

## **SMFA Summit Liliana de Castro Interview Live Chat 29 May 2020**

- [May 29, 7:57 AM] MJSager: Thank you Bonnie! These streams have been invaluable!
- [May 29, 8:17 AM] KristenCarbone: Hooray! Finally could make it!
- [May 29, 8:17 AM] Bonnie G: You're welcome, MJ! :) Yayayay, Kristen! So good to see you here.
- [May 29, 8:18 AM] KristenCarbone: I've missed you all so much! Trying to catch up on all the amazing content.
- [May 29, 8:18 AM] Bonnie G: You will LOVE these talks, KMC. They are like a soul balm.
- [May 29, 8:25 AM] KristenCarbone: Oh goodness do I need it!
- [May 29, 8:26 AM] Bonnie G: I think we all do right now.
- [May 29, 8:27 AM] Stephanie Bergeron: Wow, you guys are early and ready to go! Looking forward to today's talks too.
- [May 29, 8:29 AM] Bonnie G: So excited!
- [May 29, 8:29 AM] Bonnie G: Stephanie, have you hit them all, live?
- [May 29, 8:32 AM] Stephanie Bergeron: I'll be honest- all but one. I missed Marla live for an online performance rehearsal (but watched it on replay an hour later). So close. Lol.
- [May 29, 8:33 AM] Bonnie G: Still! That's super impressive, girl
- [May 29, 8:35 AM] Stephanie Bergeron: Ha, thank you. :) The live experience makes it so much better, imo.
- [May 29, 8:35 AM] Bonnie G: You KNOW I feel that way. Ha ha! Replays do not land the same for my brain.
- [May 29, 8:39 AM] Stephanie Bergeron: For sure. Having the "appointment" also helps, plus it just adds an element of fun to be able to chat along.
- [May 29, 8:49 AM] ChristopherCharles: Morning squad
- [May 29, 8:49 AM] Stephanie Bergeron: Good morning!
- [May 29, 8:49 AM] Alex Ryan: Here!
- [May 29, 8:50 AM] Alex Ryan: And I SO much prefer live! I'll be listening to both afternoon talks from my car, boo, but still live!
- [May 29, 8:50 AM] Stephanie Bergeron: Live'n and drive'n. Lol.
- [May 29, 8:52 AM] Alex Ryan: @Stephanie, ha! And WHY do I keep wanting to call you Steph??
- [May 29, 8:52 AM] Bonnie G: Ready, ready?
- [May 29, 8:52 AM] Stephanie Bergeron: Ready!
- [May 29, 8:52 AM] MariaOliveira: SO ready!
- [May 29, 8:53 AM] Bonnie G: We're live!
- [May 29, 8:53 AM] Stephanie Bergeron: Alex, possibly because my original tag on here was StephBergeron (I just adjusted it). My handles are also steph (because they were too long otherwise).
- [May 29, 8:53 AM] Alex Ryan: Also, feeling my internals shifting toward appreciation of my life on a daily basis. Love it!
- [May 29, 8:54 AM] Alex Ryan: @stephanie haha! Maybe!
- [May 29, 8:54 AM] KristenCarbone: Ready!

