

SMFA Summit Chatlog from the Mary Lou Belli interview, 21 May 2021, 5pm PDT

[May 21, 4:58 PM] Bonnie G: We're live!

[May 21, 4:58 PM] Stephanie Bergeron: Yay! Hi Bon!

[May 21, 4:58 PM] RhiannaBasore: Woot!!

[May 21, 4:58 PM] TeamBonnieG: Please refresh your page

[May 21, 4:58 PM] DawnnieMercado: Hello! I'm here.

[May 21, 4:58 PM] DawnnieMercado: Yep! Every one.

[May 21, 4:58 PM] Stephanie Bergeron: You know it. ;)

[May 21, 4:58 PM] JudyKerr: I love Mary Lou we first worked on set together in late 70s or early 80s - I love her sitcom classes whenever she can teach them. She is the directors all of us actors want to work with.

[May 21, 4:59 PM] RhiannaBasore: Only missed two!

[May 21, 4:59 PM] JudyKerr: I am going to sit back and just listen but know I'm here and with you all

[May 21, 5:00 PM] Stephanie Bergeron: We love your energy here, Judy. :)

[May 21, 5:01 PM] RhiannaBasore: Noted! <3

[May 21, 5:01 PM] deva.jean.philippe: @StephanieBergeron Agree !

[May 21, 5:03 PM] DawnnieMercado: Tehachapi, CA she/her

[May 21, 5:03 PM] Bonnie G: <https://cricketfeet.com/gig/GIGFTNTframeworkMASTER.pdf>

[May 21, 5:03 PM] MireilleVillarqui: Hi Bonnie! So glad to be here! It's MIREILLE in NYC 😊

[May 21, 5:04 PM] Amy Rauch: Albuquerque, NM, on Pueblos land. She/her pronouns.

[May 21, 5:04 PM] Constance Zaytoun: here from land of Lenape!

[May 21, 5:04 PM] Stephanie Bergeron: Yay!

[May 21, 5:04 PM] DawnnieMercado: This is mind blowing.. I had no idea how amazing Mary Lou was for all these years.. I only knew I was referencing, buying, giving away her book for so many years...

[May 21, 5:04 PM] ShannonDalton: Ventura, CA, she/her. Hi all!

[May 21, 5:05 PM] Bonnie G: Oh, Dawnnie, you're in for a treat.

[May 21, 5:05 PM] Bonnie G: She's SO next-level.

[May 21, 5:06 PM] RhiannaBasore: 'Where might there be an opportunity? If not, creating them.'

[May 21, 5:08 PM] Constance Zaytoun: yes!! i remember the critique that women at the center of the narrative was not universal!

[May 21, 5:08 PM] Bonnie G: LOVE

[May 21, 5:08 PM] Stephanie Bergeron: Reaching back, much like Kim Estes spoke about...

[May 21, 5:08 PM] Bonnie G: Yes! Stephanie, I saw that theme. YES!

[May 21, 5:08 PM] RhiannaBasore: WOW, love this!

[May 21, 5:09 PM] Bonnie G: "Give to get" is one of Mary Lou's big core values. Remember that when you land on her radar (add this tip to your show bible).

[May 21, 5:10 PM] Stephanie Bergeron: I have "give to get" starred in my notes from last year, too.

