## SMFA Summit Chatlog from the Deb Snyder interview, 22 May 2021, 5pm PDT

[May 22, 4:57 PM] JudyKerr: Oh yippee I'm got my brownie and a sparkling drink I'm already. Thanks Deb!!!

[May 22, 4:57 PM] Stephanie Bergeron: Ooh, brownie?! Yum!

[May 22, 4:58 PM] DebSnyder: HI Peeps!

[May 22, 4:58 PM] Bonnie G: Here!!!

[May 22, 4:58 PM] DebSnyder: Yum Judy!!!

[May 22, 4:58 PM] DawnnieMercado: Hi Ninjas....

[May 22, 4:58 PM] Stephanie Bergeron: The lag is fun... the links appear in the chat before you

type them. Future tripping in a good way! ;)

[May 22, 4:58 PM] Amy Rauch: Yay Deb!!

[May 22, 4:59 PM] Stephanie Bergeron: Of course you did. LOL. I totally would've tried that, too.

[May 22, 4:59 PM] DebSnyder: Technology go figure!

[May 22, 4:59 PM] DawnnieMercado: Yep watching in two places in case sometimes my laptop lags.. its on my phone too. :)

[May 22, 5:00 PM] DebSnyder: You are cracking me up!

[May 22, 5:00 PM] Amy Rauch: Oh no!!

[May 22, 5:00 PM] DawnnieMercado: hugs hugs hugs

[May 22, 5:00 PM] DebSnyder: I have hugged myself today!

[May 22, 5:00 PM] DebSnyder: Hugs to all of you!!!

[May 22, 5:00 PM] Stephanie Bergeron: Hugs back!

[May 22, 5:01 PM] Amy Rauch: Hugs back atcha!

[May 22, 5:01 PM] DebSnyder: Flittin around!

[May 22, 5:01 PM] Bonnie G: https://cricketfeet.com/gig/GIGFTNTframeworkMASTER.pdf

[May 22, 5:01 PM] DebSnyder: Love you too Bonnie!

[May 22, 5:01 PM] DawnnieMercado: Yay @DebSnyder. Looking forward to this!

[May 22, 5:01 PM] Jennii: Yaaayy Deb!!!

[May 22, 5:01 PM] Stephanie Bergeron: Tee hee! It's all good. :)

[May 22, 5:02 PM] DebSnyder: POWER CHICK DAY!

[May 22, 5:02 PM] MalindaFarrington: Hey Deb!

[May 22, 5:02 PM] Stephanie Bergeron: YAS.

[May 22, 5:02 PM] DebSnyder: Oh yeah.... Hi Malinda!

[May 22, 5:02 PM] DebSnyder: SMFA!!!

[May 22, 5:03 PM] DebSnyder: 5 at 5 today right bonnie!

[May 22, 5:03 PM] Stephanie Bergeron: On a 5 day! Get it!

[May 22, 5:03 PM] TamikaSimpkins: BIG OLE 5!

[May 22, 5:03 PM] Amy Rauch: Big 'Ol 5!

[May 22, 5:03 PM] DebSnyder: YES!!!

[May 22, 5:03 PM] TamikaSimpkins: DEB!!!

[May 22, 5:03 PM] Amy Rauch: LOL Big Ol' 5! (I am also tired!)



[May 22, 5:03 PM] DebSnyder: Tamika!!!

[May 22, 5:04 PM] DebSnyder: Staphanie! Amy! Judy! Dawnnie!

[May 22, 5:04 PM] DebSnyder: ENOUGH!

[May 22, 5:04 PM] Amy Rauch: Bring the power back to ourselves..... Yes Yes Yes

[May 22, 5:04 PM] DawnnieMercado: Hi Deb!

[May 22, 5:05 PM] Jennii: I gave a shout out to the SMFA Summit on clubhouse in a room full of actors actually talking about enoughness! Right before this and a person named Kenzo says Hi to you Bonnie!