[May 29, 8:54 AM] MichaelHarris: Bonnie Gillespie... the coolest. ... Watching from Indiana  
[May 29, 8:54 AM] DilaraFoscht: Austria representing again!  
[May 29, 8:54 AM] Stephanie Bergeron: For the goodies that are not giveaways, they are available until the 31st, correct?  
[May 29, 8:55 AM] Stephanie Bergeron: (i.e. the non-drawing, everyone gets the discount goodies)  
[May 29, 8:55 AM] Liliana De Castro: Bonnie... you are the best! :) Loving the energy. So excited! These talks have been so great!!  
[May 29, 8:55 AM] Stephanie Bergeron: Thanks for clarifying, perfect.  
[May 29, 8:56 AM] Liliana De Castro: HI all!! :)  
[May 29, 8:56 AM] Stephanie Bergeron: Hello Liliana!  
[May 29, 8:56 AM] Liliana De Castro: <3 <3 <3  
[May 29, 8:56 AM] DilaraFoscht: So excited for today's talks! . Hi Liliana!  
[May 29, 8:56 AM] Liliana De Castro: Goops... hearts.. haha  
[May 29, 8:56 AM] KristenCarbone: Hi Liliana!  
[May 29, 8:56 AM] Jennifer DeLatte: Good Morning from New Orleans!  
[May 29, 8:56 AM] ChristopherCharles: Still in Toronto!  
[May 29, 8:56 AM] Liliana De Castro: Hi Kristen!  
[May 29, 8:56 AM] Liliana De Castro: Good morning!  
[May 29, 8:57 AM] BenYemba: Good morning from North Carolina!  
[May 29, 8:57 AM] ReginaPerrone: Hi from NY! Happy Friday!  
[May 29, 8:57 AM] MariaOliveira: Here from Long Beach!  
[May 29, 8:57 AM] SamuelHeaney: Good morning from toronto  
[May 29, 8:57 AM] KristenCarbone: I went back to my Mom's in CT to be safe. It wouldn't be good for me to be alone in NYC :/ But I have a garden!  
[May 29, 8:57 AM] Sarah Thompson: Good morning! Back and ready from Phoenix!  
[May 29, 8:57 AM] LenkaSilhanova: Hiiiiii ninjas!  
[May 29, 8:57 AM] KristenCarbone: Hi LENKA!  
[May 29, 8:57 AM] Alex Ryan: Hey Lenka!  
[May 29, 8:58 AM] Stephanie Bergeron: Hello Lenka!  
[May 29, 8:58 AM] ShanayFuller: Good morning Tribe  
[May 29, 8:58 AM] LenkaSilhanova: I attended most of them live, but the late ones are in the middle of the night for me, so I'll be catching up during the weekend. Can't wait!  
[May 29, 8:58 AM] Alex Ryan: ☺  
[May 29, 8:59 AM] LenkaSilhanova: Kristen, Alex, Stephanie:  
[May 29, 8:59 AM] JuliaStipsits: Hello everybody :) Yes, I'm with Lenka, catch up time will be great :D  
[May 29, 9:00 AM] Janet Rembaum: hi everyone  
[May 29, 9:00 AM] Stephanie Bergeron: Hi Janet!  
[May 29, 9:01 AM] Janet Rembaum: hi Stephanie :)  
[May 29, 9:01 AM] JayeRestivo: Helllllllo! I'm baaack!  
[May 29, 9:02 AM] Stephanie Bergeron: Hi Jaye!  
[May 29, 9:02 AM] ThiagoApaz: Hi!!

[May 29, 9:02 AM] Emily Kindred: Hi everyone! <3  
[May 29, 9:02 AM] Jennifer DeLatte: Love that, Bon!  
[May 29, 9:02 AM] BiancaFoscht: Hi my fellows!  
[May 29, 9:02 AM] DilaraFoscht: Mindset is the key!  
[May 29, 9:02 AM] Emily Kindred: So excited for JFDI!  
[May 29, 9:02 AM] JuliaStipsits: <3 sooooooo goood <3  
[May 29, 9:03 AM] CarolyneAubin: Summit + JFDI = my Bon a Thon Day!  
[May 29, 9:03 AM] Emily Kindred: Bon-a-thon!! Love that Carolyne  
[May 29, 9:03 AM] LenkaSilhanova: Yay, see ya pancakers!  
[May 29, 9:03 AM] Tracy Weisert: Hello gorgeous Bon! Lenka, thank you for your SMFA. I had lots of takeaways. :-)  
[May 29, 9:03 AM] Emily Kindred: I call pancakes pandacakes <3  
[May 29, 9:03 AM] MonicaGilbert: Good morning from LA  
[May 29, 9:04 AM] JudyKerr: Love to be here in and out during day. I'll be back at 5. It's been glorious being a part of the summit! Very inspired. Love  
[May 29, 9:04 AM] ReginaPerrone: Heading to Florida for a month :)  
[May 29, 9:04 AM] Emily Kindred: This has made me want to be a more active ally and amplify the messages of others right now. The time to stay quiet is over.  
[May 29, 9:05 AM] Alex Ryan: "Our storytelling does become a revolution" Love that!  
[May 29, 9:05 AM] MariaOliveira: Yes yes yes <3  
[May 29, 9:05 AM] KristenCarbone: <3  
[May 29, 9:05 AM] Liliana De Castro: Thank you for saying that, Bon. Let's help the revolution telling our stories and processing feelings.  
[May 29, 9:05 AM] Stephanie Bergeron: Thank you for that.  
[May 29, 9:05 AM] LenkaSilhanova: Tracy: Happy to hear that!  
[May 29, 9:05 AM] JayeRestivo: I connected with Tanya Perez! Comedy IS important now! It IS a tough time. That was part of my meltdown yesterday...  
[May 29, 9:06 AM] JudyKerr: Yes Bonnie we will be called on to tell our stories!  
[May 29, 9:06 AM] ShanayFuller: Thank you for that Bon, happy to be an artist amongst artist

