

Sarah Lonton

Trainer / Presenter / Coach / Training Designer / Roleplay Actor

Has worked with:

- BMW
- BP
- Ernst & Young
- Virgin Mobile
- The Environment Agency
- National Grid



Background

Sarah has worked as a professional actress and has been using drama & theatre as learning tools for the past 20 years, initially in educational settings combining drama workshops & roleplaying with theatre performances. After a several years of roles in plays & musicals in London & on TV, her increasing success in training design, delivery, coaching & roleplaying has taken centre stage.

Expertise

As a roleplay actor and coach Sarah specialises in bringing the complexities of human interactive behaviour to life for analysis and practice purposes. Often using the MBTI personality types as a basis for characterisation and coaching models of positive feedback. She also leads groups in exciting, challenging devised drama improvs.

Qualifications & Professional Memberships

- BA (Hons.) Drama – Bristol University
- PGCE Drama & Subsid Music - Goldsmiths College
- Grade 8 Singing - Guild Hall College of Music

Interests

Sarah loves to be very actively engaged in whatever she is doing, especially: mountain & fell walking, foreign travel & trekking, acting in short, zany films, directing operas & singing at musical summer camps & weekends, cinema & all performance arts, reading & philosophical debates with her friends.