

Alma Sheehan

Alma studied at the Royal College of Music and the National Opera Studio. She sang roles in Paris, Florence, Rome and at English National Opera and the Royal Opera. She has taught performance techniques at the major conservatoires and has coached young artists at the Royal Opera House and the National Opera Studio. She has assisted on productions for Streetwise Opera and the London Handel Festival. Alma teaches regularly on the Royal Philharmonic Society's conductor's course for women, which is led by Alice Farnham.

Alma began by working primarily with singers, helping them develop confidence in their stage skills and now she also works with instrumentalists, composers, conductors and public speakers on all aspects of performance. She encourages her students to explore physicality which keeps both the mind and body open to a flow of ideas which can strengthen interpretation and reduce performance anxiety.

“Every type of performer is a story-teller and needs stage presence to support and colour their presentation. Expanding the imagination can build confidence and enable true self-expression on stage and the concert platform. As young artists learn to go beyond self-imposed limitations and take creative risks, they see more creative possibilities in every aspect of their performance. When all young performers learn to enjoy challenging themselves within their learning environment, the more prepared they will be when they go from being students to young professionals”.