

Zoom Chat - November 2021 Spotlight Session

L.A. Bonet:	Good how are you
E Harris:	Hello!! I couldn't get off work today so I will have the video off for today but I'll be able to use video in December!
L.A. Bonet:	Sorry I'm in kaiser lol can't take off mask
Murad B. Yunus:	Hello! First LIVE group coaching!
L.A. Bonet:	This is my first spotlight and live group session
Lee Quarrie:	This is my first spotlight
Rochalle Racine:	First spotlight and live coaching
E Harris:	First spotlight!
Drew Thomason:	First time here!
Carlos Albornoz:	First for me!
Camille Mazurek:	first
Rebecca Van Cleave:	Hi! First time
Suzanne Ford:	first one for me
claire partin:	FIRst spotlight and live group!!!
Krista Marchand:	FIRST!
Luna J Munroe:	my first
David Violi:	1st one
Jennifer Ugochukwu:	First for me
Fergal Coghlan:	First one!
Jacqui Sim:	first live coaching, first time here!
Lisa Veshecco:	First time
Maureen Vantrease:	first time!
Kate Froehlich:	1st one for me
raul guerra:	First live coaching
SEKITHIA WILDER:	First Spotlight
MARGUERITE LALONDE:	My first! Yes, my first!
L.A. Bonet:	WOOHOO
L.A. Bonet:	Cool
Rose LaRue:	Hello Amy..... Love the SPOTLIGHT.....WOOHOO
SEKITHIA WILDER:	Having problems with my camara
Penny Tomai:	hi everyone!!! greetings from London
L.A. Bonet:	Excited!

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Murad B. Yunus:	EXCITED!
Marianne March:	My first session. Cant wait!
L.A. Bonet:	
Lee Quarrie:	:)
Melissa Locsin:	
Rebecca Van Cleave:	Tired but happy!
SEKITHIA WILDER:	Great
Rochalle Racine:	content
claire partin:	
Yves Gore:	
Camille Mazurek:	safe
Maria Jeanette Navarro:	Great? How are you?
Steven Blair:	Feeling GREAT!
Milena Xion:	excited! first timer!! ❤️
Adriana Gorny:	Ready to become booked and busy
Lace Akpojaro:	Feelin good!
Jacqui Sim:	
Marianne March:	excited
Jeffrey Williams:	so good
Maureen Vantrease:	
Kate Froehlich:	feeling excited
Luna J Munroe:	I'm excited. but busy to may be here just to audit
MARGUERITE LALONDE:	Fantastic and grateful!
christin prustel:	stressed had to do a tape just before and have dinner
Julia Kollberg:	
Pippa Winslow:	
Joel Slabo:	
Kristina McCormick:	
Rose LaRue:	☺️
Tricia:	
raul guerra:	

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Sowande Tichawonna:	
Sara - Team AJB:	
Penny Tomai:	feeling great!!
L.A. Bonet:	Hahaha!
Rose LaRue:	LOVE IT thank you for the COACHING LAB
E Harris:	hahaha
Carlos Albornoz:	me!
Murad B. Yunus:	A little familiar
John Moody:	been a while since seen it
raul guerra:	Me
Maria Jeanette Navarro:	no
Rebecca Van Cleave:	I remember RISE from years ago but not sure if it's same?
selena harris:	saw it and it was very interesting
Maria Jeanette Navarro:	yes
SEKITHIA WILDER-aka (KeeKee Love):	yes
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Victoria Waite:	I watched RISE and have the sheets
Murad B. Yunus:	Sounds goood
Maria Jeanette Navarro:	yes
Rebecca Van Cleave:	Hi Amy would love to volunteer.
L.A. Bonet:	Sure!
Murad B. Yunus:	I would love to
Maria Jeanette Navarro:	Hand
Murad B. Yunus:	I can't raise it?
Maria Jeanette Navarro:	
Lace Akpojaro:	Yes please. Reactions not working!
Tricia:	Murad it's under the reactions section on the bottom center of your screen when you move your mouce over there
Tricia:	mouse
Tricia:	I can hear him
Jacqui Sim:	yes can hear
Maria Jeanette Navarro:	yes we can hear him!

