

CONFESSIONS OF A CONTROL FREAK

BELINDA RAISIN



A comedy cabaret for the over-committed.

Originally co-produced in partnership with the Judith Wright Centre, an initiative of the Queensland Government through Arts Queensland.

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ABOUT THE SHOW:

Frances is caught in the rat trap of the multi-tasking, multi-vitamins and multi-media of modern life and when she tries to trade *now now now* for a little *namaste*, her carefully controlled existence unravels, revealing the virtues of procrastination and the joys of mixing yoga and alcohol.

'Loads of fun' – *XS Entertainment*

'So much talent!' - *Australian Stage*

'An energetic and amusing insight into the OCD within all of us' – *Rip it Up*

'Funny, quirky & heart-warming...OH-SO-RELATABLE' – *Adelaide Now*

With its ready marketing hook, *Confessions of a Control Freak* grabs the attention of the obsessive compulsive in all of us and soothes the pain with a truly unique and highly entertaining cabaret performance.

Confessions of a Control Freak has received rave reviews and standing ovations across Australia, playing to packed houses and two sold out seasons at the Judith Wright Centre of Contemporary Arts.

Former ballerina and self-confessed control freak Belinda Raisin (*Rabbit, April's Fool*) is joined onstage by pitch-perfect pianist Jamie Teh. Totally blind since birth, Jamie boasts the best ears in the business.

What audiences are saying . . .

My cheeks are sore from laughing so much.

- Debbie Yarnold, audience member

Words can't explain how clever and entertaining this play was.

- Renee Robertson, audience member

Utterly brilliant! I was singing all the way home.

- Lucy Birchley, audience member

I loved every minute of her confessional.

- Michelle Machen, audience member

Had a terrific time last night! Loved the show. It was so clever, and fun, relatable, funny. A great night out in Brisbane theatre.

- Birgit Willadsen, audience member

I laughed hard, I cried hard. One talented team!

- Sharon MacKenzie, audience member

Bravo! Brilliant performance tonight. Loved your energy, wit & free wine (and definitely your second last song - just beautiful!). Well done

- Lee Paull, audience member

Why audiences love the show:

Confessions of a Control Freak is a **cleverly-crafted, highly energetic tale all too familiar to the modern woman** – the seemingly never-ending pursuit for perfection, control and balance in an unforgiving and sleepless society.

Theatre Press

The **relatability guarantees mass appeal**....It is a chaotic ride and one that is loads of fun due to its relatability to all caught in their own 'mess of me' or just those who like to vacuum in roller blades.

XS Entertainment

Confessions of a Control Freak **does what good theatre does best** – makes the audience feel a little bit less alone in their struggle to control their lives. If you're absolutely and perfectly content with every little detail in your life, then this show may not be for you. For the rest of us, it's a welcome reprieve from the daily chastising and a chance to have a good old laugh at ourselves as well.

Australian Stage

MARKETING

Tagline

A comedy cabaret for the over-committed

Two Lines

The virtues of procrastination and the results of mixing yoga and alcohol are all part of Frances' *slightly* misguided quest for a more balanced life. Raise your glass to a little risk, a little raunch and a whole lot of unravelling as Frances loses control.

Short

Frances is caught in the rat trap of this multi-tasking, multi-vitamin, multi-media modern era. When she attempts to trade now now now for a little namaste, her carefully controlled existence rapidly unravels, revealing the virtues of procrastination and the joys of mixing yoga and alcohol.

'Loads of fun' – XS Entertainment

'So much talent!' - Australian Stage

‘An energetic and amusing insight into the OCD within all of us’ – Rip it Up

‘Funny, quirky & heart-warming...OH-SO-RELATABLE’ – Adelaide Now

Former ballerina and self-confessed control freak Belinda Raisin (*Rabbit, April's Fool*) is joined onstage by pitch-perfect pianist Jamie Teh. Totally blind since birth, Jamie boasts the best ears in the business.

Extended

Former ballerina and self-confessed control freak, Belinda Raisin, loses control when she embodies her alter-ego, Frances, in this one woman comedy cabaret about the struggle for balance in a contemporary life. How does a control freak live a balanced life when she is caught between conflicting lifestyles, “I want it all - I want it now” AND “I need to slow down - go with the flow”? Feel better about yourself and witness someone way more messed up than you.

Belinda is building a reputation for a unique brand of quirky, heartfelt characters. Part of the physical comedy in the show comes from her past life as a professional ballerina. She has had a diverse career since graduating from the acting course at the University of Southern Queensland, including a role in the ABC's telemovie, *Mabo*, and playing more than five different roles in the recent national tour of David Burton's *April's Fool*. Belinda was invited into Brisbane's successful cabaret ensemble, *The Duvets*, but went solo when the group's premier performance venue, *Drift*, literally drifted down the Brisbane River in the 2011 floods.

Belinda will be joined onstage by pianist, Jamie Teh. Totally blind since birth, he has the best ears in the business. Jamie's pitch-perfect wife, Jen Teh, has escaped the classroom where she has won national awards for teaching music, and is reunited with Belinda as the Musical Director of this cabaret. “The themes of this show are universal. We are all trying to lead the most meaningful lives we can and be the best versions of ourselves that we can be”, she says.

TRAILERS

Promotional clip (90 seconds)

<http://youtu.be/8tI2j-NrE-s>

Short trailer

http://youtu.be/voYBOsDgK_A

IMAGES

<http://www.belindaraisin.com/gallery.html>



PRODUCTION DETAILS

Confessions of a Control Freak was originally co-produced by Belinda Raisin and Judith Wright Centre of Contemporary Arts [JWCoCA], an initiative of the Queensland Government, operated by Arts Queensland.

