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# MY WEST LONDON *Life*



## TV presenter coach, Kathryn Wolfe, talks about her latest book and favourite west London haunts

POSTED ON 20/07/10

### What inspired you to become a TV presenters' coach?

I gave a one-day course in TV presenting at the Actors Centre, Covent Garden in 2004 and it struck a chord with actors who were keen to gain another skill. The courses quickly spread to City Lit in Covent Garden, Academy of Live and Recorded Arts (ALRA), and several other colleges and universities in London and the UK, attracting people from all walks of life wanting to retrain as TV presenters and enter this fast-growing industry.

### You have recently published *So you want to be a TV presenter?* Could you tell us about your book?

It's a highly practical book of TV presenter-training and advice based on my TV industry and teaching experience. The book is an accessible, no-nonsense guide to the skills and techniques required to become a TV presenter, including how to talk to the camera, read from a prompt, ad lib to time, create a convincing showreel, write a TV presenting CV and how to find and get TV presenting jobs. As I've trained literally hundreds of presenters – and kept in touch with most of them – the book is also packed with their anecdotes and up-to-date experiences ranging from auditions to TV presenting work.

### What are the key skills every TV presenter should have?

There are dozens of key skills, but as a TV director I would always expect the presenter to have good performance skills, to make sense when working from non-scripted material and have the ability to keep going whatever happens!

### You have a very varied professional background in TV production. What part of your work do you enjoy the most?

I feel very lucky to have worked with so many talented and inspirational technicians and performers in TV production, ranging from the BAFTA award-winning *Tweenies* team to the legendary Jackanory, Record Breakers and Playschool productions. What I enjoy the most is working with brilliant people on successful productions.

### What's in your secret west London address book?

There's a fantastic little Thai grocery on Shepherds Bush Road called Sri Thai [56 Shepherd's Bush Road, W6] where you can get specialist Thai ingredients like lemon grass and lime leaves (and probably a lot more exotic things too, but I'm not brave enough to try them).

The Falafel Hut [Uxbridge Road, W12] in Shepherds Bush Market does a mean falafel pitta wrap with several different chilli sauces and is always packed with Arabic-speaking locals.

There's a script library run by the Bush Theatre in the big municipal building that used to be Shepherds Bush Library before the library moved round the corner to a site adjacent to Westfield. It's called The Bush at the Library [7 Uxbridge Road, W12] and it's free to use but not widely publicised – you can go along and browse a huge number of contemporary plays.

### What's been your most memorable meal in west London?

My hen party at *Julie's Restaurant and Bar* in Portland Road, W11. It was in a private party room and filled with my favourite girlfriends. We had an amazing meal, fantastic time and laughed all night. I've got the photos hidden away somewhere...

### What's the most romantic place you have ever visited in west London?

I love walking from Chiswick House over the Thames, round Kew Gardens to Richmond and then on to Ham House. It's almost all by the river and it's perfect on a sunny summer's day.

### What would your super power be?

Eternal life would come in very handy as there's so much I want to do that I haven't even started yet. Or I'd like to be able to freeze time in the same way as pausing live television broadcasts.

### What's your philosophy on life?

No matter what has happened today, it can usually be sorted out tomorrow.

### What is the most important lesson life has taught you?

It's always good to have a deadline!

*So You Want To Be A TV Presenter?* by Kathryn Wolfe is published by Nick Hern Books,

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