



TESTIMONIALS AND RECOMMENDATIONS

2008 – 2020

2-Day Intensive Introduction to Acting Workshop

The weekend workshop was brilliant! Helen was extremely helpful and she knew what she was talking about. Such a friendly atmosphere, will definitely be looking out for more workshops in the future!

Robyn Ferguson, Glasgow

Very informative couple of days, had a good time. Helen's lovely personality makes the whole experience even more enjoyable.

Megan O'Brien, Glasgow

Helen created a friendly atmosphere and gave good constructive feedback. Brilliant.

Martin Norve, Falkirk

This is a superb workshop for anyone who is interested about getting into the business. The course is a very friendly 2 days where you can understand more about all the different aspects of acting and whether it is right for you. Helen herself is very knowledgeable with great experience and manages to get across all the information you need in a professional yet enjoyable fashion. I would recommend this course to anyone wondering if they want to take acting into a more professional setting. It was great fun.

Adam Butler, Edinburgh

I can't believe I have learnt more about the acting industry and certain acting techniques in two days than I did studying at Telford for three years.

Telford/Edinburgh college ex-student (name withheld)

I really enjoyed every minute of the workshop. I learned so much in just 2 days. I would definitely recommend it to anyone.

Jade Milne, Dundee

Helen is great!! She makes you feel comfortable and you can express yourself where you might feel you're not doing it right, and Helen makes you put it right in a way for you to understand it!!! Brilliant. Thank you.

Amir Tabrizi, Edinburgh

The 2-day workshop was fantastic! The reason it worked so well for me was because you are learning and taking in information, but it's in a fun, informal, reassuring environment. At the end of the 2 days, I felt like I have had both a fun and enjoyable experience, but also have worked hard and learned so much. In a word... "awesome"!

Ashley Whitehouse, Kirkcaldy

Raw Talent's workshops are to the point and tell you the nitty gritty. No flowery words, no dramatics or over the top drama speak, just plain hard facts backed up with techniques that you can understand and relate to in the real world. Does make you want to come back for more!

Lisa Moffat, Edinburgh

I very much enjoyed this workshop. I look forward to attending to more in the near future.

Johanna Shosha, Edinburgh

Brilliant workshop for anybody wanting to act.

Suren Rebba, Edinburgh

I attended a condensed 'intro to acting' course led by Helen when I was still in university and the experience was instrumental in me uprooting the path I was taking in life and focus on acting instead. Helen's classes are not for the faint of heart, your misconceptions will break and they'll break hard. I came out of my second class with her feeling slightly battered but with a much better sense of my strengths and what I needed to work on. I'm looking forward to my next class with Helen and know that her fair, honest feedback and her innate madness will take me to my next level as an actor.

Since the classes, I have appeared in several stage shows and films. Among others, I've portrayed Robbie Rotten in Lazytown Live, the lead character Adam in The World Over, a futuristic dealer in gritty sci-fi Neon Ghosts and a guardian angel in Threshold. From cartoony panto villains to understated filmic characters, Helen's teachings and support have stayed with me every step of the way.

Magnus Sinding, Edinburgh

Helen Raw is outstanding. Does she know her stuff? Hell yes! After the 2 days of my Introduction to Acting for TV, Film & Theatre by Helen, it left me brimming with confidence. Helen Raw is a no nonsense, give it to you straight, person. Her reasoning truthful, her honesty brutal. But, this honesty however, is superb sage advice. Life is tough for an actor and Helen pulls no punches when explaining the nature of being one. But, from what I have learned in this workshop, I feel prepared to take it on.

Alastair McKay, Edinburgh

Everything is made so clear and I could actually see the technique that is taught working instantly in me and others. I came out of the class feeling very confident because I know that if I apply what I have learned, I will always give a truthful performance.

Emily Streete, Edinburgh

I had no idea whether I should even attempt to go into the acting profession but Helen, in her workshop, has given me the confidence, and basic know how, to 'go for it' if I want to.

Margaret Montoya, Edinburgh

I left the 2-day workshop feeling I wanted more which is a good thing as it being an introduction to this subject I got exactly what I was wanting out of it with a burning desire to get more. I found that Helen was excellent in putting the information across as there was a lot of info to take in. The class size was a great number as we got to get a lot of turns and see the process take shape. I put in the survey that I would have liked more of certain subjects, that's more or less because I really enjoyed it but as an introduction course it was a fine amount. As I said I left wanting more and now that I know what to expect I can pick a course that best suits me to enhance my ability. Thanks a bundle Helen, see you soon.

Marc Gibson, Dundee

Fantastic two days! I learned a lot more than expected. Great teaching skills - highly recommended!

Lorraine Carrigan, Edinburgh

Helen is great I really enjoyed every minute of the class, I learned so much just in 2 days. Made me realize this is what I want to do, now I just have to practice more. I will definitely recommend to other people. I love Raw Talent Training that much I am going back to take more classes.

