.

Please write 1-2 pages in total for all answers below and send to Dr Lynne Bradley:
lynne@zenzenzo.com

BURNING REASON / GOALS

If you are accepted into the Zen Zen Zo Creative Entrepreneur Internship, what do you want to get out of the program (i.e. what is the reason you want to do this Internship and what would your goals be)? How does this connect to your future aspirations as an artist / arts-worker?

STRENGTHS & WEAKNESSES

*What do you consider your strengths and weaknesses as an artist (and human being!)?
What would you bring to the Internship ensemble/team?*

WHY US?

*Why do you want to work with Zen Zen Zo / Lynne Bradley?
(As opposed to other companies / mentors?)*

Once your application has been received,
we will be in touch to organise a brief
interview (in person or via Zoom).

ENQUIRIES:

Lynne Bradley on lynne@zenzenzo.com
Zen Zen Zo Office 0431 322 774.

www.zenzenzo.com

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i [@zenzenzotheatre](https://www.instagram.com/zenzenzotheatre)



*Scott Wings & 2013 Interns in
Here There Be Dragons.
Photographer: Simon Woods.*