

SMFA Summit Lenka Šilhánová Interview Live Chat 23 May 2020

[May 23, 8:55 AM] Bonnie G: We kick off Day 2 of our fabulous first-ever SMFA Summit in about an hour! :) Say hello and tell us where you're tuning in from! Invite your friends using #SMFAsummit out on social!

[May 23, 9:05 AM] Pauline O'Driscoll: Pauline O'Driscoll checkin in from Bandon, Co. Cork, Ireland

[May 23, 9:05 AM] Bonnie G: Good morning, Mike. Good morning, Pauline.

[May 23, 9:05 AM] Bonnie G: YAYAYAY! So, good evening, Pauline. ;)

[May 23, 9:07 AM] Pauline O'Driscoll: Hey girl.... you know we have a mutual friend in the fabulous Glynnis Trinder. I thought I sorted myself out with an avatar on here last night but I guess I didn't coz I'm still tuning up without an pic :(

[May 23, 9:09 AM] LenkaSilhanova: Wohow! Can't wait to chat with you, ninjas!

[May 23, 9:10 AM] Bonnie G: Pauline, I LOVE Glynnis. <3 Oh, what a light!

[May 23, 9:10 AM] Bonnie G: Lenka, we are SO excited for this conversation!

[May 23, 9:10 AM] Bonnie G: Welcome Sarah. Tell us where you're tuning in from!

[May 23, 9:12 AM] Pauline O'Driscoll: I know, Glynnis is the biz.....so you'll just have to come to Bandon to see us both some day x

[May 23, 9:16 AM] Bonnie G: It's GOING to happen, Pauline. I can feel it in my bones. <3

[May 23, 9:16 AM] Bonnie G: Hello Martha! Good morning, Amy! :)

[May 23, 9:16 AM] MarthaArsego: Hey there!

[May 23, 9:16 AM] MarthaArsego: Good morning (here afternoon) to all

[May 23, 9:18 AM] LenkaSilhanova: Bonnie G: Me too!

[May 23, 9:28 AM] Pauline O'Driscoll: LOL Bonnie that sounds like a hit country & western song "Bandon in my Bones"

[May 23, 9:30 AM] TBG_Amy: Good morning Bonnie! Good morning all!

[May 23, 9:34 AM] Bonnie G: So glad we're gathered for another exciting day of SUMMITTING!

[May 23, 9:36 AM] Bonnie G: Welcome Kayleigh! Tell us where you're tuning in from. :)

[May 23, 9:51 AM] LenkaSilhanova: Welcome everyone!

[May 23, 9:52 AM] SandraMartin: Hi Bonnie and hello to everyone ♥

[May 23, 9:53 AM] Bonnie G: Hit the PLAY button! We're live!

[May 23, 9:53 AM] NaomiWarner: Hello!!! :D

[May 23, 9:55 AM] NatalieJacobs: Hey everyone

[May 23, 9:55 AM] ShanayFuller: Good morning everyone!

[May 23, 9:56 AM] Laura B.: Woohoo

[May 23, 9:56 AM] BerryNewkirk: Hello beautiful people

[May 23, 9:56 AM] Elizabeth A.Zimmerman: All Hail, Lenka! The queen of self-taping!

[May 23, 9:57 AM] DilaraFoscht: Hello from Austria again! I'm so excited for the talks today!!!!

[May 23, 10:00 AM] AaronWilson: Good Morning from Los Angeles! :)

[May 23, 10:00 AM] NatalieJacobs: The book is like my Holy Bible, changed everything for me. Watching from London

