

5 Ways Acting Benefits Actors & Non-Actors



You become more comfortable with public speaking

Acting requires an ability to speak clearly and eloquently and to project a strong and steady voice – all while delivering convincing, persuasive and believable dialogue. These essential acting skills are the same that are utilized in public speaking engagements, and can come in handy any time in your personal or professional life that you need to give a compelling and persuasive oral presentation.



You develop your self-confidence

Whether you're center stage in front of a captive audience, on a film set or delivering a presentation in a conference room, the high pressure situations that come along with performing in front of an audience can help even naturally shy people overcome self-consciousness. Building a strong sense of confidence in the workshop space will carry over into your everyday life.



Your listening skills and presence improves

Unlike other arts forms, your body and your five senses (see, smell, taste, touch, hear) are the main instruments an actor must rely to tell stories and portray their characters effectively. Self-awareness of the body, posture, mental and physical presence is key. Being more present also ensures a great sense of interest in the people they are listening or talking to. These are fundamental skills taught in actor training. Moreover, they can be taught to the extent that these ways of being become automatic and ingrained in an individual's everyday personal and professional life.



You learn new ways to relieve stress

When the human body or mind is tense, it cannot feel. If one cannot feel one cannot express one's self. If and when it does, may also be beyond a person's control and manifest itself in emotional stress or physical pain. In stressful, vulnerable or uncomfortable situations, stress can manifest itself in strange body tics e.g. restless legs, avoiding eye contact, a fidgety body. This would make for a weak and distracting performance on stage or screen and behavior in life. Acting fundamentals ensure an actor or corporate executive is armed with tools to relax the mind and body and yet learn to be focused, hyperaware and sensitive to your surroundings.

In most 'normal' professions, a corporate executive must suppress their emotions and they lack creative expression or any tangible outlets, which allow for an emotional release, eventually generating tension and stress, affecting many areas in their lives. How do people 'cope'? They disconnect. They become 'unthinking', 'unfeeling' robots at work and at home. They lose themselves. Acting is a credible and constructive solution as participants can plumb the depths of their own consciousness and safely explore various dimensions of their own personality that they may not have confronted.



You find your own unique identity and voice when you work

A performer or an untrained individual trains to recite or parrot lines and movement. An actor trains to find the similarities in what is apparently different and then finding themselves in there. This ensures their work is personal and has a clear point of view. Personalization makes it more valuable because it means something to the speaker. Acting teaches a corporate executive to be advocate for what they are saying. The sheer interest and investment they have in their words makes them more interesting.