[May 29, 9:06 AM] Sarah Thompson: Amen Emily and Jaye!  
[May 29, 9:06 AM] KristenCarbone: Lifehouse, not the lifeboat. Always.  
[May 29, 9:07 AM] JayeRestivo: We are the lighthouses!  
[May 29, 9:07 AM] KristenCarbone: \*Lighthouse.  
[May 29, 9:07 AM] Emily Kindred: yes, those are the feelings I've been sitting with too Bon  
[May 29, 9:07 AM] Liliana De Castro: "How can I help" for sure. How can best serve. For sure.  
[May 29, 9:08 AM] JayeRestivo: How can I serve? Our mantra.  
[May 29, 9:08 AM] Emily Kindred: give give give  
[May 29, 9:08 AM] Jennifer DeLatte: LOVE!  
[May 29, 9:08 AM] ShanayFuller: Lets go Liliana  
[May 29, 9:09 AM] Emily Kindred: Bonnie when these go to the vault will they include your intros and outros? I've found so much value in them  
[May 29, 9:10 AM] ThiagoApaz: Lili, i'm a huge fan. I really appreciate your work

[May 29, 9:10 AM] Emily Kindred: Liliana you are twinning with your poster and I love it :)  
[May 29, 9:10 AM] BethGilvie: That's so important, Liliana!  
[May 29, 9:11 AM] ShanayFuller: She is Emily!! lol  
[May 29, 9:11 AM] Liliana De Castro: Twinning with Audrey... thank you :) LoL  
[May 29, 9:11 AM] LenkaSilhanova: Oh I can relate to that! I'm in my acting pause now and had a similar "need to think this through if I wanna go on".  
[May 29, 9:11 AM] ShanayFuller: #Classic  
[May 29, 9:11 AM] Bonnie G: Emily... no! Those are for live experiencing only! Special and fleeting.  
[May 29, 9:11 AM] Emily Kindred: :O  
[May 29, 9:12 AM] BethGilvie: Oh, I feel that so much. The burnout feels so alien when you used to love something.  
[May 29, 9:12 AM] Emily Kindred: added value to showing up  
[May 29, 9:12 AM] MariaOliveira: Things not fitting! going through these growing pains now  
[May 29, 9:12 AM] Liliana De Castro: Thiago... thank you :)  
[May 29, 9:13 AM] Stephanie Bergeron: This resonates so much, Liliana.  
[May 29, 9:13 AM] Liliana De Castro: I'm glad it resonates and you understand. I feel seen. Thanks guys!  
[May 29, 9:13 AM] Laura B.: There's that find your people again  
[May 29, 9:13 AM] Bonnie G: So! Important!  
[May 29, 9:14 AM] Janet Rembaum: to me too it resonates so much  
[May 29, 9:14 AM] Janet Rembaum: so good to hear  
[May 29, 9:14 AM] BethGilvie: And the alignment and enoughness.  
[May 29, 9:14 AM] Emily Kindred: I love that, that translates to me as trust your own compass  
[May 29, 9:14 AM] BethGilvie: I love the depth of thought and intuition you're taking into this time we're in.  
[May 29, 9:14 AM] JayeRestivo: Know your tribe. From reps to jobs you want to people you surround yourself with. True north! Time - what a concept! This is a great time to dive deep (like we've been doing) to understand all of this.  
[May 29, 9:15 AM] JayeRestivo: Serious. Professional people.  
[May 29, 9:15 AM] BethGilvie: sorry What. What. It's not just a full-blown party for people all the time.  
[May 29, 9:15 AM] Bonnie G: "People need to respect how I function." YES at the enoughness!!!  
[May 29, 9:15 AM] Emily Kindred: yes RESPECT  
[May 29, 9:15 AM] TBG\_Erin: I feel like Liliana and I are work soulmates.  
[May 29, 9:15 AM] JayeRestivo: RESPECT.  
[May 29, 9:15 AM] BethGilvie: Same, Erin!  
[May 29, 9:15 AM] LenkaSilhanova: OMG yes!  
[May 29, 9:16 AM] BiancaFoscht: Yes PROFESSIONALISM!!!  
[May 29, 9:16 AM] JayeRestivo: The wrap party is when you can get wahooooo!!!

[May 29, 9:16 AM] IreneSantiago: I love the thought of pause and to rethink your career. It's good to hear that it is OK to do that not just follow what may not be working for your career and happiness.

[May 29, 9:16 AM] MariaOliveira: Yes! I have a friend that calls those people you just connect with on sets "spiritual warriors"

[May 29, 9:17 AM] Bonnie G: Irene, people don't often talk about the value in hitting the pause button. Not fearing that. I'm so glad we went there.

[May 29, 9:17 AM] JayeRestivo: @MariaOliveira - Spiritual warriors! YES. YES. YES.

[May 29, 9:17 AM] Stephanie Bergeron: Detour!

