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John Matthews is a performer and theatre-maker and author of Training for Performance (2011) and Anatomy of Performance Training (2014). He is Programme Leader of the prestigious Acting programme with Theatre Royal Plymouth Conservatoire.

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Each video has been inspired by a different chapter of Dr John Matthew's book 'Anatomy of Performance Training'.

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John Matthews is Programme Leader of BA (Hons) Acting at Theatre Royal Plymouth.

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He has written two books published by Bloomsbury Methuen Drama: Training for Performance (2011) and Anatomy of Performance Training (2014). John Matthews is a performer and theatre-maker and author of Training for Performance (2011) and Anatomy of Performance Training (2014).

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