[May 22, 5:05 PM] DebSnyder: El Sereno, Tongva but a special religious community. Otsunga – a holy village; located in El Sereno.

[May 22, 5:05 PM] DebSnyder: Woot!

[May 22, 5:05 PM] Stephanie Bergeron: Big applause for the Team. Y'all are doing phenomenally.

[May 22, 5:05 PM] DawnnieMercado: Tehachapi CA (Momma 55 in the 🏠 house she/her/hers)

[May 22, 5:05 PM] Jennii: yess! Yaaay to Team Bonnie!!

[May 22, 5:05 PM] NicoleRycroft: Yes. Thank you Team!

[May 22, 5:06 PM] TamikaSimpkins: Yes the Team is rocking!!!

[May 22, 5:06 PM] Suparna Thies: I'm she/her. I'm from the land of Smile.

[May 22, 5:06 PM] JudyKerr: Yes so much energy! Those showcases rocked beyond any ever done!

[May 22, 5:06 PM] TamikaSimpkins: Best showcase ever!!!

[May 22, 5:06 PM] DebSnyder: Nice!

[May 22, 5:06 PM] TamikaSimpkins: LMAO

[May 22, 5:06 PM] Jennii: LOL ....

[May 22, 5:06 PM] DebSnyder: Hear ya!

[May 22, 5:06 PM] DawnnieMercado: Lol

[May 22, 5:06 PM] DebSnyder: YES!

[May 22, 5:06 PM] Stephanie Bergeron: And the path changes... and that's okay. :)

[May 22, 5:06 PM] Amy Rauch: <3

[May 22, 5:07 PM] DebSnyder: AMY!!!

[May 22, 5:07 PM] DawnnieMercado: Tap. Tap. EFT

[May 22, 5:07 PM] DebSnyder: RHIANNA!

[May 22, 5:07 PM] DebSnyder: LENKHA!

[May 22, 5:07 PM] DebSnyder: KEITH!

[May 22, 5:07 PM] Jennii: Wow! THIS IS ALL SO AMAZING !! CONGRATULATIONS TEAM!!

[May 22, 5:07 PM] DebSnyder: IN ALL CAPS!

[May 22, 5:07 PM] Jennii: YASSS DEB!!!

[May 22, 5:07 PM] Amy Rauch: DEB!!!

[May 22, 5:07 PM] RobLecrone: Whoohoo!

[May 22, 5:07 PM] Stephanie Bergeron: Ah, Deb. That blue is rockin'.

[May 22, 5:07 PM] MalindaFarrington: Yes!

[May 22, 5:07 PM] DebSnyder: Thanks I am a soft summer.

Bonnie Gillespie

[May 22, 5:08 PM] CarolineHelander: Love this!~

[May 22, 5:08 PM] DebSnyder: muted but nothing about me is muted.

[May 22, 5:08 PM] Stephanie Bergeron: <3

[May 22, 5:08 PM] DebSnyder: Let's hold hands a tier jump peeps!

[May 22, 5:08 PM] DebSnyder: and

[May 22, 5:09 PM] DebSnyder: That was the name of a band I used to be in Bonnie... For Crying Out Loud

[May 22, 5:09 PM] Bonnie G: No way!

[May 22, 5:09 PM] DebSnyder: Oh yes

[May 22, 5:09 PM] Stephanie Bergeron: YES! Musicals ftw!!

[May 22, 5:10 PM] TamikaSimpkins: Loving hearing your adventures Deb!

[May 22, 5:10 PM] Stephanie Bergeron: Wow. Look at that enoughness just beaming.

[May 22, 5:11 PM] CarolineHelander: Gosh.....just truth!!!

[May 22, 5:11 PM] TamikaSimpkins: Spencer knows truth when it's heard!