Isha Margry, Edinburgh

Having began a 2yr HND In performance and acting last year, I felt that I learned more in those two days than I had the whole year! Helen Raw did NOT just tell me what to do or refer me to literature giving no direction...she told me exactly what was necessary to get the job done, she showed me HOW to go about tasks and she had a natural talent for explaining processes and formulas, in such a manner and fashion that I could do nothing other than absorb the information and take it all in. What I had been trying to do for a year unsuccessfully, Helen managed to provide me with the true understanding that I was lacking, and all in a two day workshop. I will have no hesitation in recommending this class to actors of ALL levels. Many thanks for what you have given me!

Clair Myychael, Motherwell

Excellent all-round course. Suits those with some experience as well as beginners. The filming audition was particularly helpful to me, but all of it was very informative and well-constructed. Totally exhausted afterwards, but very happy :))

Wendy Barrett, Edinburgh

Helen and Raw Talent are excellent. She has superb knowledge and a lovely style/manner, which puts you at your ease AND gets the info she is passing on to you, over in a professional and precise, but fun way. I would highly recommend Helen and Raw Talent to any aspiring actors wanting to develop and grow their skillset.

Duncan James, Glasgow

I found the 2-day workshop for film and TV acting very useful. It has given me the understanding of the techniques required to build my acting skills. Helen was warm and friendly and there was a good learning atmosphere.

Alan Morrison, Glasgow

This was a fantastic inspiring yet realistic introduction to acting from a very enthusiastic teacher Helen! I left it feeling motivated and full of confidence in my abilities, and raring to go into the acting world and take it all on! I would highly recommend this to anyone wanting a beginners insight into the industry and a good starting block.

Eleanor Gibson, Glasgow

The workshop was a great insight into the REAL world of acting. It helped me a lot with my confidence and I really enjoyed it. It's both exciting and challenging - it's amazing what you can learn in 2 days! I'd definitely recommend it to anyone regardless of their level of experience.

Jenni Ogilvie, Perth

Workshop was excellent. I have been going to stage school for 10 years and I learned things in the 2 day workshop that I've never learned before. The improvisation was so much fun!

Rachel Hall, Perth

An excellent introduction to the art of acting. As a complete novice, I had no idea of what I was letting myself in for and was more than a little nervous. I needn't have been. It was a brilliant two days - I left feeling challenged, encouraged, enthused and informed. I will probably never be a professional actor but finished the course having more insight into what it takes to be one and the hard work involved. The course really whetted my appetite - now I want to do more!

Megan Appleton, Dundee

I loved the improvisation day and the overall quality of the introduction course. I'd definitely recommend it for anyone wanting to find out where to start and what to expect in life as an actor!

Jasmin Egner, Edinburgh

I felt invigorated each evening walking back after the course. What a wonderful introduction to acting and I would most certainly recommend this course to all of my friends, actor or non actor. Incredible for ones self confidence and inner happiness and satisfaction.

Anna Freemantle, Edinburgh

I can't believe I learnt so much in just a few hours. The session with Helen was extremely informative with plenty of time for practice and individual feedback. Helen was really supportive and we all made leaps of progress in the session! A real confidence boost - Thank you!

Liz Strange, Edinburgh

The energy and commitment of the tutors is astounding.

Simon Messer, Edinburgh

An intense and illuminating day. I came home and immediately got out the camcorder and have continued to practice & film my monologues. Very inspirational with a wealth of solid practical stuff.

Deborah Whyte, Edinburgh

I found Helen extremely knowledgeable and uplifting. The course wasn't over crowded which meant Helen could give individual feedback. After the course had finished I felt that I could still contact Helen to ask any questions as she was very helpful and supportive.

Sheryl Gribben, Edinburgh

The workshop was a wonderful experience. Helen shared with us an incredible amount of information in so little time, provided constructive criticism and much enthusiasm. I definitely feel much more informed about the industry and ways to approach acting in general. I got way more out of the course than I could have hoped for at the time I was registering!

Eleni Tsami, Edinburgh

Very inspiring, great fun, helpful performance critiques and provided an opportunity to meet other actors.

Moira MacKenzie, Falkirk

Well worth the time. Relaxed and friendly teaching style, but also very focused when we get on the floor.

John McColl, Edinburgh

Helen's work helped identify my weakness but helped me overcome them and build my confidence. Now I'm looking to audition for student films to explore this talent. I'd like to work with Helen again.

Tony Bilton, London

One word to describe Helen...brilliant! I had no acting experience prior to meeting Helen so I had intensive 1-1 coaching to help me with my monologue for an audition I had coming up. She helped to really understand the piece, how to perform it and how to break it down. She guided me through what an audition would be like and what to expect. I learned so much from her so that when I went for my audition to the New York Conservatory for Dramatic Arts I was really well prepared and I got offered a place on their 4 week Intensive Acting Summer School in June 2009. I can't thank Helen enough as I would never have been offered a place if it wasn't for her.

Aileen Keith, Edinburgh

An informative, fun and honest way to develop your acting technique. I would thoroughly recommend this class to all actors interested in professional performance.

Shona Miller, Glasgow

I attended the Introduction to TV, Film and Theatre workshop. I found I was hooked from day one. I couldn't wait to leave work every evening and attend the class. Helen is a great role model with a true passion for what she does. Helen has a wealth of knowledge in the acting, theatre and film industry and was very good at imparting her knowledge with the group. I'd definitely recommend her classes and will be attending more myself.

