



GFCA One-Term Intensive Foundation Course

10 January - 14 March 2026 : Saturdays 10.30-6pm



The **GFCA 1-term FOUNDATION** course is designed for adults (18+) who are interested in developing a future in acting, or those who are seeking a change in career-direction - anyone who would like to gain experience, confidence, creativity, and expressive freedom through acting. The Foundation course offers a useful preparation for further training with GFCA's advanced Diploma programmes, and courses at other drama schools.

Our Centre is based in Dean Street, Soho - the heart of London's theatre and film industry. Our teaching is contemporary in approach; consensual, enjoyably practical and vigorous - and many of our graduates are finding major success in the industry.

We keep our group-sizes small, so each participant has the opportunity to increase their skills and confidence in a supportive learning environment, under the guidance of top experts in acting, movement, improvisation and voice. Most of our tutors teach or have taught at the major UK drama schools, and continue to work professionally; some are renowned in their fields.

Sessions are intensive - over 6 hours of core classes, preparation and scene-rehearsal coaching each Saturday. Acting, Meisner Technique, Voice, Movement, Scene-study and Audition-skills. GFCA advice-sheets provide context, and students are encouraged to continue their preparations between sessions, and to go and see as much film and live theatre as possible.

The acting class is central to the course. Participants learn how to open up emotionally, to trust



www.gilesforeman.com info@gilesforeman.com Tel: 020 7437 3175
STUDIO SOHO in Royalty Mews [next to Quo Vadis], 22-25 Dean Street W1D 3AR

GILES FOREMAN CENTRE FOR ACTING [Caravanserai Productions Ltd t/a]
Registered office **Royalty Mews, 22-25 Dean Street W1D 3AR** Company No: 05645207

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their impulses and to analyse a script thoroughly. They learn to explore characters, to discover their core motivations and to develop clear character thought-processes. They take part in Meisner technique, movement and voice classes designed to help them grow their confidence and ability, with exercises and methods designed to expand their imagination and spontaneity. Feedback and guidance is provided throughout, informally and at the end of the course.

During the term, the participants prepare characters and rehearse scenes and/or monologues for an in-house showing on the final day.

The maximum group size is 14, and entrance is by application, including an informal meeting either in-person, by phone or over zoom, to discuss your goals.

The course in brief:

- Core principles of organic, truthful acting
- Script preparation for performance or audition
- Working on scenes for each actor's casting and experience
- Emotional connection, subtext, and inner life
- Voice and Movement designed specifically for actors
- Audition and presentation skills

Here is the link to our short-course registration form : <https://forms.gle/iebrW7te7ak6wReA9>

Total course fee : £800

- 200 Deposit, payable to confirm the place.
- 600 due 2 weeks before the start of the term
- Instalments may be possible, please ask for details

Please get in contact, if you'd like any further information, or to book your place.



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