[May 23, 10:01 AM] KathleenParker: So happy to have this during this time!
[May 23, 10:01 AM] MonicaGilbert: Monica Gilbert hello and thanks. From Los Angeles.
[May 23, 10:01 AM] Selena Vidya: Hiiii. Los Angeles!
[May 23, 10:01 AM] ReynGraves: Hello from Atlanta! Hope everyone is having a great day!
[May 23, 10:01 AM] BethGilvie: Hey all! Tuning in from Dallas!
[May 23, 10:01 AM] OliverWills: Hello from the UK :)
[May 23, 10:01 AM] LenkaSilhanova: Ninjas, I'm offering a Guide to Building Healthier Social Media Habits for everyone who applies for my Mini-Coaching. If you want a sneak peek into what's in this bonus, I've filmed IG Stories which you can find at @smforactors.
[May 23, 10:01 AM] BiancaFoscht: Hello guys! Austrian girl here.
[May 23, 10:02 AM] EsterFerman: Hello from NC!
[May 23, 10:02 AM] ShanayFuller: Hi everyone from the Bay Area ♀
[May 23, 10:02 AM] PatriciaBecker-Spellman: Good Morning from Valencia, California!
[May 23, 10:02 AM] JayeRestivo: Hi! From LA!
[May 23, 10:02 AM] Tracy Weisert: Good morning Beautiful! Thank you, Keith & team for doing this.
[May 23, 10:03 AM] BenYemba: hi from NC
[May 23, 10:03 AM] KenzieLange: Hi from Utah :)
[May 23, 10:03 AM] MalikBailey: Good Morning from sunny Los Angeles!
[May 23, 10:03 AM] Stephanie Bergeron: Hello everyone!
[May 23, 10:04 AM] MariaOliveira: Hi from Long Beach!
[May 23, 10:04 AM] AmyKline: Hello!
[May 23, 10:04 AM] PamTierney: Pam on a sunny day in Chicago!
[May 23, 10:04 AM] MalcolmFarrell: Hi from Houston, Texas
[May 23, 10:04 AM] JuliaStipsits: Hello hello :) Austria again ;)
[May 23, 10:04 AM] Gladys: Hi, it's Gladys! I finally have internet!!
[May 23, 10:04 AM] SandraMartin: Hi from Vancouver
[May 23, 10:04 AM] TanyaPerez: Woohoo!! Hey hey hey!
[May 23, 10:04 AM] LisaRobinson: Good Morning Bonnie! So grateful for you and your generous heart.
[May 23, 10:04 AM] Laura B.: Good morning for NoHo
[May 23, 10:04 AM] Gladys: It was out for almost 3 weeks!! The internet, i mean!
[May 23, 10:04 AM] Laura Dowling Shea: Hello from New York!
[May 23, 10:05 AM] OliverWills: Hello Lenka
[May 23, 10:05 AM] BerryNewkirk: @LenkaSilhanova - why do you put your #s in a comment to your posts as opposed to in the captions of your posts?
[May 23, 10:06 AM] Bonnie G: Gladys, no way! So glad you're back online. :)
[May 23, 10:06 AM] Bonnie G: Thank you Lisa. So sweet.
[May 23, 10:06 AM] Bonnie G: Austria is REPRESENTING today!!
[May 23, 10:07 AM] JuliaStipsits: Yep, big Lenka fans in Austria :D
[May 23, 10:07 AM] BiancaFoscht: Hahaha!! Whoho AUSTRIA!
[May 23, 10:08 AM] BiancaFoscht: I love Lanka's definition of social media "like a playground"

[May 23, 10:08 AM] Bonnie G: Big fan of the playground!!

[May 23, 10:08 AM] LenkaSilhanova: BerryNewkirk: It's only a question of esthetics - I don't want to # cloud to distract from the story I'm telling in the photo description. They work the same way in the description as they do in the comments. :)

[May 23, 10:08 AM] ShanayFuller: It is a playground lol

[May 23, 10:08 AM] BiancaNix: Is this live? It says restream on my popup?

[May 23, 10:08 AM] LenkaSilhanova: BiancaFoscht:

[May 23, 10:09 AM] JuliaStipsits: yes, we're live ;)

[May 23, 10:09 AM] BiancaNix: :)

[May 23, 10:09 AM] BerryNewkirk: @Lenka, thanks, that makes sense.

[May 23, 10:09 AM] TBG_Erin: @Bianca - Restream is the platform we use to broadcast. :)

[May 23, 10:10 AM] BiancaNix: haha - oh!!

[May 23, 10:10 AM] JayeRestivo: I am getting more comfortable with putting things together. I was afraid of tech, up til now.