[May 29, 9:18 AM] Tracy Weisert: Emily, I SOOO agree with the value of the intros and outros. :-)

[May 29, 9:18 AM] JayeRestivo: OOOH. Mental health. That's a BIG one for me.

[May 29, 9:18 AM] ShanayFuller: The change is coming for sure

[May 29, 9:18 AM] TBG\_Erin: Love that! I take my fun very seriously.

[May 29, 9:18 AM] Liliana De Castro: "your inner compass", "Finding your true north", "Spiritual warriors"... I am loving all this. Thank you everyone for getting it and seeing its value. Go ninjas!!

[May 29, 9:19 AM] Alex Ryan:

[May 29, 9:19 AM] KristenCarbone: Oh, do I take my fun very seriously lol

[May 29, 9:19 AM] JayeRestivo: Clocking in and out for work.....

[May 29, 9:19 AM] ShanayFuller: so true

[May 29, 9:19 AM] Emily Kindred: computer crashed but I'm back

[May 29, 9:19 AM] LenkaSilhanova: Yes, clocking in and out, so important!

[May 29, 9:19 AM] BethGilvie: Clocking out of that work mode is SO important!

[May 29, 9:19 AM] BethGilvie: ayyyy Lenka

[May 29, 9:20 AM] LenkaSilhanova: Beth: haha

[May 29, 9:20 AM] JayeRestivo: OMG. I have the live-experience after all the years I've been on the earth. So many stories. And they are not alllll comedy.

[May 29, 9:20 AM] JayeRestivo: \*life experiences

[May 29, 9:21 AM] BethGilvie: YES astrophysics!!

[May 29, 9:21 AM] MariaOliveira: Hold space for yourself! Love it

[May 29, 9:21 AM] Stephanie Bergeron: That's awesome.

[May 29, 9:21 AM] JayeRestivo: Astro-physics! SCIENCE!!!!

[May 29, 9:21 AM] Emily Kindred: I LOVE Neil deGrasse Tyson!

[May 29, 9:21 AM] IreneSantiago: "Clock out. It's OK!"

[May 29, 9:21 AM] JayeRestivo: YES@Emily Kindred!

[May 29, 9:21 AM] BethGilvie: I don't want to assume things, Liliana, but wow, you seem like such a like soul.

[May 29, 9:21 AM] LenkaSilhanova: Love Neil deGrasse Tyson too! Hahaha

[May 29, 9:22 AM] JuliaStipsits: hahaha, clocking out on brand ;)

[May 29, 9:22 AM] Liliana De Castro: Beth... :)

[May 29, 9:23 AM] BiancaFoscht: "It's a full-time job just being human" - Love it !!

[May 29, 9:23 AM] JayeRestivo: Robert Heinlein - one of my fav authors

[May 29, 9:23 AM] Bonnie G: I wrote that one down, Bianca!

[May 29, 9:23 AM] BiancaFoscht: Yes me too, Bonnie!

[May 29, 9:23 AM] Emily Kindred: I love how much space you give yourself to learn the way you learn and love what you love, it's not about reading a play a day or being a "good actor" but doing what speaks to you. I love I'm not going to read a play a day or do vocal exercises and go to the gym every day but that doesn't make me any less committed to telling great stories. There is no "right" way to be an actor.

[May 29, 9:23 AM] JayeRestivo: YES. Human being is a full-time job. Not ready to clock out of that business!!!

[May 29, 9:24 AM] Stephanie Bergeron: Yes, Emily. Yes.

[May 29, 9:24 AM] Liliana De Castro: YES Emily... There is no right way, just your own best way.

[May 29, 9:24 AM] JayeRestivo: Can't write this all down fast enough! #replay!

[May 29, 9:25 AM] BethGilvie: Same, Jaye!

[May 29, 9:25 AM] IreneSantiago: I have to meditate on set too.

[May 29, 9:25 AM] Emily Kindred: So grateful for the replays @Jaye

[May 29, 9:25 AM] JayeRestivo: Meditating on set! Yes! Meditation is so important!

[May 29, 9:25 AM] JayeRestivo: Me, too, Emily!

[May 29, 9:25 AM] Emily Kindred: I never have caffeine on set

[May 29, 9:26 AM] JayeRestivo: Practice!

[May 29, 9:26 AM] BethGilvie: Yeah, caffeine is terrrrrrrible for me.

[May 29, 9:26 AM] JayeRestivo: Emily, I'll have tea but not coffee

[May 29, 9:26 AM] Stephanie Bergeron: Ditto. I get too jittery.

[May 29, 9:26 AM] Liliana De Castro: I bring my own tea and hide tumblers across the set... haha.. no caffeine either ;)

[May 29, 9:26 AM] Emily Kindred: I have it in my everyday life but an acting coach offered that to me and it made SUCH a difference

[May 29, 9:26 AM] BethGilvie: YES! Good closure practices are so important.