Target Audience: 18+

(Especially: women 25 – 45yr, control freaks, obsessive compulsives, perfectionists and their friends and families).

Performance Duration (no interval): 60 mins

Touring Party: 2 cast, 1 crew

Venue Type: Theatre

Critical Issues: Strong language

Stage: Approx 3 x 4.5m minimum depending on placement and size of piano/keyboard

APRA Fee: Casual licence required

Marketing Materials Available: Contact producer for details

Performance Fee: Contact producer for details

Royalties: 10% of Gross Box Office.

TECHNICAL SPECIFICATIONS

There are two versions of the production available which can be up-scaled or down-scaled to suit your venue's technical specifications.

The 'suitcase' version requires

- basic lighting rig
- minimal bump-in
- sound check.

The full version requires

- a pre-rig estimated at two to three hours
- three to four-hour lighting and sound plot/sound check
- Projector – Min 4000 lumen projector (information must be provided to tour manager)
- Ability to hang/position two 2m x 1m black flats (approx. 10kg each)
- Mac computer with video licence for Qlab 3.

The full version also requires the presenter to cover freight costs.

Both versions require

- Tuned piano - OR - Electronic keyboard (88 weighted keys)
- *Producer will provide an electronic keyboard where a suitable piano/keyboard is not available*
- Low & high mics on piano - OR - 2 x DIs to mic keyboard
- FOH Speakers (ability to get 110db evenly across venue)

- 6 channel mixing desk and input for CD/laptop
- Foldback speakers (in large venues)
- *The AV elements are optional, but it is preferred that they are included. Please contact the producer to discuss how AV can be used in your venue.*

For both versions, the Producer will provide

- radio headset microphone.

Full technical specifications will be provided on request.

TOUR ITINERARY

The production will be performed at the Redlands Performing Arts Centre on 11th September 2015. We are currently exploring other presenting opportunities around this date.

Please contact the producer for the most up to date tour itinerary.

CAST & CREATIVES

Performer/Creator Belinda Raisin

Pianist/Composer Jamie Teh

Musical Director/Composer Jen Teh

Creative Consultant Alison St Ledger

Lighting Design Steve Loxley

BIOGRAPHIES

BELINDA RAISIN has had a diverse career as an actor, singer, voice over artist & dancer.

Her comedy cabaret, CONFESSIONS OF A CONTROL FREAK, has received rave reviews and standing ovations across Australia, playing to packed houses and two sold out seasons at the Judith Wright Centre.

Recent theatre credits include: RIGOLETTO - Opera Qld; APRIL'S FOOL (Australian National Tour) – Empire Theatre; RABBIT (nominated for two Matilda Awards) - The Good Room; THE WORKS -

Queensland Theatre Company; A CHORUS LINE - Penny Farrow; ROMEO & JULIET and MAD FOREST – USQ; and CABARET – Empire Theatre.

Recent film/TV credits include: MABO (ABC telemovie) – Blackfella Film; THE UMBRELLA – The Initiative Production Co; FRACTURE (Top Ten Finalist in Optus One80project 2012) & WAR PROFIT – Revue Factory (2011) & NEURON – QPIX (2011).

Belinda graduated with a Bachelor of Theatre Arts (Distinction) at USQ and was awarded a Qld Arts Scholarship.

ALISON ST LEDGER is one of Queensland's finest and most versatile performers. She is best known for her involvement in Women in Voice sharing the stage with some of Australia's leading female talent such as Katie Noonan, Kate Miller-Heidke and the legendary Chrissie Amphlett. As a singer /songwriter Alison has produced an album of her own compositions and recorded as a guest vocalist with numerous bands including Powderfinger, touring throughout Australia and New Zealand with them and making numerous television appearances on Rove Live, The Panel and Sunrise. She has been the recipient of a Matilda Award and a Golden Gibbo Award at the Melbourne Comedy Festival. Alison is currently chair of the board and programming director of the Brisbane Cabaret Festival.

JAMIE TEH has been playing piano since he was eight years old. Totally blind since birth, he learns music largely by ear, but also reads Braille music. Jamie works full time as a software developer. He and his business partner, Michael Curran (also fully blind), have traveled the world and won several awards for their charity NVDA (Nonvisual Desktop Access). NVDA is a free software program that converts text to audio for vision-impaired people. Notably, Jamie was a finalist in the Qld Young Australian of the Year and was invited to the State Reception for the Royal Highnesses, the Duchess and Duke of Cambridge on their recent visit to Australia. In his spare time, he writes and records music for his progressive rock duo Nth Degree in his home studio. Jamie's piano skills have been described as phenomenal for a sighted person, let alone someone who is blind. His attention to detail and his incredible ability to adapt his style and composition to the emotion or style of the action on stage is integral the success of this collaboration.

JEN TEH is a singer, choral conductor, music teacher and musical director. She has been musical director for a number of shows, including a previous collaboration with Belinda on original musical 'The Fool's Journey' (Judith Wright Centre, 2006). She has been invited to work with numerous children's and adult choirs as a workshop facilitator and guest conductor.

Jen has been teaching music for twelve years and is highly qualified with a Bachelor of Music and Bachelor of Education from the University of Queensland as well as an Australian Kodaly Certificate in Primary Music Education. She has won national awards for her work teaching music to people of all ages from infants to adults.

Jen is the founder and director of the highly respected Hush Little Baby Early Childhood Music Classes.

CONTACT DETAILS

For further information, please contact:

Belinda Raisin

0431 058 210

belindaraisin@gmail.com

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**JUDITH WRIGHT CENTRE
OF CONTEMPORARY ARTS**