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*Adria Firestone*

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Adria Firestone has been on the world's stages in straight theater, opera, concerts and musical theater for most of her life - from *Carmen* to *Family Guy*, from Shanghai to the Pacific Rim, from Cairo to Canada, from Desiree in *A Little Night Music* to Aldonza in *The Man of La Mancha*.

For the past 20 years Adria has given seminars & master classes in performance techniques, self help, presentation skills, role interpretation and curing stage fright. She is a professional Career Coach with international clientele and has been teaching at New Jersey City University for seven years. At NJCU Adria teaches Voice, Acting for Singers, Movement for Actors and Speech for Performance.

Adria brings extensive personal experience to her coaching and seminars and has added to her skills over the years to become the go to expert for eliminating stage fright, for career transition and startup and of course an expert in voice and acting .Adria's first book, *Harness Your Zebra: Eliminate Stage Fright for the Performing Artist* will be available in 2011.

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