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Adria, this is one of the most honest and thorough blueprints for performers. You have presented raw realities, no sugar coating of what it takes to survive. The workbook aspect is most helpful in giving concrete exercises and tasks for assisting in career building. Congratulations on a masterpiece.

~ **Dr. Maredia Warren, Coordinator of Music Education, NJCU**

It is not often in life that one is fortunate enough to meet a dynamic individual who could truly be termed a force of nature. Adria Firestone is just that. She is well-spoken, multi-talented and brilliant at communicating with, and inspiring, an audience. Whether the setting be a darkened theater, a student master class, or a professional boardroom, her positive attitude and inspiration are infectious. Adria's passion and generosity for sharing her skills are a special gift to be experienced by all.

~ **John Hoomes, General & Artistic Director, Nashville Opera**

Harness Your ZEBRA will help many emerging artists who have not had the guidance they need. Adria Firestone is filling a gap. Between college and the professional stage are pitfalls, challenges, dreams and disappointments. Sometimes these overwhelm young performers. Adria Firestone provides guidance, encouragement and practical tools which help any young artist face the real world. This book is a "must read" for serious young performers.

~ **Ian D. Campbell, General & Artistic Director, San Diego Opera**

SUMMARY STATEMENT

I have over 30 years of international, award-winning performance and professional credentials on the operatic and music theater stage. My experience embraces every aspect of theater: acting, singing, movement, props, stage make-up, set design, costume design, and directing.

Since 2003, I have been on the faculty at New Jersey City University in the Department of Music, Dance & Theatre and maintain a private career consultancy. I teach graduate and undergraduate students and am an entertainment Industry coach.

I work with private clients on speaking and presentation skills. My knowledge of stage direction, vocal technique, lyric diction and vocal literature for opera, art song and music theater is extensive. I am fluent in Spanish & Italian and am a specialist in Spanish Art Song. I have published a book for emerging performing artists as well as designed online classes. I created and taught new classes at NJCU and present clinics at high schools and universities around the globe, as well as NATS & NJMEA.

TEACHING EXPERIENCE

Music, Dance & Theater Dept. /Adjunct Professor 2003-

New Jersey City University, Teach *Applied Voice, Movement for Actors, Speech for Performance & Survey of Music*. Specialist in Spanish Vocal Literature and style. Developed, designed, and taught these classes:

- Freedom from Fear (How to control stage fright)
- Acting for Singers
- Performance Career Blueprint

Private studio in New York, New Jersey and online

Performance & Presentation Skills, interpretation, career consulting

Master Classes | Adjudication | Workshops | Clinics in all aspects of performance and career development.

Clients include: Duke University, Northwestern, National University of Singapore, Dubai English Speaking School, Meet the Artist at Lincoln Center, Eastern Michigan University, Classical Singers Convention, NATS, NJMEA. Teen Arts, Arts High School, North Bergen High School, among others

EDUCATION

Certified National Trainer for Time to Teach,
Classroom management method for K-12

Life Coach Diploma, Coach U, Inc., Certified Rapid Results Coach
Life & Career coaching, student guidance and counseling capacity

Masters Studies of Voice & Music in Milano, Italy

Worked with Sara Sforini-Corti of the Conservatorio di Giuseppe Verdi

Florida International University, BA in English Literature

Divina Comedia in the original Italian, French, Psychology, and Poetry with George Barker, English poet

University of Miami School of Music & School of Arts & Sciences

While at FIU, continued at UM: Voice, Italian, voice recital

PERFORMANCE EXPERIENCE

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I do not know how to express your remarkable impact on the students during your visit here. All of us enjoyed the total honesty you displayed during your master class presentations. We were inspired by your enthusiasm for living, your musical insights, your wisdom, your willingness to share, and your thirst for knowledge. We enthusiastically await your next visit.
~ **Donald Hartmann, DMA, Professor of Music, UNC at Greensboro**