[May 21, 5:10 PM] Bonnie G: Get in Gear framework: TARGETING

- [May 21, 5:10 PM] Bonnie G: Get in Gear framework: RELATIONSHIPS
- [May 21, 5:10 PM] Bonnie G: Get in Gear framework: ONLINE PRESENCE
- [May 21, 5:12 PM] Bonnie G: Get in Gear framework: HEALTHY BOUNDARIES
- [May 21, 5:12 PM] RhiannaBasore: Yes, use social media strategically. Use it well, not often.
- [May 21, 5:12 PM] Amy Rauch: Oh yes, that social media rabbit hole...
- [May 21, 5:12 PM] Stephanie Bergeron: Totally.
- [May 21, 5:12 PM] Constance Zaytoun: so damn smart!!
- [May 21, 5:13 PM] Stephanie Bergeron: I have timers set so I can't get too far down before my device dings at me!
- [May 21, 5:13 PM] Amy Rauch: Excellent idea, Stephanie
- [May 21, 5:13 PM] RhiannaBasore: Me too @SB! It keeps me from scrolling when I watch shows. FOCUS>
- [May 21, 5:13 PM] deva.jean.philippe: Thanks to SMFA I found out that I have no business being on Social Media.
- [May 21, 5:14 PM] Stephanie Bergeron: Yes! That, and Bonnie's "creator, not consumer" helps a lot.
- [May 21, 5:14 PM] RhiannaBasore: Awesome, what a fab thing to know @Deva Jean
- [May 21, 5:14 PM] RhiannaBasore: Exactly! <3
- [May 21, 5:14 PM] MireilleVillarqui: Hi Judy Kerr! I loved watching and listening to your interview!
- [May 21, 5:14 PM] Bonnie G: Deva, that's awesome. So freeing!
- [May 21, 5:14 PM] deva.jean.philippe: @RhiannaBasore :)
- [May 21, 5:15 PM] Amy Rauch: Alternate validations...
- [May 21, 5:15 PM] RhiannaBasore: whoah. Let's DO talk about resentment....
- [May 21, 5:15 PM] MireilleVillarqui: ALTERNATE VALIDATIONS !
- [May 21, 5:16 PM] DawnnieMercado: Yes. Dismiss the vampires. Loving this.
- [May 21, 5:16 PM] Amy Rauch: Oh man, that resentment energy... and back to Allison who said one of the signs she has of burnout is when she feels resentful...
- [May 21, 5:16 PM] Bonnie G: Get in Gear framework: SUPPORT SYSTEM
- [May 21, 5:17 PM] Amy Rauch: self-care and boundaries....omg
- [May 21, 5:18 PM] Bonnie G: YES, Amy!!
- [May 21, 5:18 PM] AmeliaRico: Came in at a great time, I see. 🙌 There's a few actors I know that I can just feel the resentment coming through every one of their comments. Spoiler Alert, they never lift a finger to be of service to that which they resent.
- [May 21, 5:18 PM] deva.jean.philippe: Be a problem solver (again) I love this.
- [May 21, 5:19 PM] RhiannaBasore: Circle of Trust!
- [May 21, 5:19 PM] AyshaAdamo: Love the reminder of finding that person to vent to
- [May 21, 5:20 PM] Bonnie G: So much problem-solving in these talks.
- [May 21, 5:20 PM] MireilleVillarqui: LOVE having a one-person sounding board 👍
- [May 21, 5:22 PM] Constance Zaytoun: this is invaluable re: mentorship!
- [May 21, 5:23 PM] Stephanie Bergeron: I agree, Connie.
- [May 21, 5:23 PM] Stephanie Bergeron: It's not a convo I've heard often. This is truly valuable.

[May 21, 5:24 PM] RhiannaBasore: Being ready for a mentor is solid gold advice!

[May 21, 5:24 PM] DawnnieMercado: Yes @Rhianna so great.

[May 21, 5:24 PM] TinaKien: Doing the work is fun and fulling.

[May 21, 5:24 PM] Amy Rauch: "When you get that chance, you better have the goods."

[May 21, 5:24 PM] VeronicaGjidoda: Yes Tina!

[May 21, 5:25 PM] TinaKien: Please ignore all typos from me. LOL

[May 21, 5:25 PM] RhiannaBasore: I wrote that one down too @Amy

[May 21, 5:25 PM] DawnnieMercado: OMG loving this. have the goods. Loving our mentor here @Bonnie guiding us toward finding our goods.

[May 21, 5:26 PM] Bonnie G: Get ready to be ready to be ready.

[May 21, 5:26 PM] DawnnieMercado: yes

[May 21, 5:29 PM] Amy Rauch: "eyes on the product." so important to remember the last word there... it's a show, it's a story, and it's a product.

[May 21, 5:29 PM] DawnnieMercado: end...no...don't end.

[May 21, 5:29 PM] Anne-MarieKrytiuk: This conversation is so interesting!

[May 21, 5:29 PM] Bonnie G: LOL Dawnnie. I know. I could've talked to EVERYONE forEVER.

[May 21, 5:30 PM] Bonnie G: Guarding your joy. YES!

[May 21, 5:30 PM] Stephanie Bergeron: Ooh, that's a good one, "guard your joy"!

