

Expansive Capacity Live Zoom Chat 20 October 2023

12:31:37 From Kellye Rowland: Steph how are you feeling?
12:32:25 From Kellye Rowland: My wife doest like the yolk either lol
12:32:46 From Stephanie Bergeron: Oh, Kellye, thanks for asking. I'm feeling a lot better than I did... I'd say hovering between 85-90%. Today is day 8 or 9 since I started getting Covid symptoms, depending on how you count. :)
12:32:56 From constance Zaytoun (she.her): except when you made deviled eggs!
12:33:31 From Kellye Rowland: So you dod get it—ugh. 😞
12:33:43 From Stephanie Bergeron: I did, just residual blech.
12:33:56 From Kathi Carey: Some of us just got sick
12:34:04 From Kellye Rowland: 😞
12:34:10 From Kimberly Logan: Yay Connie
12:34:18 From Stephanie Bergeron: How are you post-covid, Kellye?
12:34:23 From constance Zaytoun (she.her): it's such a trick to NOT play into the drama & do less
12:34:29 From Kimberly Logan: I started going to the gym...
12:34:39 From Kellye Rowland: I am FINALLY feeling better. 6 WEEKS OF COVID lol
12:34:47 From Kathi Carey: Yeah, I took one too, but thankfully negative
12:34:50 From Kimberly Logan: How was your audition, Kellye?
12:34:57 From Kellye Rowland: Great! <3
12:35:06 From Kimberly Logan: ❤️
12:35:17 From L T: woohoo congrats Kellye!
12:35:23 From Stephanie Bergeron: Yaaay!
12:35:26 From Kellye Rowland: Thanks 😊
12:39:34 From Kimberly Logan: Especially as Sag/AFTRA is on strike for artists' rights. You are fighting that fight on a very immediate level
12:39:38 From Stephanie Bergeron: And they SHOULD pay. I was in a production of an opera that they audio-recorded and I got paid. AS A DANCER who made no sound. You deserve and should be paid for your work. You are right, m'dear.
12:39:49 From Stephanie Bergeron: SO true, Kimberly.
12:39:53 From Kimberly Logan: ❤️
12:40:05 From L T: Amen!
12:40:40 From Kellye Rowland: LEADER LIGHTHOUSE
12:41:19 From Kellye Rowland: Or they BLAMED HER for part of it
12:41:20 From Stephanie Bergeron: It's scary to be first with your neck out. But you are right to be doing what you're doing, Z.
12:43:45 From Kimberly Logan: Put It Down!

For more about the **Expansive Capacity** mastermind and other aligned offerings, visit bonniegillespie.com.

Bonnie Gillespie

12:44:00 From L T: #putitdown lol

12:45:42 From Stephanie Bergeron: I mean, it's their choice. They can equally choose to pay the union for the upgrade, and then even monetize the recording with a stream, right? Their choice.

12:45:50 From Kimberly Logan: #Adulting can be rough.

12:46:10 From Kimberly Logan: hard pass

12:49:08 From Kimberly Logan: do you want to say something?

12:49:41 From L T: That is VERY scary, Connie. I feel ya, BUT YOU GOT THIS!

12:49:58 From Stephanie Bergeron: Are there any in-house ushers at this performance?

12:50:36 From Kimberly Logan: policeman Mark

12:50:41 From Kellye Rowland: Yeah it would be scary but I bet that you're not even going to have to do it. I think maybe what you've done already is deterrence enough maybe? But I don't know this whole story so if I'm wrong, apologies

12:51:19 From Kimberly Logan: It's only gonna happen once!

12:53:24 From Stephanie Bergeron: And you might inspire someone else in the audience years later...

12:53:37 From Kellye Rowland: Totally steph

12:53:37 From L T: Right

12:53:40 From Kimberly Logan: 🙌

12:53:50 From Kellye Rowland: Again, LIGHTHOUSE

12:56:50 From Kimberly Logan: you are still a rock star

12:57:12 From Stephanie Bergeron: Doesn't mean you can't call that Equity hotline after, either...

12:57:19 From Kimberly Logan: 🙌

13:01:12 From Kellye Rowland: Also there is only now. No past no future. Also a bit zen, but...I find it helpful sometimes

13:02:36 From Kimberly Logan: It's the 'unfairness' of it

13:05:23 From Kathi Carey: Lower the stakes—lower the stress

13:06:13 From L T: I love it Kellye, here's one more Connie!