Murad B. Yunus:	Hmmm.... i only get clap and thumbs up etc.
Maria Jeanette Navarro:	YES
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Sarah Peters:	I've turned my IG account into a creator account, and I now I get analytics on how many people saw it through hash tags, how many people who follow me, how many you don't, etc. It has been helpful to figure out what is working.
christin prustel:	are you saying create it in tiktok and then save it before posting it? won't the watermark still be there?
MARGUERITE LALONDE:	Yes, but the video is coming from your download and not straight from TikTok
Carlos Albornoz:	LATER is a great app to schedule posts.
Penny Tomai:	@Christin no, she said record the video on your phone and then post the video to tik tok and IG
Lee Quarrie:	Build content ahead of time and schedule release of content
Murad Yunus:	setting a designated area to perform
Adriana Gorny:	put a reminder the same time same day
Maureen Vantrease:	do several at the same time
Adriana Gorny:	it works for me
Sarah Peters:	Use a positing platform, like buffer
Murad Yunus:	preplanned areas of where to shoot
selena harris:	have a white board that has schedule of what to do
Rochalle Racine:	Have a content planning day every two weeks
Jacqui Sim:	Use a scheduling program which will post in advance eg buffer
claire partin:	Let go of perfectionism - easier said than done
Melissa Locsin:	Create a social media calendar
robyn von arx:	You can post in advance with a posting app
Rochalle Racine:	Scheduling posting app
Suzanne Ford:	Loomly is good too for scheduling
Luna J Munroe:	I personally take pics of my life and work I do that's allowed to be posted
Sarah Peters:	I was also going to say let go of having "perfect" posts
Maria Jeanette Navarro:	Schedule it in the morning same time daily or nite
Jeffrey Williams:	repost motivational posts
Sarah Peters:	Reposting things you find interesting or inspiring to stories
MARGUERITE LALONDE:	Calendly

Rebecca Van Cleave:	Do shoots etc for building content all at once. Or give yourself a day bi-weekly to get all of your post planning done at once so you can just enjoy the rest of life :)
Adriana Gorny:	I posted my Starbucks coffee today bc they gave me a blue straw instead of a green one lol
Stacy Marie Turner:	Find something to post that inspires you so you will want to do it more
Julia Kollberg:	Look at what other people are posting and save as inspiration
Phoenix Ximenez:	Create an outline of themes that are important to you that is relevant to your acting goals and create content accordingly.
Phoenix Ximenez:	May make the task of recording easier
Sarah Peters:	Find the thing that is sustainable for you. So you don't get overwhelmed
Sarah Peters:	Pets!!!
claire partin:	Take a day shooting just background or troll to get the juices flowing
MARGUERITE LALONDE:	Sit down on one sitting and do 7 posts that'll disperse each day ... and the do your organic posts daily.
claire partin:	Troll - NO I meant b-roll
Sarah Peters:	Hobbies?
Luna J Munroe:	people like to see you and interested what and who you are as a person
Jacqui Sim:	@Luna - agreed
Sarah Peters:	Pictures of nature as you are taking a walk. Or whatever brings you joy
Adriana Gorny:	motivational quotes are awesome to post, everyone needs a good pick me up!
MARGUERITE LALONDE:	On calendy, Sit down on one sitting and do 7 posts that'll disperse each day ... and the do your organic posts daily on how you feel about something that you feel good about ...
David Violi:	An issue I and others I'm sure have is that I get hundreds of "likes" when I post my picture etc...only a few when I post other things...
claire partin:	Themes based on movie quotes or scenes
Victoria Waite:	Great idea's !
Phoenix Ximenez:	Yes!
Rose LaRue:	Can you explain # bucket groups
claire partin:	Yes please explain bucket groups
Joel Slabo:	thank you everyone!!!! Great suggestions Blue straw!!
L.A. Bonet:	mee
Sarah Peters:	Yes
Teresa Patel:	yesss
Steven Blair:	Yes
David Violi:	yup

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Luna J Munroe:	yes
Andrea LaTrell:	Yes
Lace Akpojaró:	yes
Victoria Waite:	yes
Phoenix Ximenez:	Yes
Maria Jeanette Navarro:	yes
MARGUERITE LALONDE:	Yes
claire partin:	Yes when my moms diagnosed with cancer I had to take a break
Sarah Peters:	Yes.
Maria Jeanette Navarro:	yes
Phoenix Ximenez:	Absolutely
Lace Akpojaró:	yep
Murad B. Yunus:	Yes, beating self up for sure
Joel Slabo:	yes
Melissa Locsin:	Been there! I feel you!
Sowande Tichawonna:	Yes
Maureen Vantrease:	yes.
Andrea LaTrell:	Coming back now
Murad B. Yunus:	We ALL do
Camille Mazurek:	yes
Pippa Winslow:	Yes. And it's definitely hard to start over.
claire partin:	The pandemic has imposed a break for all of us
MARGUERITE LALONDE:	Yes
christin prustel:	definitely claire
Stacy Marie Turner:	Yes from overwork but it was very difficult
L.A. Bonet:	Braining is hard
MARGUERITE LALONDE:	When a person comes into confidence, the voice magically follows suit.
E Harris:	@Marguerite LaLonde <3
Rochalle Racine:	Implement the pomodoro technique
Lee Quarrie:	Set short periods of time (15 minutes) to do one small thing
Rochalle Racine:	yes

