VIRTUAL 1:1 COACHING SESSIONS

WITH

PROLOGUE THEATRE

Taught by DC area actors: Regina Aquino, Scott Ward Abernethy & Tamieka Chavis

50 MINUTE VIRTUAL SESSIONS AVAILABLE EITHER ONCE OR TWICE PER WEEK FOR 4 WEEKS

SESSIONS FOCUS ON DEVELOPING THE STUDENT’S PERFORMANCE SKILLS THROUGH MONOLOGUE WORK.

Students (ages 14+) are encouraged to have their own monologue (two minutes or less) but if they don’t have one they will be able to choose from our monologue library.
Interested students can visit prologuethetre.org/coaching to complete the interest form. For students under 18, the form must also be completed with a parent/guardian.

Prologue Theatre staff will match the student with a coach based on schedule availability and contact you with the final paperwork and payment details.

If you have any additional questions before completing the interest form, don’t hesitate to reach out to us at prologue@prologuethetre.org

The four-week package costs:
$160 for the one session per week option
$280 for the two sessions per week option
Regina Aquino is a Filipinx American actor, creative, and activist. Born and raised in the DC area, she is passionate about theatre and her community. Since 2002, she has performed on many of DC’s stages and in 2019 she was the recipient of the Helen Hayes Award for Outstanding Lead Actress in a Play for her work in THE EVENTS at Theater Alliance. Fluent in both English and Tagalog, she lives in Arlington, VA with her two children and two dogs, across the street from her mother like a good Filipinx daughter.


Scott Ward Abernethy has been a professional actor and teaching artist in the DMV for four years, having traveled from Seattle, where he received his M.F.A. in Acting from the University of Washington. As a theatre and acting teacher he has taught students of all ages, from elementary school to college, offering workshops, private coaching, weekly classes, and long-term residencies. As an actor, he has worked with the Kennedy Center, Mosaic Theatre, Constellation Theatre Company, 4615, Keegan Theatre, 1st Stage, Adventure Theatre MTC, and more.

When it comes to learning the arts, his simple philosophy is “Risk, fail, risk again!”
Tamieka Chavis is a Daytime Emmy Award winning producer, actress, and teaching artist. She's been nominated for and awarded numerous awards for Best Lead Actress, Best Ensemble, and Producer including the Indie Series Awards and the Daytime Emmy Awards for her work on the television and digital series Anacostia. On stage, Tamieka's select regional theatre credits include performances with Mosaic Theatre Company, Chesapeake Shakespeare Company, Constellation Theatre, Hub Theatre, Ally Theatre Company, NextStop Theatre, and Longacre Lea. On camera, Tamieka has had recurring and featured roles in productions such as HBO’s The Wire, Investigation Discovery’s Psychic Detectives, Maverick Entertainment’s Torn, and Netflix's House of Cards, as well as numerous commercials, industrials, and independent films. She is a faculty member with the National Conservatory of Dramatic Arts where she teaches theatre and film acting. Tamieka is a proud graduate of the British American Drama Academy in Oxford UK and the National Conservatory of Dramatic Arts in DC.

About Prologue Theatre

Prologue Theatre is an Arlington, VA based professional non-profit theatre company started in 2018 by Founding Artistic Director Jason Tamborini. Prior to launching Prologue Theatre, Jason was an FCPS Theatre Arts educator at George C. Marshall High School for seven years and also involved in the local DC theatre community as an actor and technician.

Prologue Theatre understands that it can be difficult, at times, to begin conversations about “certain topics” and focuses on presenting theatre that can serve as that starting point. Through theatrical performance, coupled with community discussion, and expert-led workshops and presentations, we strive to challenge our community to examine and discuss their views of the world and those around them. Our focus is on those who are in the process of finding their own voice – whether 15 or 115 years old – and are looking for a place where they can hone those viewpoints by examining world issues within (and with) their community.

Prologue Theatre believes in the power of dramatic arts education and the positive effects of participation. Our programs focus on skills and techniques that are relevant for those still in school (high school & college) as well as those looking for personal and professional growth.