Theatre warmup to prepare for an interview

Physical warmup

Relax your back
   Bend down from the waist without locking your knees. Breathe deeply. Slowly roll up, one vertebra at a time. Visualize your head suspended from a string.

Relax your neck
   Move your head left-to-right gently, as if your head is floating from a string. Rotate your head slowly in each direction.

Roll your shoulders
   Forwards and backwards, reaching full range of motion.

Warm up your arms
   Throw out your arms and feet, shaking vigorously and projecting energy.

Vocal warmup

Engage your diaphragm
   Pop the diaphragm with several HA’s

Warm up the mouth front to back
   PaPaPa BaBaBa TaTaTa DaDaDa KaKaKa GaGaGa

Tongue twisters
   There are many good ones, including “She thrusts her fists against the posts and still insists she sees the ghosts.” “Red leather yellow leather”

Mental relaxation

A meditation
   Sit down in a relaxed, open position, feet on the floor spread out, not crossed. Take up space. Close your eyes and breathe deeply. Start thinking about the upcoming interview, and consider a few questions:
   • What does a day of work look like for you? Take some time to visualize this.
   • How did you get interested in your field?
   • Can you remember and relive an exciting moment in your research?

Now imagine yourself talking to the interviewer, feeling relaxed, conversational, like with a friend. See yourself making all the points you want to make. Picture how it feels to be done and satisfied, and allow yourself to feel that. Smile. And good luck!