

# Jeni Seo

Actor Trainer | Director | Actor

## Speciality / Interests

My practice specialises in bridging the gap between Eastern and Western acting paradigms. I am a practitioner in Dahnjeon breath work and combine Traditional Western acting practices such as Stanislavski and Michael Chekhov with different movement practices such as Qi gong, Viewpoints and traditional Korean dance into a psychophysical actor training.

## Education

### **Dongguk University, Seoul, Korea — BA in Drama**

MAR 2014 - FEB 2019

### **The Royal Central School of Speech and Drama — M.F.A. in Actor Training and Coaching**

OCT 2021 - JUL 2023

## Certification

### **Teacher's Certificate in Drama (Level 2)**

MAR 2017 - FEB 2019

Certified by the Ministry of Education (Korea) and Dongguk University, Seoul, Korea

### **Jungto Buddhism Course, Jungto Darma School**

SEP 2022 - Feb 2023

Certification for completion of a 6-month Buddhism course led by the founder and master monk Pomnyun. Jungto Darma School in Korea originated from Mahayana Buddhism.

## Skills

Awakened Attention Acting Paradigm

Dahnjeon Breathing Practice

Tai Chi / Qi Gong

Michael Chekhov

Viewpoints

Mindfulness Practice for Actors

## AWARDS/BURSARY

Recipient of artist bursary awarded by Korea Culture & Arts Foundation (2017)

Awarded Teacher Training 1 scholarship (2023) from The Michael Chekhov Association

## LANGUAGES

Korean (native) / English (fluent)

## Actor Trainer/ Director

### **Performers Academy - New Earth Theatre & The Royal Central School of Speech and Drama— Course Leader**

July 2023

I lead an intensive performance training course for BESEA actors, teaching a range of acting techniques. I also directed the showcase presented at the end of the course.

### **The Acolyte - Starwars, Disney+ — Korean Drama Coach**

SEP 2022 - MAY 2023

I coached Jung Jae Lee in his leading role in the new Star Wars series. He was Acting with English as an additional language and I held weekly sessions over the 6-month shooting schedule to bridge the gap in relation to the context and nuance of his lines helping him to better understand the story and approach his performance with confidence.

### **Ghostbusters 5 - Firehouse — Korean Accent coach**

MAR 2023

I translated lines from English into Korean and then coached the pronunciation of the Korean words to the non-native actor who was speaking them.

### **The Tempest, RCSSD MA Classical Acting — Assistant Director**

SEP 2022 - OCT 2022

Assistant director for the end-of-year public performance.

### **The Apology, Arcola Theatre —Movement Consultant**

JUL 2022 - OCT 2022

I was the Korean consultant for the shows Traditional Korean Dance piece and coached the Korean Traditional Singing technique (*Pansori*).

### **Performers Academy - New Earth Theatre & The Royal Central School of Speech and Drama—Assistant Director**

JUL 2022

Assistant director for the show and led workshops in Viewpoints sessions for BESEA actors as part of the New Earth Academy Performer's project.

### **ArtsEd EXTRA, ArtsEd —Acting Workshop Tutor**

AUG 2022

Led an introductory acting workshop adopting the Meisner acting technique with a mindfulness practice.

### **Dying for it, ArtsEd —Assistant Director**

APR 2022

Assistant director for the Musical Theatre students' acting showcase.

### **International Korean Speech Contest Showcase, International Korean Education Foundation —Acting Coach/ Director**

Nov 2019

I directed 150 South East Asian students from secondary to university level in staging a scene from a Korean musical 'Sejong the Great 1446' which was showcased for the Korean Speech Contest as part of the 2019 ASEAN-ROK Commemorative Summit.

## **Dasari Arts Education Association — Drama Tutor/Director**

MAY 2018 - JAN 2020

As a member of this Association, I taught Drama and directed devised theatre at Youngan Public Youth Town, Seoul and led a non-profit youth theatre class with Haebanchon Catholic Church, Seoul, supported by the Ministry of Education.

### **Actor/Performer**

## **1 minute Solo Traveler, EBS(Korean Educational Broadcasting System, Seoul)— Voice Over Artist/Actress**

JAN 2020 - MAR 2020

Performed and worked on Voice Over work for a programme introducing travel spots in Korea. These series broadcasted on EBS.

## **Women of the Palace, Bisang Performing Art Production(BAP)— Actress**

FEB 2019 - APR 2019

Performed a lead role Sung-Sook in the play "Women Of The Palace". This play won a prize at Seoul Performer Awards and Global Theatre Festival in Pohang, Korea.

### **Personal Development**

## **5 Guiding Principles workshop, MICHA (The Michael Chekhov Association)**

JUL 2023

This workshop focuses on introducing and exploring Chekhov's five guiding principles and its adaptation for coaching and directing actors.

## **Teacher Training 1, MICHA (The Michael Chekhov Association)**

FEB 2023 - APR 2023

This workshop is part of 3 year-long Michael Chekhov teacher training program. This workshop focuses on introducing Michael Chekhov's four qualities, three centres, and psychological gesture, bridging them with coaching and directing context.

## **Six Viewpoints Research Lab, Deborah Black**

OCT 2022 - DEC 2022

Participated in the Six Viewpoints Research Lab 'From Horizontal to the Matrix' led by Deborah Black who is one of the legacy holders of Marie Overlie's Six Viewpoints.

## **Demidov Etude Course, Demidov Studio London**

JAN 2022 - MAR 2022

Attended the Demidov Etudes course led by Andrei Biziorek at Demidov Studio London.