[May 21, 5:30 PM] RhiannaBasore: LOVE

[May 21, 5:30 PM] deva.jean.philippe: I would be curious to know what's her opinion and position on actors who due to their brand's nature are Social Media Free.

[May 21, 5:31 PM] DawnnieMercado: Joy, Craft, Network, Success..then go back to 1. OMG this is my best take away.

[May 21, 5:33 PM] Stephanie Bergeron: Alignment brilliance!

[May 21, 5:33 PM] RhiannaBasore: Know when to hold'm

[May 21, 5:33 PM] JudyKerr: Bonnie as usual a beautiful interview. Do what Mary Lou says - she knows the way.

[May 21, 5:33 PM] VeronicaGjidoda: Ahhh!! I was so invested in this conversation I didn't even realize the time!!!

[May 21, 5:33 PM] deva.jean.philippe: Great interview. Straight shooter. Super insightful.

[May 21, 5:34 PM] Constance Zaytoun: i adore how direct she is!

[May 21, 5:34 PM] Amy Rauch: Be prepared and know yourself and where you are in the business.

[May 21, 5:34 PM] RhiannaBasore: If you aren't part of the solution, then nobody wants to work with you.

[May 21, 5:34 PM] Anne-MarieKrytiuk: Hold on to that chip!!! Resentment is a black hole that sucks the creative energy.

[May 21, 5:35 PM] MireilleVillarqui: Hold on to your chips for the RIGHT MOMENT! JOY, CRAFT, NETWORK, REPEAT ❤️

[May 21, 5:35 PM] Stephanie Bergeron: Lol!

[May 21, 5:35 PM] VeronicaGjidoda: @Mireille I want to frame that

[May 21, 5:36 PM] NicoleRycroft: love The give to get and to guard your joy and hold on to your chip for the right moment

[May 21, 5:36 PM] Stephanie Bergeron: I'm with you on "guard your joy".

[May 21, 5:36 PM] VanessaBradchulis: That was terrific, Bonnie!

[May 21, 5:36 PM] NicoleRycroft: Thank you for another wonderful day Bonnie and Team!!!

[May 21, 5:37 PM] AmeliaRico: My husband is my vent buddy. lol

[May 21, 5:37 PM] Stephanie Bergeron: That's awesome.

[May 21, 5:37 PM] RhiannaBasore: <https://bonniegillespie.com/offer>

[May 21, 5:38 PM] Stephanie Bergeron: Another great day! Loving all of 'em. Thank you Bon and Team!

[May 21, 5:38 PM] ingeborgRiedmaier: lots of love to you Bon! Thanks for an awesome start of to the weekend!

[May 21, 5:38 PM] MireilleVillarqui: Thank you Bonnie!

[May 21, 5:38 PM] Stephanie Bergeron: Let's get it!!

[May 21, 5:38 PM] Amy Rauch: <3 Tanya

[May 21, 5:38 PM] Anne-MarieKrytiuk: I'm so excited! Thank you so much for this!!!

[May 21, 5:38 PM] AmeliaRico: LOVE YOU TANYA!

[May 21, 5:39 PM] VeronicaGjidoda: Thank you Bonnie! See you tomorrow!!!

[May 21, 5:39 PM] AmeliaRico: 

[May 21, 5:39 PM] DawnnieMercado: Wooooo hooooo revolution.

[May 21, 5:39 PM] RhiannaBasore: What a lineup!!

[May 21, 5:39 PM] Constance Zaytoun: wooooooot!

[May 21, 5:39 PM] Stephanie Bergeron: Killer, Rhianna.

[May 21, 5:39 PM] Constance Zaytoun: that TIME thing!

[May 21, 5:39 PM] DawnnieMercado: Love you team Cricket Feet

[May 21, 5:40 PM] RhiannaBasore: <3 <3 <3

[May 21, 5:40 PM] deva.jean.philippe: Yeah !!

[May 21, 5:40 PM] MireilleVillarqui: YES @VeronicGjigoda !

[May 21, 5:41 PM] RhiannaBasore: This premiere is now over and continued discussion will be taking place at the Mary Lou Belli replay page! If you're still seeing this chatbox on the mainstage, refresh the page so you get the NEW chatroll for our next premiere.