[May 22, 5:11 PM] Amy Rauch: Oh Deb- What an amazing reframe and empowering process-

give your self the award and know that you had the experience <3

[May 22, 5:11 PM] DebSnyder: He's Loud.

[May 22, 5:11 PM] DebSnyder: Thanks Amy!

[May 22, 5:11 PM] Bonnie G: YES OVER 50!! Let's DO this!

[May 22, 5:11 PM] DebSnyder: YES!!!

[May 22, 5:11 PM] Jennii: hahaha yesss! That was a wonderful moment with Spencer. You're so beautifully present!!

[May 22, 5:11 PM] DawnnieMercado: Wooo hooo let's do this

[May 22, 5:12 PM] DebSnyder: He's listening

[May 22, 5:12 PM] DebSnyder: LOL

[May 22, 5:12 PM] DebSnyder: Can't Help Loving that Man of Mine.

[May 22, 5:12 PM] Bonnie G: I love y'all's relationship, Deb.

[May 22, 5:12 PM] Jennii: YES ADVENTURES!! that part! <3

[May 22, 5:12 PM] Amy Rauch: Living gives you more power!

[May 22, 5:12 PM] DebSnyder: ADVENTURES is a GREAT word!

[May 22, 5:15 PM] DebSnyder: THERE IT IS PEEPS! THIS!

[May 22, 5:15 PM] Stephanie Bergeron: Ooh, yes. Those are nasty if we let them be.

[May 22, 5:15 PM] DawnnieMercado: Right? That has hit me in the gut for 25 years. I reject that. We can do both. ;)

[May 22, 5:15 PM] DebSnyder: YES DAWNNIE!

[May 22, 5:15 PM] Bonnie G: My fellow Cancer. :)

[May 22, 5:15 PM] TamikaSimpkins: Yes Cancerians!!!!

[May 22, 5:16 PM] Bonnie G: All the water babies today!

[May 22, 5:16 PM] DebSnyder: BURNING SAGE -- CRABBY DEB

[May 22, 5:16 PM] DebSnyder: YES TAMIKA!

[May 22, 5:16 PM] Amy Rauch: LOVE it!

[May 22, 5:16 PM] Stephanie Bergeron: What a fun image!!



[May 22, 5:16 PM] Bonnie G: Even with Tanya (Capricorn) we are doing all the Cardinal energy here!

[May 22, 5:16 PM] DebSnyder: Bonnie sent me a picture of it - cracked me up.

[May 22, 5:16 PM] CarolineHelander: Aquarius here!;)

[May 22, 5:17 PM] Jennii: wow...yeah...I would hear that phrase a lot ("Those who don't/can't act

teach...") and I wasn't ever into that quote...I totally agree we can do both!

[May 22, 5:17 PM] SiobhanYounger: Space and grace, yes. I love the energy you both have!

[May 22, 5:17 PM] TamikaSimpkins: Oh yeah definitely that Cardinal energy!

- [May 22, 5:17 PM] Stephanie Bergeron: Of course... woo alignment ftw.
- [May 22, 5:18 PM] DawnnieMercado: Yes!
- [May 22, 5:18 PM] Stephanie Bergeron: Omg, yes.
- [May 22, 5:19 PM] Bonnie G: https://imageproxy.ifunny.co/crop:x-

20, resize: 640x, quality: 90x75/images/7c087ebe2ffc34b0e4fb971fb88be4ea45abebed5f979449f7ac7fb071bb8ebf\_1.jpg

[May 22, 5:19 PM] DebSnyder: YES!

[May 22, 5:19 PM] Amy Rauch: OH that perfectionism....

[May 22, 5:19 PM] Jennii: awww what! we're watching two Cancerians?! And Tamika you're

one too?! <3 Also can't wait to catch your replay too Tanya!! Woot! Woot!!

[May 22, 5:19 PM] Bonnie G: Let's see if that works. Found your sage-crab-rage.

[May 22, 5:19 PM] TamikaSimpkins: Ahh the fallacy of perfection.