[May 29, 9:27 AM] Emily Kindred: I can regulate myself by I can't handle the added stimulus, I learned to trust that the energy will be there no matter how I'm feeling

[May 29, 9:27 AM] JayeRestivo: I feel like I am chomping at the bit to get out of the gate!

[May 29, 9:27 AM] BethGilvie: Yes, Emily!

[May 29, 9:27 AM] Emily Kindred: Love that you hide tea everywhere Liliana!

[May 29, 9:27 AM] JayeRestivo: Emily. I only have 1 cup of coffee per day.

[May 29, 9:28 AM] Emily Kindred: That's a great tip so you always have what you need on hand wherever you are

[May 29, 9:28 AM] JayeRestivo: Be in the present. YES!

[May 29, 9:28 AM] Stephanie Bergeron: I love that metaphor of the universe expanding/you expanding as the universe.

[May 29, 9:28 AM] JayeRestivo: Stephanie! YES!

[May 29, 9:28 AM] MariaOliveira: YES! Living not functioning on autopilot

[May 29, 9:28 AM] BethGilvie: Yes yes yes!

[May 29, 9:29 AM] Janet Rembaum: i dont want to function i want to live

[May 29, 9:29 AM] RemyO&#39;Brien: Love Malcolm  
[May 29, 9:29 AM] PeterMcNamara: Felt the exact same! Felt so productive during the first 2 weeks of lockdown and had an emotional breakdown and felt like I had so much more to get done!  
[May 29, 9:29 AM] Emily Kindred: He's Canadian <3  
[May 29, 9:29 AM] KristenCarbone: Oooh do I have that running mentally. I'm physically built for sprinting and this whole thing cut me off at the knees.  
[May 29, 9:29 AM] Emily Kindred: Such an incredible mind  
[May 29, 9:29 AM] JayeRestivo: Stephen Hawking - want to read more of him  
[May 29, 9:30 AM] JayeRestivo: OOOH. A comedic look at science....hmmmm. Marriage of 2 loves.....  
[May 29, 9:30 AM] IreneSantiago: I am so glad to hear this , Liliana. I felt I had to keep DOING! DOING! DOING! when quarantines became mandatory.  
[May 29, 9:30 AM] Emily Kindred: I LOVE THAT!! "Being on hold with the RIGHT people" wow.  
[May 29, 9:30 AM] JayeRestivo: We are human beings not human doings. Cliche but true  
[May 29, 9:31 AM] Liliana De Castro: We are definitely to human doings.. I LOVE that  
[May 29, 9:31 AM] BethGilvie: Oh, I dig that, Jaye!  
[May 29, 9:31 AM] Laura B.: I like "Lets not get it right". Let's learn from it all.  
[May 29, 9:32 AM] BethGilvie: Fit out  
[May 29, 9:32 AM] BiancaFoscht: Yes Laura! That's good!  
[May 29, 9:32 AM] Tracy Weisert: "Let's try NOT to get it right.'  
[May 29, 9:32 AM] JuliaStipsits: Let's not get it right <3  
[May 29, 9:33 AM] Yolanda Porter: I love that! "Let's not get it right"  
[May 29, 9:33 AM] MariaOliveira: YESYESYES  
[May 29, 9:33 AM] Emily Kindred: second computer crash... is something in retrograde?  
[May 29, 9:33 AM] Stephanie Bergeron: Oh dear, Emily.  
[May 29, 9:34 AM] BethGilvie: Eeeeeee I'm sorry, Emily  
[May 29, 9:34 AM] IreneSantiago: Yes! I am so glad to hear this from another multicultural actor!  
[May 29, 9:34 AM] JayeRestivo: What works for you... I am so into that on so many levels. Spirituality , for example  
[May 29, 9:34 AM] Laura B.: It's cliche because it's true.  
[May 29, 9:34 AM] Stephanie Bergeron: Liliana, this is just so resonant and beautiful for me.  
[May 29, 9:34 AM] JayeRestivo: YEs. LauraB  
[May 29, 9:35 AM] Liliana De Castro: I am so glad to read that, Stephanie.  
[May 29, 9:35 AM] Emily Kindred: I'll figure it out... I'll watch on my phone if I need to  
[May 29, 9:35 AM] JayeRestivo: Be present - in the room, in rehearsal, on set, on stage  
[May 29, 9:35 AM] Emily Kindred: detour ;)  
[May 29, 9:35 AM] Bonnie G: Way to detour, Emily. You've got this!  
[May 29, 9:35 AM] JayeRestivo: Know thyself!  
[May 29, 9:35 AM] KristenCarbone: Non. Linear. Life.  
[May 29, 9:36 AM] Emily Kindred: it's not self sabotage it's rebelling!!