Tricia:	Ohhh I like that strategy!!
Steven Blair:	Establish a schedule.
E Harris:	"Atomic Habits" by James Clear is very helpful
Phoenix Ximenez:	Breathe. Be ok with yourself then do what you need to do. Acting rarely happens on a linear path.
Adriana Gorny:	Be easy on yourself, it doesn't happen overnight (my acting coach tells me this once a week bc I'm excellent at overthinking)
Lisa NYC:	Meditate
Katie Smith:	Best Self Journal
claire partin:	Have an accountability partner
Maureen Vantrease:	That sounds awesome! Schedule specific days that you do the other jobs.
Maria Jeanette Navarro:	schedule it in and time each day
Rochalle Racine:	There is a pomodoro app called BeFocused
Tricia:	This was amazing as always but I have to start class in 5 minutes. I will jump on and watch the rest of this session this weekend. Thank you Amy Jo and have a great day everyone!!!
Sara - Team AJB:	Bye Tricia! So glad you could join :)
Lisa NYC:	There are 4 great voice vids from National Theatre on Youtube. Only about 16 minutes total.
John Moody:	planners can be useful as well brendon burchard has one in physical form that some people I know use
robyn von arx:	ASANA is awesome!
Rose LaRue:	I make a list of what I need to do and I don't stress if I don't get everything done. Instead I praise myself for ALL that I did get done.... which is usually a ton.....lol
MARGUERITE LALONDE:	Write down 3 things each morning that you can do by the end of the day. This way you are triumphant at the end of the day and you are also incrementally moving forward, closer to your goals. Also write what you're thankful for. Routine this.
Rochalle Racine:	I am looking for one!
Maureen Vantrease:	Brain Dump I like that!
L.A. Bonet:	Me too would love an accountability partner
Suzanne Ford:	So sorry Amy have to leave; thank you it's exciting - really looking forward to everything. IG = ford_suzanne
selena harris:	I would write out everything you need to do and then make a schedule for each of what I need to do. I am also self employed and own and store and do acting and that is what I do
L.A. Bonet:	The artists journey has a workbook version
Andrea LaTrell:	Amy jo- what is your color coded system? Is it within an app program ?
Adam Fleck:	I have an appointment at 2:00. Thank you for today, I look forward to watching the remainder. Best of luck to all on your friction points. Thank you again.
claire partin:	You can save the chat hitting the three dots

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E Harris:	tee hee
selena harris:	this was great but I have to jump out and go to work I will caught the rest in the members area
Sara - Team AJB:	We will save it and post it beneath the recording in the members area :)
L.A. Bonet:	I also have to bounce and go to work thank you so much Amy jo!!! can
L.A. Bonet:	Can't wait to review later
Andrea LaTrell:	Thanks Sara!
Adriana Gorny:	omg you could hear a pin drop lol
MARGUERITE LALONDE:	
christin prustel:	I can't seem to send it but done
claire partin:	
Andrea LaTrell:	
Victoria Waite:	done
Rose LaRue:	
Katie Smith:	
raul guerra:	Done but can't find party hat
Katie Smith:	lol ok the weird bug people came up when I looked for "party" so.....
Lisa NYC:	done
Amy Jo Berman:	Party hat emoji in REACTIONS or chat when done
Rose LaRue:	I have to remember to use the EIEIO method
Jacqui Sim:	done
Katie Smith:	what is this Old MacDonald method, Rose?
Jennifer Ugochukwu:	
MARGUERITE LALONDE:	
Camille Mazurek:	party hat!
Jacqui Sim:	
Jacqui Sim:	found the emoticon lol
MARGUERITE LALONDE:	I'm on set. Maybe skip me w group
Luna J Munroe:	I'm just auditing
MARGUERITE LALONDE:	Ok!! No problem!!!
Adriana Gorny:	loving the wand

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Adriana Gorny:	lol
Yves Gore:	Thanks Amy
Yves Gore:	
Adriana Gorny:	yes! loved my group!!
Jacqui Sim:	yes! thank you
Rochalle Racine:	I feel unstuck
MARGUERITE LALONDE:	
Sowande Tichawonna:	Yes
Lisa NYC:	Pippa...finishing my thought. I saw you as a leader in the last 30 min
Rebecca Van Cleave:	BEST group here
Maria Jeanette Navarro:	me!
MARGUERITE LALONDE:	We DID
Steven Blair:	Yes. Very helpful. We are going to start an accountability group with the 4 of us.
Maribel Maysonet:	I loved my group!!!
Andrea LaTrell:	
Victoria Waite:	I had a great group!
Murad B. Yunus:	Group 2 is the best. Fight me about it
Phoenix Ximenez:	We were cut off too soon! Great to meet fellow actors!
Maribel Maysonet:	and loved the process
Maria Jeanette Navarro:	What about Backstage West & sites?
Linda Grasso:	Me too Maribel
Maribel Maysonet:	don't know my group number
Adriana Gorny:	yes yes yes yes
Melissa Locsin:	Yes yes yes yes yes
Sowande Tichawonna:	Yes
Jennifer Ugochukwu:	yes
Maria Jeanette Navarro:	yes
Murad B. Yunus:	Yes please
Linda Grasso:	yes
christin prustel:	yes
David Violi:	yes