[May 22, 5:19 PM] Stephanie Bergeron: HA!!! THAT CRAB!!!

[May 22, 5:19 PM] Jennii: hahaha that image!

[May 22, 5:20 PM] TamikaSimpkins: Sage-Crab-Rage should be on a shirt

[May 22, 5:20 PM] DebSnyder: YES Tamika!!!

[May 22, 5:20 PM] DebSnyder: did I inhale yet?;0)

[May 22, 5:21 PM] Jennii: "aligned to learning" <3

[May 22, 5:22 PM] Amy Rauch: Oh, that's beautiful Deb. Your lows are higher than your highs used to be.

[May 22, 5:22 PM] DebSnyder: Thanks Amy!

[May 22, 5:22 PM] Stephanie Bergeron: That's great. Just great.

[May 22, 5:22 PM] Bonnie G: Right, Amy? I think we forget to clock that.

[May 22, 5:23 PM] TamikaSimpkins: Yes Deb! Let'em know you're coming!

[May 22, 5:24 PM] Stephanie Bergeron: Oooh.

[May 22, 5:24 PM] Jennii: Thank yoouu Amy for quoting that...I was soo soaking that in...such a good line.

[May 22, 5:25 PM] DawnnieMercado: Yes. Yes.

[May 22, 5:25 PM] Jennii: Wow...yesss!!! DEB!!! You shine sooo bright! Super Star!!

[May 22, 5:25 PM] Amy Rauch: You're not just a star when you're working! Light Bulb!

[May 22, 5:25 PM] Stephanie Bergeron: Your voice pops into my head from time to time saying

this since the EC conversation. I just love it.

[May 22, 5:25 PM] DebSnyder: Nice!!!

[May 22, 5:26 PM] DebSnyder: It's a Dance!



- [May 22, 5:27 PM] Stephanie Bergeron: And it's still landing, Deb...
- [May 22, 5:27 PM] Stephanie Bergeron: YAAAS.
- [May 22, 5:27 PM] DebSnyder: Left Turn Deb
- [May 22, 5:27 PM] TamikaSimpkins: Loving all of this!
- [May 22, 5:29 PM] Bonnie G: Danced with Kim Estes too... the themes in these talks! <3
- [May 22, 5:29 PM] Bonnie G: Stephanie, same ... since that Expansive Capacity moment it's,
- "Whether I'm peein' or poopin', I'm a STAR baby!" LOL
- [May 22, 5:30 PM] Stephanie Bergeron: <3, Bon. LOL
- [May 22, 5:30 PM] DebSnyder: LOL
- [May 22, 5:30 PM] Amy Rauch: Such a great point- where are the metrics coming from?
- [May 22, 5:31 PM] TamikaSimpkins: hahaha Flashback!!!
- [May 22, 5:31 PM] Stephanie Bergeron: Lol!!
- [May 22, 5:31 PM] DebSnyder: Doug just said he misses Hypercard sometimes
- [May 22, 5:31 PM] Bonnie G: Ha ha! It was a well-done program.
- [May 22, 5:32 PM] Amy Rauch: Feeling called out... LOL
- [May 22, 5:32 PM] Amy Rauch: Need to tell those 5 second stories!
- [May 22, 5:33 PM] DawnnieMercado: Lol
- [May 22, 5:33 PM] DebSnyder: I did one!!!
- [May 22, 5:33 PM] TamikaSimpkins: Hilarious! Love that
- [May 22, 5:34 PM] DebSnyder: My Mom is an amazing crocheter
- [May 22, 5:34 PM] Bonnie G: "Tell a small story." YES
- [May 22, 5:34 PM] Stephanie Bergeron: And how wonderful does it feel to get that little ping
- that someone's connected with what you've created? :)
- [May 22, 5:34 PM] DawnnieMercado: ;)
- [May 22, 5:34 PM] Bonnie G: That theme of CONNECTION today.
- [May 22, 5:35 PM] DebSnyder: TRUE!
- [May 22, 5:35 PM] DebSnyder: Seriously Bonnie Connection!
- [May 22, 5:35 PM] TamikaSimpkins: JFDI!
- [May 22, 5:35 PM] DawnnieMercado: JDIT
- [May 22, 5:35 PM] DebSnyder: JFDI!
- [May 22, 5:35 PM] Stephanie Bergeron: Hot tip.
- [May 22, 5:35 PM] DebSnyder: LOVE YOU BONNIE!
- [May 22, 5:35 PM] DebSnyder: What a wonderful world!
- [May 22, 5:36 PM] RobLecrone: Thanks, Deb! Thanks, Bonnie!
- [May 22, 5:36 PM] DebSnyder: Tell your stories!!!
- [May 22, 5:36 PM] TamikaSimpkins: Yay! Thanks so much Deb and Bon!!!
- [May 22, 5:36 PM] DawnnieMercado: Thank you!!
- [May 22, 5:36 PM] MalindaFarrington: Thanks Bonnie and Deb!
- [May 22, 5:36 PM] Stephanie Bergeron: Huge applause for Deb!!
- [May 22, 5:36 PM] Jennii: OHhh that's an awesome tip! LinkedIn for entertainment biz attorney!
- [May 22, 5:36 PM] NicoleRycroft: Thank you Deb! Fabulous!
- [May 22, 5:36 PM] TamikaSimpkins: Tell your stories... We need them!!!! YAS!!!