Pamela Gladstone, Edinburgh

Just wanted to say thank you once again for the excellent class! Upon signing up for it, I had no idea what to expect but I'm so glad I did. I had tremendous fun, learned more than I thought my brain was capable of and did things I never thought I'd be caught dead doing. You're a superb teacher and I admire your enthusiasm towards the people you teach and I'm very glad to see you're in this business for the right reasons. I am definitely interested in taking more classes and learning more about the industry. Your class has encouraged me to learn more about acting so I will be checking your web site and whatever else I can get my hands on. Thank you for everything Helen!

Damon Lee, Edinburgh

Highly Recommended. The 2-day workshops give an honest view on what being in the acting industry is really like and how much work it would take to act professionally and full time.

Steph Morris, Edinburgh

I loved the 2-day workshop, Helen is very informative and makes you feel so comfortable. It is hard work, good fun and very useful for finding out more about the industry. I just wished it was longer!

Pamela Mason, Edinburgh

Very good, best drama teacher I have ever had.

Jordan Rennie, Edinburgh

Very insightful to see how much work is involved in being a working actor, but helpful for understanding how to get through an audition. I learned how to read a script and act more realistically with clever techniques.

Caitlin Henderson, Dalgety Bay, Fife

A very intense 2 days. I felt like my head would burst after the first day because it was so full of new information! I have realised there is a lot more to acting than I first thought. Nevertheless Helen has made me want to become an actress even more!

Vanashree Thapliyal, Edinburgh

After attending the 2-day workshop I felt a marked rise in my level of confidence and much better placed to attend auditions. I look forward to more of your courses. It's very hard work, very worthwhile and most enjoyable!

Joe Knox, Edinburgh

The workshop is a perfect balance of information, encouragement and actual practice of performance skills. It's a brilliant opportunity to learn and try out new skills in a positive, supportive environment with a teacher who is hugely talented, passionate and knowledgeable about what she does. I finished the two days with my head buzzing with enthusiasm and new ideas and just wishing I could come back for more the next day! I would recommend it to anybody - whatever stage they are at.

Debbie Cannon, Edinburgh

Helen is an amazing actor and teacher, her courses are well worth the money.

Laurayne Kyle, Bathgate

Helen is a fabulous teacher, she has boundless energy and has the right balance of honesty and encouragement. I highly recommend her course to anyone who is looking to improve their acting and presentation skills.

Kirsten Lord, Edinburgh Physiotherapy Centre

Lots of useful practical lessons, plus confidence-boosting advice, for real-life audition situation.

Nick Cheales, Edinburgh

I thought it was excellent and I have already recommended your workshops to others.

Caroline MacKellar, Edinburgh

I would highly recommend these workshops to anyone who wants to develop their acting and performance skills. I learnt more in 18 hours than I've done in the previous 18 months.

Sara Jane McGeachy, Edinburgh

Helen was really friendly and knew her stuff. The only downside was the exhaustion at the end of each day which was well worth it! Also, many actors are very secretive about the industry and their own training but Helen was happy to help us all and share everything she had learned to help us move forward.

Grieg Taylor, Nr Biggar

The-2-Day workshop did wonders for my confidence and general speed in approaching and developing a performance from text. I did actually achieve real development with my monologue!

Katy Dimmock, Edinburgh

I was nervous about improvisation, which had always scared me in the past and was also nervous about being in front of a camera for the first time. However, Helen's teaching style put us all at ease immediately and it was obvious to all the depth of Helen's experience. I had an absolutely fantastic time over the course of the workshop and just felt completely gutted when it was all over! All I can say is go for it, you will love it!

Jenifer Langley, Edinburgh

Before I met Helen, I didn't actually know what acting was. I thought it was just "overacting". It never once crossed my mind that it was being completely genuine in imaginary circumstances as no one had ever told me! Helen broke down this complicated and overwhelming idea and made it as simple as possible and I really feel that I have progressed so much due to her help. I had no professional acting experience prior to meeting Helen but thanks to her advice and 1-1 coaching I have had a handful of professional jobs and am now confident that I want to pursue acting as a career.

Greig Taylor, Edinburgh

Helen's constructive comments helped me to understand where I lost focus and I made the decision to come back for day 2. I'm glad I did. Helen was very practical in demonstrating how someone could display the emotions required for a scene and was also good at indicating when someone had captured 'the moment ' and she always told us when we had done a really good job. I would recommend her workshops to anyone.

Tony Bilton, Edinburgh

Helen was brill and the workshops were a lot of fun! fun! fun! I loved my time on the workshop and felt that I learned a lot. Towards the end my confidence was really growing because any suggestions were not thought of as criticisms, which gives great credit to Helen's ability to balance constructive advice with sensitivity.

Malawi Logan, Edinburgh

Private 1-1 Sessions

I found the coaching sessions with Helen Raw to be invaluable. She imbues her coaching with integrity and a friendly honesty which I found refreshing and assuring! Before coming to Helen I had absolutely no idea about my first steps into the Entertainment industry following my Performing Arts degree, but now I feel empowered to command the direction of my career with full preparedness - and to do so without getting in trouble with HMRC! Thank you, Helen!