[May 23, 10:10 AM] TBG_Erin: HA! "The people who don't like you, tell you." SO true.

[May 23, 10:11 AM] Elizabeth A.Zimmerman: I want you to know I officially think you're GREAT, Lenka!

[May 23, 10:12 AM] BiancaFoscht: Yes yes yes!! Lenka is amazing! I'm a huge fan of the European SMFA Facebook group too.

[May 23, 10:12 AM] RemyO'Brien: Love that Lenka.

[May 23, 10:12 AM] SusannaVelasquez: Hi BiancaNix. This is Susanna. :)

[May 23, 10:12 AM] LenkaSilhanova: JayeRestivo: Well done!

[May 23, 10:12 AM] AaronWilson: Haha yes! The people who don't like you, tell you. People who resonate with you don't always tell you. Love that!

[May 23, 10:12 AM] KathleenParker: great learning experience is key!

[May 23, 10:12 AM] Bonnie G: Lenka has built and nurtured a community within our SMFA Ninjas community and we are so grateful for that!

[May 23, 10:13 AM] LenkaSilhanova: Elizabeth A.Zimmerman: OMG that's so sweet, Elizabeth! Thank you so much!

[May 23, 10:13 AM] JayeRestivo: Thanks, Lenka!

[May 23, 10:13 AM] LenkaSilhanova: BiancaFoscht: Happy you found and joined the group! :)

[May 23, 10:13 AM] Elizabeth A.Zimmerman: I have a file containing EVERY self-tape I've ever done. I hope the early ones never see the light of day...

[May 23, 10:13 AM] LenkaSilhanova: AaronWilson: Yeah! Yet there is always someone rooting for you. :)

[May 23, 10:14 AM] Stephanie Bergeron: I'm hearing so much resonance with trust here... trust the story, trust yourself, trust that it will get where it needs to be, when it needs to be.

[May 23, 10:14 AM] Laura B.: I think it's so important that actors get comfortable watching themselves work. SM content is a great way to start to get comfortable seeing yourself.

[May 23, 10:14 AM] Bonnie G: YES! I always watch myself back. That's how we improve!

[May 23, 10:14 AM] Bonnie G: It's like proofreading your writing, really.

[May 23, 10:14 AM] KathleenParker: wow ive been thinking about doing this in LONDON! confirmation!

[May 23, 10:15 AM] Bonnie G: Elizabeth, your database management inspires me!

[May 23, 10:15 AM] LenkaSilhanova: Bonnie G:

[May 23, 10:15 AM] Stephanie Bergeron: Watch yourself back- but watch for both what works and what doesn't! Balance is important, I believe!

[May 23, 10:15 AM] Laura B.: YES and you're literally asking other people to pay to watch you so theres a disconnect if you can't do it yourself. It's how you learn!

[May 23, 10:16 AM] TBG_Erin: Happy anniversary, Lenka!!

[May 23, 10:16 AM] TBG_Amy: 10 Years Lenka! <3

[May 23, 10:16 AM] Gladys: Wow, a decade! I dunno how I didn't find Bonnie sooner! But when I was ready, she appeared. :)

[May 23, 10:16 AM] CarolyneAubin: Happy SMFA Anniversary Lenka!

[May 23, 10:16 AM] BethGilvie: Happy anniversary! ^_^

[May 23, 10:16 AM] LenkaSilhanova: Laura B.: Exactly! And on social media it doesn't have to be complicated to create content, simple short videos will do as well. :)

[May 23, 10:17 AM] LenkaSilhanova: KathleenParker: Go for it if you can! :)

[May 23, 10:17 AM] Elizabeth A.Zimmerman: There are SO many platforms! How do you choose which ones to do?

[May 23, 10:17 AM] TrinityStiles: Sorry I'm late. trouble getting PC to sync. Trinity is in the house Yesssss Hi Bonnie & Lenka.

