

A N D E R S S O N S Y S T E M .[®]

Sigrid Andersson

With the desire to become a director, Sigrid Andersson trained as an actress from 1981-85 so that she could experience and understand the work of an actor from the ground up.

At the end of 1986, she was invited by George Shdanoff to attend his classes at the Los Angeles Theatre Company. She was the only one trained by him over two years to become a film coach. George Shdanoff was a colleague and friend of Michael Chekhov and coached many Hollywood celebrities. She attended his master class until his death in 1998.

Back in Germany at the end of the eighties, Sigrid Andersson realized that the job of film coach was not yet common here. She continued her career as a theater director, which eventually led to over 50 productions at renowned theaters. At the same time, she developed the “Andersson System”, which provides directors and actors with absolutely reliable tools for their role work and acting.

In 2002, she founded “Die Tankstelle - für Künstler zum Auftanken” (The filling station - for recharge artists batteries), where she and her team colleagues created a space for daily training, filming and casting preparation and, above all, continuing education.

Since then, she has been able to teach the “Andersson System” to over 1100 actors and directors and has supported them in their shooting and casting preparations for numerous cinema and television films. Since 2007, Sigrid Andersson has trained 29 colleagues as “acting coaches according to the Andersson System”.

Lecturships: HFF Munich, IFS Cologne, HMS + HfMT Hamburg, FA Ludwigsburg, UdK Folkwang, FU Babelsberg, Focal Switzerland, Into The Wild Mentoring

anderssonsystem.com

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