

# A N D E R S S O N   S Y S T E M .<sup>®</sup>

## Sigrid Andersson

With the desire to become a director, Sigrid Andersson completed an acting course in 1981-85 so that she could experience the work of an actor and learn to understand it 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 collaborator 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 found 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. For 20 years she developed in parallel 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 teammates created a space for daily training, shooting and casting preparation and, above all, continuing education.

She has since had the privilege of teaching the "Andersson System" to over 900 actors and directors and assisted them in their shooting and casting preparations for numerous cinema and television films.

Since 2007, Sigrid Andersson has trained 21 colleagues as "Acting Coaches according to the Andersson System".

[anderssonsystem.com](http://anderssonsystem.com)

[dieltankstelle.net](http://dieltankstelle.net)