[May 22, 5:36 PM] deva.jean.philippe: Thank you Deb !

[May 22, 5:36 PM] ReneeSpencer: Yay! Love her smile and energy.

[May 22, 5:36 PM] Amy Rauch: So inspiring, Deb! Thank you!

[May 22, 5:36 PM] Suparna Thies: Thank you!!!

[May 22, 5:36 PM] Jennii: YAY DEB!! I love it!! I felt soooo good receiving your energy!

[May 22, 5:36 PM] DawnnieMercado: Never too late ... a star every second of every day

[May 22, 5:36 PM] DebSnyder: You are all so welcome!

[May 22, 5:36 PM] DebSnyder: Let me hear your stories!!!

[May 22, 5:36 PM] JudyKerr: Oh Deb so much fun! Building your career step by step you collect the moments and celebrate those moments. Always a space between work! Yes a replacement thought! Getting rid of perfection. Lows are higher than before! Yay!

[May 22, 5:37 PM] Janet Rembaum: like something , share it . i only came in at the end but will lwatch replay . Thanks Deb and Bonnie

[May 22, 5:37 PM] Stephanie Bergeron: One of the big things that stood out for me was Deb's use of "grace"... giving grace as we grow.

[May 22, 5:37 PM] DebSnyder: Awesome Janet!

[May 22, 5:37 PM] MalindaFarrington: Great energy Deb! Fabulous uplift!

[May 22, 5:37 PM] MalindaFarrington: I loved Grace too!

[May 22, 5:37 PM] SiobhanYounger: Thank you for coming! Yay for your energy and your

ADVENTURES(: No matter what happens, you DID the work.

[May 22, 5:37 PM] NicoleRycroft: "I'm a star vacuuming my living room" and" if I can feel bad about it I can feel good about it"

[May 22, 5:37 PM] DebSnyder: YES NICOLE!

[May 22, 5:38 PM] DebSnyder: WE ALL DID THE WORK!!!

[May 22, 5:38 PM] DebSnyder: Deb Mellman the FAAB Publicist!!!

[May 22, 5:38 PM] NicoleRycroft: Thank you Bonnie and Team for another fabulous day! Loved the Girl Power!

[May 22, 5:38 PM] SiobhanYounger: Yes, haha, the royal you? We all did the work!

[May 22, 5:38 PM] DebSnyder: It's always tied back to Enoughness!