[May 23, 10:17 AM] JayeRestivo: As Brian and Barry said last night, ask how may I be of service

[May 23, 10:17 AM] DilaraFoscht: Happy anniversary! And yes content creation is such a good idea. SMFA putb.any

[May 23, 10:17 AM] BethGilvie: Yes polyglot!!

[May 23, 10:18 AM] Gladys: Lenka, I would never have thought that English was your second language.

[May 23, 10:18 AM] LenkaSilhanova: Elizabeth A.Zimmerman: Depends where you love hanging out and what kind of content you have fun creating. :)

[May 23, 10:19 AM] LenkaSilhanova: Gladys: Whaaaat, awww! Thank you! :D

[May 23, 10:19 AM] Elizabeth A.Zimmerman: Different content on each spot? or the same on each?

[May 23, 10:20 AM] LenkaSilhanova: Elizabeth A.Zimmerman: I meant what content you love creating in general. Do you love writing? Facebook and Twitter might be a better choice for that content. Do you love making pictures or videos? Instagram, Facebook or YouTube are great for that. :)

[May 23, 10:20 AM] PamTierney: That's genius!

[May 23, 10:20 AM] Bonnie G: GENIUS!

[May 23, 10:20 AM] TBG_Amy: Oh, I love that...

[May 23, 10:20 AM] TessaMarkle: i love this idea!

[May 23, 10:20 AM] Gladys: Wow, what an amazing idea.

[May 23, 10:20 AM] LenkaSilhanova:

[May 23, 10:21 AM] JuliaStipsits: I disagree, you always have to share pics of puppies you encounter :P

[May 23, 10:21 AM] Stephanie Bergeron: This is super-helpful for those of us who have that mystery in our bullseye!!

[May 23, 10:21 AM] LenkaSilhanova: Hahaha

[May 23, 10:22 AM] TBG_Erin: Lenka, can you speak at all about people who have Finstas? I've only heard of Gen Z'ers doing this but do you have any insight there?

[May 23, 10:22 AM] Bonnie G: Fair enough, Julia. ;)

[May 23, 10:22 AM] BethGilvie: I love this!!

[May 23, 10:22 AM] Elizabeth A.Zimmerman: JuliaStipsits, and cats!

[May 23, 10:22 AM] LenkaSilhanova: StephBergeron: Glad it helped! ☺

[May 23, 10:22 AM] Stephanie Bergeron: Elizabeth- I feel that is so on-brand for you... cats on your walk!

[May 23, 10:22 AM] Gladys: Finstas! I only heard about those through One Day at a Time! LOL - I'm Gen X.

[May 23, 10:22 AM] Leah Cevoli: Great question!

[May 23, 10:23 AM] JuliaStipsits: hahaha, dog and cat lovers for the social media win :D

[May 23, 10:23 AM] PamTierney: Amen! You have to watch our for yourself!

[May 23, 10:23 AM] LenkaSilhanova: TBG_Erin: Finstas? I haven't heard about that. I hear that youngsters these days hang out on Tick Tock :)

[May 23, 10:23 AM] BerryNewkirk: What are Finstas?

[May 23, 10:23 AM] PamTierney: Fake Instas

[May 23, 10:23 AM] Gladys: It's the Instagram for your FRIENDS. Not your family/parents.

[May 23, 10:24 AM] BiancaFoscht: Yes ...building habits - thats such an important info for me!

[May 23, 10:24 AM] Gladys: According to One Day at a Time. I get education from TV, thank you very much.

[May 23, 10:24 AM] CarolyneAubin: Love the Office Hours concept for checking social media.

[May 23, 10:24 AM] Elizabeth A.Zimmerman: Ooo. Office Hours! Good one!

[May 23, 10:24 AM] MiataEdoga: Office hours... brilliant!

[May 23, 10:24 AM] KathleenParker: yes! Brilliant! I just started to make a structure for my life...business time...etc.

[May 23, 10:24 AM] Gladys: yeah, office hours. :) Perfect.

[May 23, 10:24 AM] DilaraFoscht: Office hours are great!!

[May 23, 10:24 AM] LenkaSilhanova: Ad Finstas: ooooooh, fake instagram? Didn't notice that. I only noticed Gen Z is always deleting their content. They post and then they delete it after some time.