Olivia Olsson, North East Lincolnshire

Helen was very professional and friendly. Her excellent teaching skills have been helpful and insightful and I will certainly recommend Helen and look forward to working with her again in the future! Thank you Helen for your expertise and kindness!

Chantal Anne Marie Brosens, Edinburgh

My lesson was challenging without being too overwhelming and completely without judgment. I came out with a list of things to do and was reminded of those things we all know we should do but conveniently forget to practice.

Pandora Louise Robertson, Stockton-on-Tees

I was requested to put myself on tape for a role which required a Scottish accent. I had no prior experience working with Scottish dialects, so I was in a bit of a panic. I'm so grateful I found Helen. She was able to take a last minute booking and helped me get a good grasp for the accent, which allowed me to forget about it and focus on performance. I have gone to dialect coaches in the past who charge \$200+ per hour... I doubt I'll be doing that next time, as I got just as much - if not more out of my session with Helen!

Sam Smith, Los Angeles, California

I had a wonderful one to one session with Helen who helped me with singing techniques. She is incredibly knowledgeable and has a wealth of experience that she happily shared with me. I felt I was given some great practical advice and some excellent tools to help me progress with my singing career. I would highly recommend anybody looking for the same to get in touch with her. Thank you Helen.

Lucy Avison, Halifax

For anyone who wants to get started as an actor, there is no better place or person to go and see but Helen Raw. She is friendly, approachable, very knowledgeable and full of common sense. If you listen and follow her advice, you too can make it to Cannes, like I did this year! Thanks Helen!!

Lubna Kerr, Edinburgh

Thank you so much for your time coaching me this morning. I am now approaching the film script with a new attitude and some exciting exploration!

Evie Hasting-Jones, Edinburgh

Working with Helen was inspirational, I was constantly searching for life to inject into my audition speeches by thinking 'outside of the box'. Helen taught me that the best place to look was within me, it is often a place which we ignore too often but as an actor it is the best resource library we have. Her advice and ideas, I believe, were at the forefront of me gaining a place at drama school and they will stay with me for the rest of my career.

Fin McKiernan, Edinburgh/London

Very good teaching & coaching environment. Excellent advice given. Will definitely feel more confident about cold readings and auditions for the camera.

Dawn Parylo, Edinburgh

It has made me feel very confident in breaking down a script. I will definitely apply what I have learned because I saw how effective it was for me and everyone else in the class.

Emily Streete, Edinburgh

The 1-1 intensive monologue breakdown session that I had with Helen really changed my whole outlook on performing a character. The thing I needed to learn was how to find my character and be that character and not "act" the character and for that character to be completely realistic because of me! In just under 2 hrs, Helen also managed to give me advice on headshots and audition presentation and techniques. With this session I feel that I have grown as an actor and all of the advice that I have received will help me as I continue my journey at Drama School. I also feel able to go back to Helen for further advice.

Rosie Stanford, Edinburgh

I want to thank you again for all your hard work and commitment to Pearl, which really helped develop her full potential. She has never had this kind of coaching before and I saw a huge leap in confidence and ability. Pearl now has to set her mind to doing well with her standard grades but when they are over we will be in touch again to make further appointments with you. Pearl will be signing up for your theatre school classes in Fife too!

Susie Appleby (Pearl's Mum), Borders

The Business of Acting Seminar/Sessions

I found the coaching sessions with Helen Raw to be invaluable. She imbues her coaching with integrity and a friendly honesty which I found refreshing and assuring! Before coming to Helen I had absolutely no idea about my first steps into the Entertainment industry following my Performing Arts degree, but now I feel empowered to command the direction of my career with full preparedness - and to do so without getting in trouble with HMRC! Thank you, Helen!

Olivia Olsson, North East Lincolnshire

Really enjoyed the straightforward honest nature of Helen's talk. She is so knowledgeable and passionate. You know you've got someone to back you up as an actor when it comes to being treated fairly. A great session!

JJ Williams, Glasgow

Fantastic passionate woman who lives to make a change for the good. The industry needs people like this otherwise it will fall apart.

Callan Gallacher, Glasgow

Helen is direct, forward and to the point. Her advice is valuable and very usable!

Ronni Fich, Glasgow

@helenraw thank you for such an informative, insightful & hilarious seminar today! :)

@MariaJoseBavio via Twitter for iPhone

Just finished the no bull "Business Of Acting" seminar with @helenraw A fountain of information!

#KnowYourWorth @actorexpo

@TheCallsComing via Twitter for iPhone

Hi Helen... I just wanted to thank you and say the parts that I did manage to catch were absolutely brilliant. I forgot how ridiculously funny you are! I also forgot I've actually met you and been to your workshops before! I think it must've been about 4/5 years ago at a previous Actor Expo. Thanks for sharing your knowledge, See you on BAN! (the British Actors Network)

Matt Downton, London

Helen Raw's 'The Business of Acting' seminar gave me some brilliant insights as well as practical steps to gaining a foothold in a career as a professional actor. I came away with a more realistic idea of the whole business which was both inspirational and scary! Definitely worth while!