[May 29, 9:36 AM] Emily Kindred: yes!

[May 29, 9:36 AM] LenkaSilhanova: True. Czech republic has such a huge Vietnamese community and all the generation of my age are very much Czech, yet they get a lot of hard time breaking into any industry, not just showbiz. And abroad? They'd never be considered Eastern European, cause there is such a specific idea of what an Eastern European person looks like.

[May 29, 9:36 AM] JayeRestivo: My parents called me stubborn. I was just focused as to what I needed to do.

[May 29, 9:37 AM] BethGilvie: Wow, Lenka. I would've never expected that. I'm glad we're changing the world.

[May 29, 9:37 AM] Bonnie G: #CreatingTheHollywoodWeWant

[May 29, 9:37 AM] Emily Kindred: My late grandmother called me "willful"... yep. and proud of it.

[May 29, 9:38 AM] Stephanie Bergeron: Oof. Okay, that's welling me up. Don't shut your heart down.

[May 29, 9:38 AM] BethGilvie: AAAAAHHHHH Live, don't just pass through

[May 29, 9:38 AM] JayeRestivo: Bonnie! Yes! We ARE creating the Hollywood we want!

[May 29, 9:38 AM] LenkaSilhanova: Beth: Yeah, I can't wait to live in a world where we all are the citizens of the world. :)

[May 29, 9:38 AM] JayeRestivo: Lenka, AMEN

[May 29, 9:39 AM] Liliana De Castro: Citizens of the World.. yes!! I wish we had one passport that just said that.. for all :)

[May 29, 9:39 AM] JayeRestivo: \*What makes you feel alive and nurtured."

[May 29, 9:40 AM] Laura B.: Yes, see the possibilities not the loss.

[May 29, 9:40 AM] JayeRestivo: Your essence, your heart, your story

[May 29, 9:40 AM] Bonnie G: Communicating and connecting. YES.

[May 29, 9:40 AM] JuliaStipsits: This is so beautiful!

[May 29, 9:40 AM] JayeRestivo: How do YOU feel inside.

[May 29, 9:41 AM] Emily Kindred: this was so beautiful

[May 29, 9:41 AM] PatriciaBecker-Spellman: This pandemic has us realizing that at essence we are all very connected... <3

[May 29, 9:41 AM] BethGilvie: I feel that disconnection that we've gotten to. I'm excited for us to get back into the basics that give us life and fullness.

[May 29, 9:41 AM] Janet Rembaum: she was great

[May 29, 9:41 AM] PatriciaBecker-Spellman: Beautiful talk, thank you!

[May 29, 9:41 AM] ShanayFuller: Thank you Liliana, that was a great convo

[May 29, 9:41 AM] RicFischer: Really refreshing to be reminded we can be ourselves. There's been times where I've felt inauthentic for trying to match the energy of directors or producers onset. We have to find what works for us to help us function in a positive and helpful way in the presence of others. We also have to find the people that gel with us if they don't accept us for who we are. Find our truth! Thanks Liliana!

[May 29, 9:41 AM] AmberFriendly: Lovely :D

[May 29, 9:41 AM] BethGilvie: Oh my word, I'm replaying this SO much

[May 29, 9:41 AM] ThiagoApaz: Perfect!!



