

Dr Mark Seton joins PAMA Board



Sydney, New South Wales Jul 13, 2023 ([Issuewire.com](https://www.issuewire.com)) - The Performing Arts Medicine Association (PAMA) has appointed [Excelsia College](#) creative and performing arts lecturer [Dr Mark Seton](#) to its Board of Directors. Mark is a passionate advocate for actor health and wellbeing and will serve over a two-year term. PAMA has already incorporated some of Mark's expertise in its Essentials of Performing Arts Medicine Certification online course.

Mark has a long-standing interest in addressing the wellbeing challenges of actors, musicians and dancers and he is one of the founding members of the Australian Society for Performing Arts Healthcare. The first national study of professional actor wellbeing in the world was conducted through the University of Sydney by Mark, with colleagues Dr Marianna Szabo and Dr Ian Maxwell, in collaboration with the Equity Foundation of the Media Entertainment and Arts Alliance (MEAA) in 2013. Prior to this ground-breaking quantitative and qualitative research, Mark was awarded a Churchill Fellowship in 2009 to investigate what was or wasn't being done for the wellbeing of actors in training and in the workplace in the UK.

Inspired by such experiences, Mark has designed and facilitated various iterations of actor wellbeing training in drama schools across Australia, in workshops conducted at PAMA conferences in the US, and at the Royal Central School of Speech and Drama in the UK. He also hosts online training in actor identity and resilience through his own website, the Actors Wellbeing Academy.

[Excelsia College](#) is proud to have a high calibre of staff who bring their wealth of knowledge to the College, including Mark who is helping to shape the future of actors and make real-world impact.

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