Deborah Whyte, Edinburgh

I just sat in on your last seminar. I wanted to thank you for the refreshingly honest advice and to say your direct attitude was hilarious! My favourite seminar of the day.

Gayna Millican, Actor Expo, London

My name is Roberta Mann and I was at your session on Saturday at Actor Expo. I just wanted to write to thank you for the incredible amount of information you gave us in that short space of time. I came away with reams of notes and after sorting through them I have started a rather comprehensive 'career tip book' for myself covering almost every aspect of the business! Your session wasn't just informative, it was inspiring too and I came away feeling very excited about working that bit harder on my career.

Bertie Mann, Actor Expo, London

Hi Helen and really thanks for your inspiring session on Saturday at Actor Expo. It's always lovely to be in your presence and the energy you radiate. I read your interview in Equity yesterday:)

Davoud Rastgou, Actor Expo, London

...I just had to email you and say how much I genuinely enjoyed the 45mins/hour that you spoke for at Actor Expo today. It is so refreshing to meet someone so blunt and honest in this business and who is able to get straight to the point and skip all the bullshit (pardon my french) and I was literally hanging on your every word. It makes me wish everyone else in this industry was as Scottish as you!

You have definitely given me the kick up the backside I needed to get back on the old proactive bandwagon and I thought you might appreciate a quick line to let you know that your message has got across to at least one person!

Once again lovely to have met you and I sincerely hope our paths cross again in the future,

Chloé James, Actor Expo, London

If I learned one thing (two things) from Helen, that is self belief and a sense of worth.

Scott Collins, Glasgow

The Business of Acting workshop with Helen really opened my eyes and made me realise how not to be taken for a ride by a lot of people promising to get you a visa and work in LA. I also felt encouraged to make my own material and I left feeling adequate as an actress without having gone to one of the leading high profile drama schools in London. I now have a plan put together and feel that my dream can come true by being organised and aware of what not to do and what I should be doing.

Erica Emm, Actor Expo, London

Well, what can I say apart from a massive thank you. Your knowledge of the workings of this industry are second to none. The support, inspiration and guidance you have given to young actors, all done with a great sense of humour and a wonderfully direct approach, has been much appreciated. New performers could not make a better choice than to be taught or mentored by you. Again, a massive thank you for your time and commitment!

Mary Deane, Nottingham

Equity Elected Committee Member & General Feedback

While having an issue with a commercial contract buyout, I contacted Helen to get some advice and utilise her expertise on the situation. She read through all of the material I sent her, took the time out of her busy schedule to chat on the phone about it all and then she had some great suggestions along with additional people to contact. After speaking with Equity Commercials and Legal team in regard to this matter, they appeared to be unable to help as didn't think they could do anything with it, which I was very disappointed by. My union, that I have spent the last 10 years as a member, was unable to provide any help or assistance with the legal problem I was facing, and indeed many other members have probably experienced over the years. So instead I followed the advice of Helen and went back to the company again, pursuing it further myself, and ended up settling with the client out of court for a fee we were both happy with.

I found Helen's support and advice much more beneficial than any conversations I've had with the [union's] commercial or legal team.

Name withheld, Wokingham

Helen's invaluable help was recommended to me by a friend and fellow actor who knew I wanted someone knowledgeable to check over a representation contract for me. Helen was quick to respond, and in the few email exchanges I have had with her, I have found her to be extremely supportive and helpful. Helen is very much the kind of reliable, empathetic and professional person I would want in my corner!

Cathryn Gahan, Kent

Couldn't have been happier with what Helen did to help me out in a difficult situation. Her professionalism, diplomacy and advice is second to none. I didn't make her life particularly easy in a few respects, but the way she dealt with the situation lead to a speedy and satisfactory resolution. I'd encourage anyone in need of support, help or advice to make contact and draw upon her wealth of experience and knowledge.

Kieran Brown, Actor & Musical Theatre Performer, London

I'd like to thank Helen Raw, my Christmas Angel, who instantly reacted to my cry for help on this post [in British Actors Network Facebook Group]. She took charge of the situation and contacted the employer who wasn't paying up. Let's just say I've now been paid. Thank you Helen. You're amazing xx

Celine Dunne, West London

Helen is a star! She not only exudes professionalism but is also highly knowledgeable. She has been a huge help to me, and I can happily recommend her to others. She is exactly what this industry needs.

Rowena Diamond, Somerset

Helen has been present on my Facebook for sometime and has always been a positive, inspiring presence full of constructive and positive advice. I came to Helen to request help on future ideas

and projects of mine. Helen kindly offered support and guidance and more importantly helped me ground myself to understand potential pitfalls and problems that may occur and to start thinking of how to tackle them. Through speaking with Helen, It has enabled me to think and plan more effectively to allow myself to hopefully be successful in my future ventures and to not rush in without serious thought and consideration. Thank you Helen for always helping others become the best version of themselves that they can be.

Carl Backhouse, Firelight Studios

Helen is passionate about, and committed to, her numerous projects and - by example as well as instruction - inspires others to pursue the best of their potential.

Danielle Farrow, Actor and Director of Discover Fine Acting

Helen knows acting inside out. She is thoughtful and exactly the type of person you would want to do business with. She is smart and knows her field.