[May 23, 10:25 AM] Stephanie Bergeron: Oh yes. Notifications off for me! It's like Pavlov's dog otherwise...

[May 23, 10:25 AM] Leah Cevoli: As I build my following - I'm always wondering - should I respond to every single random comment, even if it falls in the "whactor" category comment? Is acknowledging comments with a "like" enough.... it feels like, in order to be engaged I should be responding to anyone that leaves a comment... but at the same time..... it sometimes feels like a waste of time/energy

[May 23, 10:25 AM] TBG_Erin: Finstas are (paradoxically) more authentic / less curated versions of your life that you share with close family / friends were you can be "yourself".

[May 23, 10:25 AM] BethGilvie: Thank you for the encouragement to fully do social media at given times instead of just responding all the time. It's hard to break out of a scrolling habit, especially being where we are right now.

[May 23, 10:26 AM] Gladys: whoa!

[May 23, 10:26 AM] Stephanie Bergeron: BOOM!

[May 23, 10:26 AM] KathleenParker: WOW! Bring your future into your present platform!

[May 23, 10:26 AM] TamikaSimpkins:

[May 23, 10:27 AM] TBG_Amy: Lenka, this is all so good!

[May 23, 10:27 AM] Bonnie G: This is all so damn good!

[May 23, 10:27 AM] Bonnie G: LOL jinx, Amy!

[May 23, 10:27 AM] TBG_Amy: LOL!

[May 23, 10:29 AM] ElisaAnnette: a casting director, Ryan Glorioso, has a podcast titled Talking Like Normal People, and his instagram is just the 1min clips of his podcast....

[May 23, 10:29 AM] MiataEdoga: I really appreciate that wisdom... understanding each platform and how people are using it.

[May 23, 10:29 AM] LenkaSilhanova: StephBergeron: Yes, love that association with Pavlov's reflexes. :D

[May 23, 10:30 AM] KathleenParker: yes knowing MY WHY!!!

[May 23, 10:30 AM] Gladys: There are a few Ryan Gloriosos on IG, ElisaAnnette. Which one is he?

[May 23, 10:30 AM] LenkaSilhanova: Leah Cevoli: Depends on the comments. Do they feel spammy or are they actually valuable? If you get a lot of spam, you can turn off commenting for people who don't follow you. You might be targeted by bots that are trying to get your attention and get you to follow that account. So yeah, these comments are a waste of time. You are not building relationships with real people.

[May 23, 10:30 AM] Bonnie G: That's cool, Elisa!

[May 23, 10:30 AM] SeanVaughn: Comes down to your "why" love it

[May 23, 10:30 AM] PamTierney: Can't wait to relisten to this replay as there is SO much fantastic info coming at me so fast!

[May 23, 10:30 AM] ElisaAnnette: @gladys - ryglo

[May 23, 10:31 AM] LenkaSilhanova: Amy Rauch (Admin):

[May 23, 10:31 AM] Gladys: OK thx

[May 23, 10:31 AM] ElisaAnnette: and his podcast has its own insta too I think

[May 23, 10:31 AM] KathleenParker: WOW, yes...I stopped when I got sober 8 years ago...and I've had a burning since I was 5 years old...I'm back now and soooo ready!

[May 23, 10:31 AM] JayeRestivo: Ah! MY WHY!!!!

[May 23, 10:31 AM] Bonnie G: I will sometimes reply to the non-buyer comments because every comment is an AD to my *right* person on how I handle all sorts of things (even trolls) which helps with the KLT factor, Leah.

[May 23, 10:32 AM] JayeRestivo: "stop making it scary in our heads" - that speaks to me soooo much

[May 23, 10:32 AM] LenkaSilhanova: BethGilvie: Yes it is! The platforms are designed to keep us scrolling to see ads. But if we give ourselves tasks to do, we tell our brain this activity is over. But scrolling is a never completed activity and that is why our brain wants more.

[May 23, 10:32 AM] Leah Cevoli: Lenka - Yes, if it's spammy/sales I delete it. Bonnie - Good point!