[May 29, 9:41 AM] Stephanie Bergeron: I loved, loved that. I felt seen in many ways.  
[May 29, 9:41 AM] BiancaFoscht: It was sooo great!!  
[May 29, 9:41 AM] Janet Rembaum: work with people i like  
[May 29, 9:41 AM] PeterMcNamara: "Reality and Expectations are two different things", especially starting out  
[May 29, 9:42 AM] Paola Angarita: People need to respect how you function.  
[May 29, 9:42 AM] Tracy Weisert: "Being on hold with the RIGHT people."  
[May 29, 9:42 AM] JayeRestivo: What makes you feel alive and nurtured  
[May 29, 9:42 AM] Janet Rembaum: i found what kind of people i want to work with  
[May 29, 9:42 AM] RemyO&#39;Brien: essence heart and story. Don't shut your heart down. don't try to fit in. She's wonderful  
[May 29, 9:42 AM] BethGilvie: If we pause, we don't start over. We pick up, in a different place and time!  
[May 29, 9:42 AM] LenkaSilhanova: It was brilliant! Loved all the lessons on finding what works for us, not conforming to what is given.  
[May 29, 9:42 AM] Liliana De Castro: Thank you ALL. I am so grateful to be able to share this with you Bon and with all of you.  
[May 29, 9:42 AM] Paola Angarita: Be honest but with kindness.  
[May 29, 9:42 AM] KristenCarbone: Fit Out, not Fit In.  
[May 29, 9:42 AM] Janet Rembaum: am so much more grounded in my own path  
[May 29, 9:42 AM] Alex Ryan: Thanks Liliana!  
[May 29, 9:42 AM] KristenCarbone: So lovely.  
[May 29, 9:42 AM] Stephanie Bergeron: Respecting how I function. Be on hold for the right people. Do not shut your heart down.  
[May 29, 9:42 AM] Janet Rembaum: who do i want around me?  
[May 29, 9:42 AM] IreneSantiago: Lilliana thank you for being real! I appreciate she said, "Don't try to fit in. You belong! Your Essesnce. Your Heart. Your story!!!"  
[May 29, 9:42 AM] Alex Ryan: Let's try NOT to get it right  
[May 29, 9:42 AM] JayeRestivo: Lilliana, Thank you!  
[May 29, 9:42 AM] Janet Rembaum: WE HAVE TO BREATHE AND TAKE IT ALL IN  
[May 29, 9:42 AM] Yolanda Porter: Yes, we need to connecr again. Don't try to fit in was big for me.  
[May 29, 9:42 AM] MariaOliveira: Thank you so much Liliana!  
[May 29, 9:42 AM] ClareLopez: Dont just function, LIVE  
[May 29, 9:43 AM] JayeRestivo: Holy moses! #reply!  
[May 29, 9:43 AM] MichaelHarris: Do not let you r heart shut down  
[May 29, 9:43 AM] Janet Rembaum: it takes practice  
[May 29, 9:43 AM] ShanayFuller: Its ok to be a professional, you dont have to lose that through the process as we grow.  
[May 29, 9:43 AM] Paola Angarita: Stop, take it out, and process how you are feeling  
[May 29, 9:43 AM] JudyKerr: Oh that was so good. I understand her protecting her artistry!  
[May 29, 9:43 AM] NicoleRycroft: Thank you Liliana and Bonnie! I loved " it's a full time job just being human " and that we belong wherever we are.

[May 29, 9:43 AM] BethGilvie: Liliana, I've been so grateful for people sharing their experiences with burnout and pause because I'm emerging from that (finally). Thank you so, so much for your honesty and love.

[May 29, 9:43 AM] Janet Rembaum: the only way that changes is if we are present

[May 29, 9:43 AM] Stephanie Bergeron: With you, Beth.

[May 29, 9:43 AM] JayeRestivo: Kindness! One of the themes!

[May 29, 9:43 AM] Janet Rembaum: I DONT WANT TO FUNCTION I WANT TO LIVE !

[May 29, 9:43 AM] Paola Angarita: It's a full-time job just being human.

[May 29, 9:44 AM] Janet Rembaum: its my path and its a mix of all that

[May 29, 9:44 AM] ReynGraves: True storytelling is connection

[May 29, 9:44 AM] MariaOliveira: You don't have to befriend everyone, but respect the way others work

[May 29, 9:44 AM] Paola Angarita: Stop thinking there is something wrong with you.

[May 29, 9:44 AM] Emily Kindred: being on hold with the RIGHT people

[May 29, 9:44 AM] Sarah Thompson: Thank you so much for this, Liliana! I love that you found that you could do your own creative projects because you want to do them rather than because you felt you had to do them!

[May 29, 9:44 AM] IreneSantiago: Do 1 thing a day!

[May 29, 9:44 AM] Janet Rembaum: it shuts you down. we have to stick with this because so many people will want to shut us down

[May 29, 9:45 AM] DilaraFoscht: So many takeaways for me but some very important were: I take my fun seriously. Be in the moment. Don't try to fit other expectations! Such an emotional talk.

[May 29, 9:45 AM] AmberFriendly: I can't wait to watch this multiple times

[May 29, 9:45 AM] Yolanda Porter: So many golden nuggets!

[May 29, 9:45 AM] MariaOliveira: We all have a background and a history and that's okay, you don't have to change

[May 29, 9:45 AM] JayeRestivo: Oh man! So many stories to tell!

[May 29, 9:45 AM] Janet Rembaum: i so feel the shutting down part. i feel i have been shut down for a long time and was so open belief and now so hard to open

[May 29, 9:46 AM] BethGilvie: Janet, I feel you! If you need to chat, or work it out, I've got you!

[May 29, 9:46 AM] Paola Angarita: Whatever you can do for your mental health, spirituality you have to do it.

[May 29, 9:46 AM] Liliana De Castro: It all comes back to kindness: in telling our truth, in being who we are, in being human. Thank you so much for all these comments. I am so happy to know it touched something in each of you :)

[May 29, 9:46 AM] JayeRestivo: I'll be "vaulting!"