Catherine Balavage, Author & Editor of Frost Magazine

Helen is one of the most impressive people I know. She is a self-starter in every aspect of her work and is brilliant at getting projects going, keeping the creativity high and motivating people around her. And she does it all with good humour and a smile. What more could you ask for?

Douglas Dougan, Screenwriter, Producer & Education Consultant

I have known Helen Raw for over 10 years and have interacted with her most closely in her role as Secretary of the East of Scotland Equity Branch [of Equity].

I have had occasion to request her assistance with a number of matters over the course of her tenure and I cannot overstate how helpful, supportive, informative and fair Helen has been in every instance. She has quite simply always been there to provide me and many other actors with friendly, approachable support and practical advice time and again.

She has demonstrated the highest regard for fairness and has fought tenaciously and successfully to defend actors, sometimes in the face of severe bullying from those seeking to manipulate, frighten or exploit them. She is a skilled communicator and negotiator and has always taken great pains to be available at any time to assist actors at all levels, from newly graduated students making their first forays into the industry to seasoned performers with decades of experience under their belts.

Helen has demonstrated tact and courtesy where appropriate, but equally has refused to be cowed by those who have blustered and threatened to try to get their own way. For me personally, she sensitively investigated issues and maintained complete confidentiality when I raised concerns about a particular production company which I feared may be exploiting actors. Her manner and approach were tremendously professional throughout and I had complete confidence that the advice she offered me was correct.



Testimonials and Recommendations

I have the greatest respect for Helen as an advocate for actors and also as a person and would have no hesitation in recommending her.

Karen Bartke, Glasgow

Corporate Training and Skills Workshops

Helen was very relaxed and informative and kept everyone's interest. I feel more confident presenting to my teams after this course.

Elise McAulay, Assistant Service Manager

Helen was enthusiastic with delivering the course and she made it easy to understand.

Myra Johnstone, Assistant Manager

Helen was very agreeable, personable and was very knowledgeable on the subject matter. I feel I will work better with my team after this course.

Paul Sculion, ICT Officer

Helen was excellent at presenting. She made the course fun and easy to follow. I feel more confident in presenting to my team than I did before.

Kathleen Tait, Assistant Service Manager

Helen gave me the confidence to stand up and speak for myself and speak to people. I feel more comfortable speaking to my staff using the improvisation skills I have learned.

Martin Gilmerton, Chef Supervisor

Helen Raw was excellent. Very good at relaxing us. I feel our colleagues can be better informed after this course because I believe I can deliver a better presentation to them after attending.

This style of presentation was a much better approach than videoing us and showing it back. I felt much more at ease when it was pointed out that knowing the content is most important and that my skills will improve if I trust my knowledge.

Colleen Robertson, Marketing & communications

I feel I will have a more clear mode of communication to my staff and a better way of approaching the Executive Management Team after this course.

Zak Rezia, Development Officer

I would like to thank you on behalf of all the Blackwood Leading the Change team for the inspirational talk you gave to us on our ILM training day in Aberdeen (13/09/12). It was very interesting to hear your life story and all the different challenges you have had to face and how you managed to overcome these challenges. You came across a very confident and inspirational person for this being your first experience of speaking to this type of audience. I am sure most of the team will have benefited from you sharing your experiences with them. Thanks again for taking the time to speak to us.

Rab Stevenson, Property Investment Manager

Really good and helpful. I feel I will be better at conveying information after this course.

Ian McNally, Business Services Officer

Helen was very friendly and made people feel at ease - very important in a course like this. I feel that my customers will be delivered more confidently delivered presentations after this course.

Deborah McIntyre, Executive Business Assistant

Masterclass Provider: Guest Tutors

Thank you for the workshop, I found it very helpful.

Ruth Elise Snowe, Edinburgh

Great 2-day workshop...highly practical with lots of tips and valuable information for screen auditions. Nancy delivered the workshop very professionally whilst remaining friendly and down to earth. Would highly recommend!

Julia Jack, Glasgow

I thought this was not only a well presented and informative workshop but a vital one at this stage of my career...a superb workshop.

Mat Urey, Edinburgh

Through Helen's connections I signed up for a screen acting course with Nancy Bishop where I gained expert acting tuition and made excellent contacts in the film industry. It was Helen's company that dealt with Nancy Bishop and every time I dealt with Raw Talent they reacted very professionally, taking the time to describe the course in detail and they were also flexible with payment arrangements. Raw Talent were full of advice and very helpful indeed.

James Turner, Edinburgh

This workshop is a must to all actors who would like to work in film. Invaluable!!

Dawn Parylo, Edinburgh

Focused, precise and illuminating. A very valuable experience.

John C Gilmour, Glasgow

A well organised workshop with helpful comments. Tips on improvements and areas to work on were very helpful. All round good stuff.

Ross Mitchell, Edinburgh

Nancy was very constructive and helpful. Everyone improved over the 2 days. She made us all feel comfortable and gave us clear goals. We had plenty of time in front of the camera to work on our technique.

Marion Shortt, Edinburgh

Scott Williams is the best teacher I have ever had the pleasure of learning from. His knowledge is extensive, his teaching style is remarkable, and every point he tries to get across is always backed with a personal story that allows his ideas to make perfect sense. This man could well change your perception of the acting realm. He is also a genuinely nice guy.