[May 23, 10:32 AM] Gladys: Oh, Bonnie, that makes sense. Thanks. And Lenka, "push the button and go live" - a blessing to be given a stage. Ooof.

[May 23, 10:32 AM] LenkaSilhanova: PamTierney: Wohow, have fun!

[May 23, 10:32 AM] Elizabeth A.Zimmerman: I feel like the market will be inundated with self content right now. How do you make yours stand out?

[May 23, 10:33 AM] KathleenParker: Thank you Lenka! Wonderful, and following you NOW!

[May 23, 10:33 AM] PatriciaBecker-Spellman: Thank you!

[May 23, 10:33 AM] OliverWills: Thank you Lenka!

[May 23, 10:33 AM] BenYemba: thanks, that was great

[May 23, 10:33 AM] TanyaPerez: Awesome chat!!

[May 23, 10:33 AM] LenkaSilhanova: Thank you for watching everyone! Hope you enjoyed it and social media no longer feels icky to you.

[May 23, 10:33 AM] Gladys: This was amazing.

[May 23, 10:33 AM] KenzieLange: so good!!!

[May 23, 10:33 AM] Laura B.: awesome, thank you!

[May 23, 10:33 AM] BethGilvie: Thank you!! So much applause

[May 23, 10:33 AM] BerryNewkirk: Good stuff Lenka

[May 23, 10:33 AM] JayeRestivo: YAY LENKA!

[May 23, 10:33 AM] JuliaStipsits: <3

[May 23, 10:34 AM] Leah Cevoli: Yes, Lenka!!! Woot!!!!

[May 23, 10:34 AM] RemyO'Brien: Your content will be found when the people need it

[May 23, 10:34 AM] SeanVaughn: Thank you Lenka! Enjoyed this greatly. Thank you Bonnie!!

[May 23, 10:34 AM] PamTierney: LOVE the idea of creating a story on Insta one post at a time under a different account.

[May 23, 10:34 AM] Stephanie Bergeron: What's the visitor's intention on each platform, and how can you serve that?

[May 23, 10:34 AM] BenYemba: I'll try not to check it as often for likes and comments, or first thing in the morning and before going to bed

[May 23, 10:34 AM] BiancaFoscht: Yessssss GREAT!! Thank you Lenka!

[May 23, 10:34 AM] PatriciaBecker-Spellman: Not to let Social Media rule your life...

[May 23, 10:34 AM] JayeRestivo: So amazing about releasing the fear in my head about social media usage.

[May 23, 10:34 AM] MiataEdoga: Loved this - thank you!

[May 23, 10:34 AM] KenzieLange: a blessing to be given a stage

[May 23, 10:34 AM] Ivett: Your resume is what you have done and your social media is basically where you want to go! I love it!

[May 23, 10:34 AM] MonicaGilbert: She is a blessing!

[May 23, 10:34 AM] KathleenParker: its wonderful to hear every speaker come in and speak on authenticity! Stay TRUE to MY STORY.

[May 23, 10:34 AM] Stephanie Bergeron: Demo reels are what you've done, social can be what you could do, given the chance.

[May 23, 10:34 AM] Laura B.: I think making it an opportunity for data allows so much freedom in your content!

[May 23, 10:34 AM] DilaraFoscht: Awesome. One takeaway is definitely the office hour s!

[May 23, 10:34 AM] AaronWilson: It comes from your heart. It comes from your truth. That resonates with people.

[May 23, 10:35 AM] DeannaAnthony: LOVED every piece of data is a learning experience. Never thought of that before in relation to social media. A-ha moment!

[May 23, 10:35 AM] Gladys: Big takeaway was the content saying where you want to, where you can go.... Bullseye posting.

[May 23, 10:35 AM] LisaRobinson: Freedom to utilize social media in a productive way for you, not being controlled by the scroll...

[May 23, 10:35 AM] BethGilvie: Biggest takeaway: Everything needs some truth, even if it's just a little bite every day or a comment. Know that why!