13:06:25 From Kellye Rowland: YASSSS LT

13:07:22 From Kimberly Logan: It will hold you

13:08:42 From Kathi Carey: That's why I ALWAYS read the contract and often make changes

13:10:28 From Kimberly Logan: or see yourself as the Victor in the situation; I'm protecting all the poor cast members who can't protect themselves

13:12:04 From Stephanie Bergeron: Merde, toi toi toi, and all that jazz, Z!

13:19:29 From Kellye Rowland: THAT

13:19:58 From Kimberly Logan: but you're gonna get more comfortable with it, the more you do it. This is your first pancake.

13:20:05 From Kathi Carey: You rise above the crowd you become more visible

13:20:20 From Kellye Rowland: Maybe the "doing less" of what we always did to not get involved

13:22:40 From Kimberly Logan: get to do!

13:23:46 From Stephanie Bergeron: Nature abhors a vacuum...?

13:23:50 From Kathi Carey: YAY!!

13:24:56 From Kimberly Logan: noticing & labelling

13:28:20 From Kellye Rowland: Talk about MANIFESTINGV

13:29:49 From Kellye Rowland: I just love that Kimberl

13:31:41 From Kellye Rowland: What thing?

13:31:43 From Kellye Rowland: things

13:32:21 From Kimberly Logan: don't check the mail everyday...

13:32:38 From Kathi Carey: I don't check the mail every day either.

13:33:27 From Stephanie Bergeron: Or muting notifications on one app that isn't essential?

13:33:31 From Kimberly Logan: can the laundry wait on extra day

13:35:18 From Kellye Rowland: I do exactly that, on an excel sheet

13:35:39 From Kellye Rowland: I have to or i'll forget 100% of everything lol

13:35:47 From Kimberly Logan: 🙌

13:36:47 From Kellye Rowland: But but.... "You've got mail!"

13:36:51 From Kellye Rowland: Ahhh that sound lol

13:36:52 From Kimberly Logan: it was slower by design. now that it's FAST, it's made us expect us to be faster with the way we use it.

13:37:06 From Kellye Rowland: So true Kimberly

13:37:09 From Kathi Carey: Now that everything's instant...

13:37:53 From Kathi Carey: Those of us who grew up before the internet...

13:41:19 From Kimberly Logan: gardens are pretty resilient!

13:43:29 From Stephanie Bergeron: Could you just play off-camera, and go voice only for some vids? Or do an on-camera intro/outro, and the rest be voice only for a few?

13:44:18 From Kathi Carey: That's a great idea Steph

13:44:50 From Stephanie Bergeron: Make it a "thing", like a series!

13:45:04 From Kimberly Logan: and make an avatar of yourself!

13:46:12 From Stephanie Bergeron: LT, I've got some tech-y stuff I want to suggest that might help re: a/c and whatnot, too...

13:46:39 From Kimberly Logan: I wish - but I just thought it would be fun

13:46:46 From L T: thank you so much!

13:47:00 From Kimberly Logan: I was thinking like Bitmoji type avatar.
13:50:10 From Kellye Rowland: I like solitude too Judy, a lot.
13:50:31 From Kimberly Logan: can I ask you a question Judy....
13:52:27 From Kellye Rowland: I have something too share about this exact thing that I saw, if anyone want to hear it....by David bedrick
13:53:13 From Kathi Carey: I do that or watch with the sound off so it's kind off in the background
14:01:50 From Stephanie Bergeron: Thank you for sharing that, Kellye.
14:02:14 From Kellye Rowland: ❤️
14:02:26 From L T: Thank you so much Kellye! Would you mind sharing his name again?
14:02:42 From L T: <3 <3 <3
14:02:47 From Kellye Rowland: David Bedrick. He's amazing
14:05:41 From Kellye Rowland: Nothing is ever going to be the same
14:06:42 From Kathi Carey: I'm going to make a TV show
14:06:47 From Kellye Rowland: Table ity
14:07:20 From Kellye Rowland: Because that's WORTHWHILE in itslef
14:08:52 From Kimberly Logan: extinction response!
14:10:01 From Kimberly Logan: Steph has it!
14:10:11 From Stephanie Bergeron: Lolol