Reaghan Reilly, Glasgow

Meisner Technique is fun, fascinating and relevant. Scott Williams is a wonderful, positive teacher.

Callum Fuller, Edinburgh

Scott Williams has rocked my world this week and I'm so grateful. I will never think of acting in the same way again!

Liz Strange, Edinburgh

Simple and clear, a window opens, thanks.

Hilde McKenna, Glasgow

You're challenged, you re-learn but it's all done in a positive way and Scott is full of so many examples and experiences which help to make sense of it all.

Ghizala Avan, Edinburgh

An acting technique that's very practical and achievable. Had a great week and look forward to the next week.

Gerry Lynch, Glasgow

Absolutely Brilliant! Makes so much sense to me and I can't wait to do more.

Marianne McIvor, Glasgow

It was an intense and amazing week. An insight into a wonderful and truthful technique.

Paul Cowan, Glasgow

Cuts through the bull****. It has simplified acting, making it feel true, engaging and FUN!

Damian Hughes, Glasgow

Fantastic week, inspiring, fun, emotional and an amazing teacher.

Ailsa MacLeod, Glasgow

It feels wonderful to be free of acting and intellect to just feel and be.

Mandy Sykes, Glasgow

A really valuable week that will stay with me a long while yet. I learned more in a week than I have in two years!

India Crawford-Legg, Glasgow

Ian was excellent in his guidance and his belief we could succeed. The 6-week comedy workshop may seem like the most frightening thing to do ever but just compare it to performing brain surgery and you're laughing!

Greg Drysdale, Grangemouth

Education and Outreach

Fairbridge in Edinburgh secured funding from State Street Bank to run a film project that would be written, produced and acted by young people.

Fairbridge wanted this film to be of good quality to enable it to be shown at our annual film awards at Glasgow Science Centre (IMAX), therefore it was imperative that the film Company chosen were able to work with our young people easily, have the ability to bring out their ideas, and enable them to pick up relevant skills along the way. We met with Helen from Raw Talent, who were chosen as our preferred choice, as they had an awareness and understanding of the client group to be worked with and had some fantastic ideas that proved to be really effective in engaging young people.

The young people who were involved in the film project were between the ages of 16-25 and had a variety of needs that had to be considered when making the film i.e. some had literacy or learning difficulties that had to be accommodated within the structure and content to allow their full participation.

Helen engaged well with all of the young people and staff and her flexible teaching style fitted perfectly with the youth work approach. The final film was of high quality and all young people were provided with a copy to take home and keep.

The standard of service provided by Helen from Raw talent has been communicated to other Fairbridge Centres, and external partners.

Margaret Murphy, Manager - Fairbridge, Edinburgh

Helen and her staff ran after school classes for P1-3, P4-5 and P6-7 pupils as well as a Film making club which she ran with the older P7 pupils. Helen worked with us for a year and a half.

Helen liaised with the staff at the school and the parents extremely well and took time and care to ensure that individual needs were catered for and children supported appropriately.

She produced end of term shows to which the parents were invited and at which the children were able to display the skills and talents which they had acquired over the session.

Helen is an inspirational teacher. The children thoroughly enjoy her classes and feel inspired by her enthusiasm and encouragement.

Helen also supported and worked with staff at James Gillespie's to enhance learning and teaching and produce end of term shows for various year groups. She developed very good relationships with staff here and was very generous with her own time and expertise.

I can unreservedly recommend Helen to you as a teacher and trainer. She undoubtedly has all the attributes and skills required and would be an asset to any team.

Anthea Grierson, Head Teacher - James Gillespies Primary School

Helen has been hired to run film-making weeks on Love Drama camps twice and on both occasions her work has been outstanding. The pupils all loved Helen and had a wonderful time creating their own work with her. Helen has a wonderful way of empowering the children and young people she works with through helping them find the confidence to execute their own creative ideas.

Kirsten McCrossan, Company Director - Love Drama

'a rights resource pack' has been developed to support teachers/youth workers and other adults who work with children and young people to ensure that they are informed and aware of the United Nations Convention on the Rights of the Child prior to the national vote in November 2010. This forms part of 'a RIGHT blether' which is an ambitious consultation being undertaken by Scotland's Commissioner for children and young people, Tam Baillie.

Raw Talent were commissioned by the Commissioner's office to develop a range of inspirational creative extras for the resource as support material for a series of five workshops. These were of good quality and were delivered on time. Raw Talent were receptive to initiating changes and the company was efficient and met tight deadlines. The results are now available on www.arightblether.org.uk.

***Cathy Begley, Participation & Education Officer
Office for Children and Young People's Commissioner Scotland***

Thanks so much for the excellent workshops you provided through Napier Uni Drama Society. I really enjoyed them and would love to attend another with you to progress and develop the skills that you introduced.

Steph Morris, Napier University Drama Society

I just wanted to say thank you so much for running the workshops for us. The feedback from the society is that everyone enjoyed and learned something at all the workshops. I hope that the society is able to run more workshops with you again next year.