[May 23, 10:35 AM] AmyKline: I love that!- "Posting as your bullseye"

[May 23, 10:35 AM] MiataEdoga: Takeaway: Truly understanding each platform and why people are there!

[May 23, 10:35 AM] BethGilvie: YES office hours!

[May 23, 10:35 AM] JayeRestivo: Office ours! YES!

[May 23, 10:35 AM] SeanVaughn: Being intentional when responding to comments.

[May 23, 10:35 AM] LisaRobinson: Office hours for social media. I have been trying to do that, but now really invested into it.

[May 23, 10:35 AM] NicoleRycroft: Thank you!!!

[May 23, 10:35 AM] ReynGraves: I love the idea of using social media to tell stories that you want to tell and trusting that people will resonate with the truth and passion there.

[May 23, 10:36 AM] DilaraFoscht: and of course seein social media as YOUR STAGE;)

[May 23, 10:36 AM] Elizabeth A.Zimmerman: It's hard to keep to office hours right now

[May 23, 10:36 AM] TamikaSimpkins: Yes! Creator!!! not Consumer!

[May 23, 10:36 AM] LisaRobinson: The type/length of what content and where. Very helpful.

[May 23, 10:36 AM] TinaKien: Be yourself. Post what resonates with you, not for attention. I don't share my acting life on social. Just what I like to do/interested in, & what's going on in my life. (Besides acting)

[May 23, 10:36 AM] MichelleBelaskie: oh, here it is!

[May 23, 10:36 AM] BerryNewkirk: Every piece of content is a learning experience

[May 23, 10:36 AM] Tracy Weisert: I too LOVED being reminded to have "office hours" since I haven't had a day job in 20 years. The structure helps.

[May 23, 10:37 AM] MiataEdoga: Creator NOT consumer... thank you!

[May 23, 10:37 AM] TrinityStiles: Creator not Consumer. I LOVE IT !!!!!

[May 23, 10:38 AM] KathleenParker: yes!!!

[May 23, 10:38 AM] RicFischer: Takeaway: Be more aware of using social media with purpose and designate times to log on and do meaningful work and research. Also understand how others are using the platforms to find the content they want. Also, don't be afraid to experiment with technology to reach your audience. Thank you!

[May 23, 10:38 AM] TrinityStiles: Lenka is awesome...

[May 23, 10:38 AM] LenkaSilhanova: Love you ninjas!

[May 23, 10:38 AM] ElisaAnnette: have content compliment your demo reel

[May 23, 10:39 AM] JayeRestivo: Love you, too, Lenka!! Brilliant info!!

[May 23, 10:40 AM] Stephanie Bergeron: Thank you so much for the replays. SO helpful.

[May 23, 10:40 AM] TamikaSimpkins: Yay Tanya!!!

[May 23, 10:40 AM] TamikaSimpkins: Great info Lenka!!! Thanks so much!

[May 23, 10:40 AM] Stephanie Bergeron: Thank you Lenka, this was great!

[May 23, 10:41 AM] Leah Cevoli: Thank you Lenka!!

[May 23, 10:41 AM] AaronWilson: Thank you Lenka!

[May 23, 10:41 AM] TessaMarkle: thank you lenka this was great!

[May 23, 10:41 AM] BiancaFoscht: Thank you so much !!

[May 23, 10:41 AM] Leah Cevoli: Yes, looking forward to Tanya Perez!!

[May 23, 10:41 AM] BethGilvie: Thank you, Lenka!! Such a gift having you here!

[May 23, 10:41 AM] Ivett: Omg. I am so deleting some of my posts on instagram. Thank you Lenka for this light bulb moment!

[May 23, 10:41 AM] BerryNewkirk: Thank you Lenka

[May 23, 10:41 AM] TanyaPerez: Woohoo! Lenka, this was such a treat!

[May 23, 10:42 AM] SeanFrost: Hi Lenka and Bonnie!

[May 23, 10:42 AM] Bonnie G: People who do not like you will tell you; people who do like you might not tell you. -- That's another of my takeaways from Lenka!

[May 23, 10:42 AM] Bonnie G: Social media is a conversation!