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Lace Akpojaro:	yes
MARGUERITE LALONDE:	Yes
Andrea LaTrell:	Yes
Joel Slabo:	yes
Rochalle Racine:	Maybe once a quarter
Camille Mazurek:	yes
Marianne March:	yes!!!
Maureen Vantrease:	yes
christin prustel:	just right
Kate Froehlich:	yes
Phoenix Ximenez:	Definitely needed a little more
raul guerra:	Yes I just need better Wi-Fi lol
Steven Blair:	How about doing this training 4 times a year.
Rochalle Racine:	Just right
Lace Akpojaro:	Right
Andrea LaTrell:	Not Enough
Murad B. Yunus:	Just right
Melissa Locsin:	Just right
Katie Smith:	not enough
Kate Froehlich:	too much
Sowande Tichawonna:	Just right
Jeffrey Williams:	just right
Jennifer Ugochukwu:	Little more time
Jacqui Sim:	just right
Maureen Vantrease:	good.
Maria Jeanette Navarro:	We are sharing emails to keep accountable
raul guerra:	I apologize to my group
Stacy Marie Turner:	Just right
Lisa NYC:	Good time for me
Maria Jeanette Navarro:	Needed just maybe 5 more minutes
Marianne March:	We also were confused by prompts

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Phoenix Ximenez:	Same here, I thought the prompts were for the whole time allotted , not individual times
Maria Jeanette Navarro:	no
Melissa Locsin:	Yes a little
Maribel Maysonet:	A minute or two more per person would be great!!!
Melissa Locsin:	But we figured it out
Yves Gore:	Need visual bulletpoints
Yves Gore:	Of prompt
David Violi:	Yes, we had more of a free flowing discussion
Kate Froehlich:	yeah we thought all the people werer supposed to go in 7 min
Andrea LaTrell:	2-3min more per person
christin prustel:	you did put a message in but perhaps make it more of a decide a timekeeper first message
Melissa Locsin:	Gotta run....thank you everyone for sharing & for your support & Amy for providing so much clarity!!!
Penny Tomai:	Bye Melissa
David Violi:	got to run..time to pick the kid up from school..great session
Sara - Team AJB:	https://www.facebook.com/groups/unstoppableactor/posts/1071233533693971/
Joel Slabo:	yes
Jacqui Sim:	Thank you very much, Amy!
Victoria Waite:	Great session! Thanks Amy
christin prustel:	Ours was new jersey, new York, la and london
Phoenix Ximenez:	Can you advise us on the best way to create a step by step plan?
Jeffrey Williams:	Great class Amy! I got a lot of help today.
SEKITHIA WILDER-aka (KeeKee Love):	ONGRATS!!!!!!
christin prustel:	gotta run
Yves Gore:	Congrats
Joel Slabo:	congrats
Maribel Maysonet:	My group really rocked!!!
Andrea LaTrell:	Amy jo- What is your color code system program?
Phoenix Ximenez:	Christin, Kate and Teresa - Thanks for sharing your stories in our group!
E Harris:	LOVE THAT! "Have the guts to be yourself" <3
MARGUERITE LALONDE:	
Lace Akpojaro:	Congrats man!

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Victoria Waite:	Thanks Ellis, Rochalle and Marguerite, Great Group Work today!
Jeffrey Williams:	Good bye all. I enjoyed the whole class.
Lisa NYC:	Thank You everyone!!
claire partin:	I live and breathe by google calendar!
MARGUERITE LALONDE:	
Rebecca Van Cleave:	Thank you SO much Amy and everyone for your help!!
Phoenix Ximenez:	Thank you, Amy Jo!
SEKITHIA WILDER-aka (KeeKee Love):	THANKS SO MUCH
Penny Tomai:	Thank you so much everyone!!! Grateful!!!
Stacy Marie Turner:	Thanks
Murad B. Yunus:	bye!
Murad B. Yunus:	Thanks!
Sara - Team AJB:	bye all!
E Harris:	THANKS AMY!!
Sowande Tichawonna:	Thanks
Yves Gore:	Thanks Amy!