Rik Carranza, President, Napier University Drama Society

Bespoke Outreach Workshop

Helen did two 2 and 1/2 hour sessions for us working with actresses who were all beginners in terms of film, and most of whom had never acted at all. She taught them techniques around performance and keeping consistency of character, which was necessary for our short film to work. The least experienced actresses got the most benefit and all said they enjoyed it and found the course useful and excellent and some have asked if they can attend another class.

Helen's work on confidence levels particularly improved performances for our most nervous! Helen collaborated with our Directors beforehand to ensure she delivered a session tailored to our requirements, which was vital for us having such a particular set of needs and limited timeframe. I would definitely book her again.

***Katy Dimmock, Producer
'Roma & Juliet', LGBT, Edinburgh***

Director of Outreach Nativity Play for Abertay University

As the term draws to a close I wanted to say 'thanks' for helping out with the nativity last week. Siobhan conceived, planned and executed this event but could not have done it without your assistance. You played your part magnificently - I was very surprised at the numbers taking part and I think, if we'd known to anticipate quite so many, we might have arranged things differently - perhaps even rehearsed! But you were unfazed, professional and rose to the occasion, which made everything work out ok. So well done and thanks again!

Rev'd Leslie Barrett, University Chaplain - University of Abertay Dundee

Thank you for organising the Xmas party on Friday. It was good fun for all the family. Helen was so good and very calm with so many children. Will definitely look out for it next year.

Lorraine Cook, Accounts Manager - University of Abertay Dundee

...I had a great time and Helen was a Godsend as our director...

Dr Siobhan MacAndrew, Reader in Psychology University of Abertay Dundee

Director of Edinburgh Footlights Full Scale Musical – Anything Goes

Helen Raw's contribution to the success of Edinburgh University Footlights recent production of 'Anything Goes' was unquestionable.

Her ability to command a group of students and provide them with new and stimulating concepts about theatre created a respect and professionalism that the society benefitted from enormously. With her vivacious personality, she fitted into all aspects of the society's running and even took time out of her busy schedule to help with fundraising activities. Helen also opened herself up to be a soundboard for any concerns the cast members had.

As a young actor with lots of previous experience in theatre, I feel Helen was very quickly able to identify 'old habits' and rectify them with ease.

As one of the students who worked with her, I feel privileged to have been directed by her and hope to have the opportunity to work with her again.

Sarah Haddath

Edinburgh University, 2010

Helen Raw has a really unique way of getting the best out of people, without them even noticing sometimes. Her methods of directing made every member of the Anything Goes Cast (Edinburgh University Footlights, 2010) question and re-think what they thought they knew about acting and being on stage. I still find myself, when watching people on stage, thinking about all the small details Helen taught us which are usually forgotten but which make a good performance into something really special.

She is not afraid to push people to the absolute limit and beyond, showing people what they are really made of and what the professional world is like but without damaging their self-confidence or passion for acting.

I loved working with Helen and grew as both an actress and as a watching audience member (watching other people is a wonderful way to really see what Helen was talking about and understand what she was teaching) over the year of working with her. Her knowledge of straight acting, musical theatre, on screen acting, different techniques and more means that she is incredibly well informed and knows what she is doing.

This knowledge and experience is only strengthened and emphasised further by her passion for what she does. I hope I get to work with her again in the future.

Rachel Timney

Edinburgh University, 2010

I am a current student at the University of Edinburgh, and about to enter my fourth year studying History of Art and English Literature. Last year, I was involved with a university society called Footlights, which has a focus on musical theater, and produces one high-quality production each academic year.

I held the position of Secretary 2009 -2010 on the Footlights Committee, and as such, was privy to the decision to retain Helen Raw to direct the well known Cole Porter classic 'Anything Goes.' From the moment that we met Helen in her interview, she struck each and every Committee member not only with her outgoing personality, but also with her keen sense of professionalism. Helen was driven and decisive, and had a clear vision for how she wanted this particular production to develop.

I was fortunate enough to be cast in the production, and so was able to watch Helen at work from an immediate perspective. She took a group of University students, many of whom had never before performed onstage, and turned them into a unified theatrical company.

No role was too small, no part too insignificant. From those characters that carried the show, to those chorus members who had no lines, Helen made sure that each and every cast member received the amount of professional direction necessary to achieve a believable performance.

I am somewhat experienced with performing onstage, and yet was astounded at how much I learned from Helen. She taught me that in order to make a performance believable, one must first build up the character and create a personal relationship to it. She had each member of the cast come up with a back-story to their character, and made sure that we stuck to it throughout the whole rehearsal process. She also made us aware of some of the rookie errors that so many musical theater students fall prey to - such mundane things as where to place hands and feet suddenly took on a whole new meaning

Looking back on the six month rehearsal process, and the following performance schedule of 'Anything Goes' I count myself fortunate to have had Helen there to motivate me and the entire cast to reach a new level of professionalism, and to see her direct the entire creative process first-hand.

Olivia Holland-Rose
Edinburgh University, 2010

I am so proud to have been able to gather so many wonderful testimonials over the years – 12 years and still going strong...

If you have any questions, please do not hesitate to contact me:

helen@therawtalentcompany.co.uk

I look forward to working with you soon