[May 23, 10:42 AM] Bonnie G: Social media gives us permission!

[May 23, 10:42 AM] Bonnie G: It's our responsibility to protect our mental health!

[May 23, 10:43 AM] Bonnie G: And stop making it scary in our head! :)

[May 23, 10:43 AM] Bonnie G: So so so good!

[May 23, 10:44 AM] SeanFrost: I remember one thing you mentioned, Bonnie, which is that it may not be our brand to be on social media so much. That's okay. Just because others are doing it doesn't mean we have to shoehorn ourselves into it.

[May 23, 10:44 AM] MichelleBelaskie: Thank you for such a great session. I know people always struggle with how to work social media into their lives. Great ideas and goals.

[May 23, 10:45 AM] Pauline O'Driscoll: Another fab session, thank you Bonnie & Lenka.

[May 23, 10:45 AM] JayeRestivo: Thank you, Bonnie and Lenka!

[May 23, 11:46 AM] Priyanka Krishnan: Watching this on replay!

[May 23, 11:48 AM] Priyanka Krishnan: 4:20 - Ooh, love what you said about looking at (naysayer) feedback as "just data". Reminds me of Nora Ephron with "Everything is copy".

[May 23, 11:57 AM] TamikaSimpkins: Woo hoo Tanya!!!

[May 23, 12:02 PM] MonicaGilbert: Monica Gilbert - Be authentic you is takeaway.

[May 23, 12:03 PM] CarolineSalgado: This video was truly helpful, I really needed this! Thank you Lenka Silhanová! ☺

[May 23, 12:12 PM] Priyanka Krishnan: That was so great! Thank you Lenka!

[May 23, 12:33 PM] Marla Jane: Lenka is the shizzle!

[May 23, 12:45 PM] MonicaGilbert: Determine what you want to say.

[May 23, 12:52 PM] Selena Vidya: A writer's site if it fits your style/brand for building relationships and being found! I know a writer who chooses to do weekly Instagram live readings of her different work to build awareness of her brand and grow her community while she works on her long-term writing projects rather than keep a website.

[May 23, 2:00 PM] MichelleBelaskie: Mark Gantt is a lighthouse for sure. Great word.

[May 23, 2:13 PM] MichelleBelaskie: Love #TheBannenWay soooo much.

[May 23, 2:41 PM] MichelleBelaskie: They are such an inspirational couple, for how to have happiness in Hollywood. And get your projects done~! What a great session.

[May 23, 3:53 PM] scOttsummitt: So loving the replay of Lenka's interview ~ I had the pleasure of working with her in the SMFA program & loving to see her successfully thriving & just blossoming! Go GO Lenka! :) scOtt

[May 23, 4:30 PM] MichelleBelaskie: Very powerful. "Making our lives work, while we make our career work."

[May 23, 6:40 PM] MonicaGilbert: Affirmations are so helpful like praying.

[May 23, 6:48 PM] MonicaGilbert: The Marla tape stopped.

[May 25, 12:26 AM] LenkaSilhanova: Aw, thank you, scOtt!

[May 27, 8:21 AM] Stephanie Bergeron: I'm not sure if I was to put my question in the comments or in the chat for Lenka after replay... so I guessed and put it below. :)

[May 29, 11:29 AM] ErinMacDonald: So funny! I cannot watch my self-tapes. I get my boyfriend to review them for me. He is blunt, and will always tell me if I need to fix anything before submitting.

[May 30, 5:34 PM] DanaMiddleton: This is really helpful, Lenka and Bonnie! Thanks! xo

[May 30, 5:36 PM] Alex Ryan: Dana are you online right now??

[May 31, 5:53 AM] ZdenkaGoricev Hrdlickova: Amazing! Thank you, ladies! :-)

[May 31, 2:01 PM] IreneSantiago: One of my favorite interviews.

[May 31, 2:07 PM] IreneSantiago: Just watched on the replay. Take aways..."Post content you want to be booked for". "There are always naysayers post for you...remember your WHY?" "Office hours to check your social media "and" it doesn't have to be right away." She opened my eyes! Thank you, Lenka.