[May 22, 5:39 PM] DebSnyder: Yes SIOBHAN! WEEEEEEE!!!

[May 22, 5:39 PM] Jennii: It was really awwwesome to listen in on a conversation about acting where there was a touch of woo woo,! I also I really love the adventures part, and to collect those moments.

[May 22, 5:39 PM] DebSnyder: Do IT!!!

[May 22, 5:39 PM] DebSnyder: LET"S TALK!

[May 22, 5:39 PM] DawnnieMercado: Can't wait! Hopin to be on the 50's + round table.

[May 22, 5:39 PM] DebSnyder: You see I don't have a problem talking!!!

[May 22, 5:40 PM] DebSnyder: ;0)

[May 22, 5:40 PM] DawnnieMercado: If I can give birth at 49 I can Fn do ANYTHING!

[May 22, 5:40 PM] DebSnyder: YES DAWNNIE! WOWIE!

[May 22, 5:40 PM] MalindaFarrington: I want to be invited!

[May 22, 5:40 PM] DebSnyder: ALWAYS MALINDA!

Bonnie Gillespie

[May 22, 5:40 PM] DebSnyder: Malinda is EDNA of the webseries EVE and EDNA that we created!

- [May 22, 5:40 PM] DebSnyder: I
- [May 22, 5:40 PM] TamikaSimpkins: Girls Weekend!!!!
- [May 22, 5:40 PM] DebSnyder: I'm EVE
- [May 22, 5:40 PM] DebSnyder: Cool!
- [May 22, 5:41 PM] Stephanie Bergeron: Fun!
- [May 22, 5:41 PM] Jennii: OOooo!! WOO! WOO!! YESS!!
- [May 22, 5:41 PM] DebSnyder: Magic to your storytelling! What!?
- [May 22, 5:41 PM] DebSnyder: Love it!?
- [May 22, 5:41 PM] Stephanie Bergeron: Sounds familiar... magic and storytelling...
- [May 22, 5:41 PM] DebSnyder: LOVE IT!
- [May 22, 5:42 PM] Stephanie Bergeron: Thank you Deb!!
- [May 22, 5:42 PM] RobLecrone: Whoohoo!
- [May 22, 5:42 PM] DebSnyder: TANY! TAMIKA! THANK YOU!!!
- [May 22, 5:42 PM] Jennii: hahaha yesss!! Pisces North NOde!!
- [May 22, 5:42 PM] SiobhanYounger: Yes, thank you everyone!
- [May 22, 5:42 PM] Jennii: THANK YOU DEB!!!
- [May 22, 5:42 PM] Amy Rauch: Such a great day! Thank you Deb, Tamika, and Tanya!
- [May 22, 5:42 PM] DebSnyder: NINJAS!!! THANK YOU!!!
- [May 22, 5:42 PM] DawnnieMercado: Wooo hugs to all of you for speaking 🤐 💙 💝
- [May 22, 5:42 PM] TamikaSimpkins: Woo hoo Deb, Tanya and Bon!!!! So honored to be here with you fab folks!!!
- [May 22, 5:42 PM] Jennii: Thank yoouuu team!!
- [May 22, 5:42 PM] Stephanie Bergeron: Thank you Bon, Team... yet another fabulous day!!!
- [May 22, 5:42 PM] DebSnyder: I'm here for ALL YA'LL!
- [May 22, 5:42 PM] DebSnyder: Thank you BONNIE!
- [May 22, 5:42 PM] MalindaFarrington: Yes! Great Stuff! Puttin good out there!
- [May 22, 5:42 PM] NicoleRycroft: Yes! Thank you Tanya, Tamika & Deb!

[May 22, 5:46 PM] Bonnie G: All righty folks, that's it for this premiere chat-along! Please refresh the page if you're still on the mainstage and come over to the Deb Snyder REPLAY page where comments are open below the replay!! XO