[May 29, 9:46 AM] MariaOliveira: So excited to get on board!!

[May 29, 9:46 AM] Laura B.: Kindness is such a big thing.

[May 29, 9:46 AM] Janet Rembaum: thank you @beth

[May 29, 9:47 AM] JayeRestivo: Do GIGFNT! I'm in the midst of a round! I'm taking my time!

[May 29, 9:47 AM] Paola Angarita: You can't change what happen but you can change how you react to it.

[May 29, 9:47 AM] Yolanda Porter: Yes, thank you Liliana! Kindness is what we need to lead in everyrhing we do!

[May 29, 9:48 AM] Laura B.: Yes Yolanda

[May 29, 9:48 AM] Emily Kindred: the summit is 1/100 of a teaspoon of the work in GIG, lol... It's sooooo amazing

[May 29, 9:48 AM] Janet Rembaum: you belong where ever you are

[May 29, 9:48 AM] Alex Ryan: HAHAHAAAAHA!!!!

[May 29, 9:48 AM] JayeRestivo: Since we are the lighthouses, do enough self-care to keep the light shining!

[May 29, 9:48 AM] Emily Kindred: but like in the BEST WAY

[May 29, 9:49 AM] Alex Ryan: Don't SHOW THE MEDICINE!

[May 29, 9:49 AM] Janet Rembaum: it compliments it perfectly !

[May 29, 9:49 AM] Liliana De Castro: Thank you Bon! I love you and what you do for all of us, SO MUCH!

[May 29, 9:49 AM] BethGilvie: I will buy so many notebooks. I love filling up my notebooks.

[May 29, 9:49 AM] Emily Kindred: lots of good work to do and direction you can trust

[May 29, 9:49 AM] BethGilvie: Listen, this li'l work nerd will ALWAYS love writing so many notes.

[May 29, 9:49 AM] Emily Kindred: no pointless busy actor work

[May 29, 9:49 AM] Janet Rembaum: i like the interview and chat in real time it helps!

[May 29, 9:49 AM] KristenCarbone: Thank you Liliana!

[May 29, 9:49 AM] Laura B.: Thank you Liliana!

[May 29, 9:49 AM] Stephanie Bergeron: Thank you, thank you Liliana!!

[May 29, 9:49 AM] Janet Rembaum: thank you Liliana

[May 29, 9:49 AM] RemyO&#39;Brien: Liliana thank you so much. Lovely!

[May 29, 9:49 AM] AmeliaRico: Thank you, Liliana! :D

[May 29, 9:49 AM] MariaOliveira: Thank you Liliana!

[May 29, 9:49 AM] ShanayFuller: THANK YOU THANK YOU THANK YOU

[May 29, 9:49 AM] PatriciaBecker-Spellman: Thank you <3

[May 29, 9:50 AM] Sarah Thompson: Thank you, Liliana!

[May 29, 9:50 AM] JayeRestivo: xoxoxoxoxo to Lilliana and Bonnie!! Clap, clap, clap!!!

[May 29, 9:50 AM] BiancaFoscht: Thank you soooo much Liliana!!

[May 29, 9:50 AM] AyaOhara: Thank you Lliana!

[May 29, 9:50 AM] MonicaGilbert: Thank you

[May 29, 9:50 AM] ReynGraves: Thank you !!!

[May 29, 9:50 AM] Liliana De Castro: THANK YOU ALL. :)

[May 29, 9:50 AM] Emily Kindred: Thank you so very much Liliana!!!!

[May 29, 9:50 AM] IreneSantiago: GRACIAS, LILIANA!

[May 29, 9:50 AM] NicoleRycroft: Thank you Liliana!!!

[May 29, 9:50 AM] BethGilvie: Liliana, thank you, SO much!!! And Bon, thank you for bringing her to us. What a lovely way to jumpstart the day!! <3

[May 29, 9:50 AM] KenzieLange: thank you

[May 29, 9:50 AM] Paola Angarita: Thank you Liliana!!

[May 29, 9:50 AM] Liliana De Castro: Gracias a ustedes!! :)

[May 29, 9:50 AM] Emily Kindred: Thanks Bonnie & Team too!! xoxoxoxo

[May 29, 9:50 AM] JayeRestivo: Smoooooches!

[May 29, 9:50 AM] Liliana De Castro: Gracias Irene ;)

[May 29, 9:51 AM] Yolanda Porter: Thank you!!!! This was a beautiful convo to start the day!  
Thank you, Liliana and Bonnie!

[May 29, 3:54 PM] MichaelHarris: Thank you and your team for a mind blowing weekend.