In three sessions, I got what I came for and proved it to myself with a joy-filled, fearless performance in front of thousands of people! Adria's instincts, listening skills, generosity of spirit and sheer practical advice are priceless. You've come to the right place.
~ **Rosemary Watson, Actor | Singer**

You have changed my life and confidence completely in the past two years.
~ **Kendell J. Bass, NJCU Graduate**

Adria Firestone was an award-winning opera singer and actor with credits from *Carmen* to *Family Guy*. Her *Carmen* was "The Queen of the Palace of Bellas Artes" in Mexico City and opened two San Diego Opera seasons. Spanish film director, Carlos Saura's production of her *Carmen* was televised live throughout Europe from Italy's Spoleto Festival. In Australia & New Zealand Adria garnered raves. She led the casts for Houston, Singapore National Opera, Florida Grand Opera, and toured with New York City Opera's National Company. She was *Carmen* in Uruguay with Luis Lima and in Spain including Valencia, La Coruña, Avila, the Canary Islands and Córdoba.

She was Blitzstein's *Regina* and added Desiree at the 2002 Olympics in *A Little Night Music*. At San Diego Opera, she created the role of Doña Francisca opposite Jerry Hadley in the world premiere of Myron Fink's *The Conquistador*. In Australia's new production of *Samson et Dalila*, Adria was reviewed as "vocally stunning." Her Santuzza (*Cavalleria Rusticana*), starred with Kentucky Opera and her Amneris in *Aida* was seen with Utah Opera, Colorado Springs, and the Festival de Sinaloa in Mexico.

Adria's over 300 performances of musical theater include *Can Can*, *Sound of Music*, *Kismet*, and *West Side Story*. Her Julie in *Showboat* with HGO, opened Egypt's Cairo Opera House. She won a Carbonell for Aldonza in *Man of La Mancha* and was nominated for Pirate Jenny as Best Supporting Actress in *Threepenny Opera*. Adria toured the Far East with the Ambassadors of Opera singing in Hong Kong, Singapore, Malaysia, Indonesia, Sri Lanka, the Philippines, and Korea. She toured the Middle East singing for the Desert Storm troops in the Persian Gulf.

Adria is a highly-experienced teacher who knows the human voice and how it works. She has valuable techniques to impart. She has an amazing ability to hear what you are doing vocally and give you precise techniques to improve both quality of sound and the meaning you are communicating. Highly recommended.
~ **Diane de Zylva, VO Artist | Producer, Sydney, Australia**

You have in Adria Firestone, a master leading you and may your path be that of enlightenment and enrichment as she guides you.
~ **Jim De Blasis, Director, Producer**

You were a total success. Our students were inspired & enlightened by your wealth of knowledge . . . We would like to extend another invitation for several days of teaching, presentations skills and a workshop.
~ **Michael Rorex, Professor of Voice, Northwestern State University**

PUBLICATIONS & RECORDING

You Are the Artist of Your Life (book)

Performance Career Blueprint: The Step-by-Step Guide for the Emerging Performing Artist, online course & live class

Huffington Post contributor: Arts & Culture, Lifestyle

Harness Your ZEBRA: Career Design & Power Performance for the Emerging Performing Artist (book)

How to Create a Powerful Presentation in 3 Simple Steps (book)

Contributor to *CSMusic.net/Classical Singer*, 6-part series on The Singer's Addiction, and numerous articles & videos on performance

Vocal artist, CD, John Cage's *Works for Piano & Prepared Piano, Volume 4*, Wergo 1659-2

AFFILIATIONS & AWARDS AGMA * NATS * AFT * SAG

Carbonell Award, Best Actress in a Musical, *Man of La Mancha*

Woman of the Year, Spoleto Festival, Italy

Center for Contemporary Opera First Prize, NYC

Olson American Artist of the Year, Florida Grand Opera

Palm Beach Opera, First Prize, Advanced Division