

## **SMFA Summit Tamika Simpkins Interview Live Chat 25 May 2020**

[May 25, 3:07 PM] AyaOhara: Oh duh! I'm sorry! I hopped on in the middle of the day yesterday and when I glanced at the schedule I've been reading the semi colons like colons. thinking that the times are after the day. not before!!! smh lol

[May 25, 3:09 PM] Alex Ryan: hee hee! ☺

[May 25, 3:10 PM] AngelicaCadena: AyaOhara, don't feel bad, I did the same thing this weekend

[May 25, 3:10 PM] AyaOhara: I'm glad I'm not the only one aah!

[May 25, 3:10 PM] AyaOhara: thanks guys, so supportive :)

[May 25, 3:24 PM] AmeliaRico: Glad to see you back and hope you're feeling better, Alex! <3

[May 25, 3:24 PM] Bonnie G: All good! It's also why we have the schedule going out in the daily emails, in the graphics at my Instagram and Twitter, and not just below. ;) So glad you're HERE!

[May 25, 3:24 PM] Bonnie G: Hope the Benadryl is treating you well, Alex. We always have some on hand!

[May 25, 3:53 PM] Bonnie G: Getting ready, y'all!

[May 25, 3:56 PM] Stephanie Bergeron: Excited for yet another power-hour!

[May 25, 3:57 PM] BethGilvie: Oh, glad you're back, Alex!

[May 25, 3:57 PM] Stephanie Bergeron: (I also love that these are all in digestible chunks of awesomeness)

[May 25, 3:57 PM] Stephanie Bergeron: Welcome back, Alex!

[May 25, 3:57 PM] BethGilvie: I'll have to duck out around 4:30 for a voiceover class, but I'll be back for the 6pm!

[May 25, 3:57 PM] Stephanie Bergeron: Fun!

[May 25, 3:58 PM] BethGilvie: Yessss Stephanie. I love them, but I'm glad we don't go longer because my mind gets exploded every time. I have to gather myself!

[May 25, 3:58 PM] BethGilvie: Thanks! :)

[May 25, 3:58 PM] TBG\_Amy: No worries Beth- there's always the replay! Have a great class!

[May 25, 3:58 PM] Bonnie G: We're live!

[May 25, 3:59 PM] ElisaAnnette: thank you for sharing all of this, Bonnie

[May 25, 4:00 PM] AyaOhara: Thank you !

[May 25, 4:00 PM] BiancaFoscht: I already learned so much from the different interviews! And the goodies are INCREDIBLE!

[May 25, 4:00 PM] JayeRestivo: Just spent time in meditation between sessions.

[May 25, 4:00 PM] Stephanie Bergeron: Absolutely.

[May 25, 4:00 PM] Alex Ryan: And sometimes calm the overwhelm

[May 25, 4:01 PM] TinaKien: hello! :) I figured out where the replays are! I thought they'd be up on YT.

[May 25, 4:01 PM] Emily Kindred: Here or the goodies page?

[May 25, 4:02 PM] Constance Zaytoun: my video is a small screen right now . might anyone know how i can readjust? i've refreshed several times.

[May 25, 4:02 PM] BethGilvie: Oh, the generosity is SO much over there!!

[May 25, 4:02 PM] Emily Kindred: I want to enter for all of the things :)  
[May 25, 4:02 PM] Alex Ryan: On your computer constance?  
[May 25, 4:02 PM] TBG\_Erin: @Connie maybe try a different browser?  
[May 25, 4:03 PM] Constance Zaytoun: yes. it's not been like this before. if no one else is experiencing, no worries! i'll reboot after we finish this one. thank you!  
[May 25, 4:03 PM] AngelicaCadena: For the goodies do we have to comment separately? I put them all in one comment for ease and clarity :D  
[May 25, 4:03 PM] Emily Kindred: Great question Angelica  
[May 25, 4:03 PM] TBG\_Erin: @Angelica, yes, please, it's helpful to us to have a different comment for each goodie you'd like to be considered for.  
[May 25, 4:04 PM] Alex Ryan: OMG DO IT!  
[May 25, 4:04 PM] Emily Kindred: thanks Erin!  
[May 25, 4:04 PM] AngelicaCadena: @TBG\_Erin thank you!  
[May 25, 4:04 PM] TamikaSimpkins: So much goodness!!!  
[May 25, 4:04 PM] Alex Ryan: There's Tamika!  
[May 25, 4:04 PM] TamikaSimpkins: Hey Alex. Hope you're feeling better. I'm with you on the Benadryl kick!!!  
[May 25, 4:05 PM] ElisaAnnette: coming from a place of service instead from a place of sacrifice <3  
[May 25, 4:05 PM] JayeRestivo: As you give so shall you receive. Bonnie, get ready to receive BIG time!!!!  
[May 25, 4:06 PM] TamikaSimpkins: Yes I'm in the oil cult!  
[May 25, 4:06 PM] TBG\_Erin: oh no oh no  
[May 25, 4:06 PM] Stephanie Bergeron: Oh dear.  
[May 25, 4:06 PM] Emily Kindred: oh noooooo!!!!  
[May 25, 4:06 PM] BethGilvie: noooooooooooooooooononononono  
[May 25, 4:06 PM] TamikaSimpkins: Aww no!  
[May 25, 4:06 PM] TBG\_Amy: Oh no...  
[May 25, 4:06 PM] Constance Zaytoun: oh holy crap!  
[May 25, 4:07 PM] Leah Cevoli: Excited to hear from fellow Philly Chick, Tamika! :)  
[May 25, 4:07 PM] TanyaPerez: OH NO!! I did that once with cinnamon.  
[May 25, 4:07 PM] Emily Kindred: SO many oils are too strong and need carrier oils...  
[May 25, 4:07 PM] TamikaSimpkins: Hey there fellow Philly Girl Leah!!!  
[May 25, 4:07 PM] Leah Cevoli: lol oh boy.... Bon  
[May 25, 4:07 PM] Emily Kindred: I've totally mint burnt myself too  
[May 25, 4:07 PM] Leah Cevoli: Hi Tamika!!  
[May 25, 4:07 PM] Stephanie Bergeron: I've burned myself too.  
[May 25, 4:07 PM] TanyaPerez: Tamika!!!!  
[May 25, 4:07 PM] Constance Zaytoun: i've burned myself with hot oil frying cheese...!  
[May 25, 4:07 PM] Constance Zaytoun: haha  
[May 25, 4:08 PM] TamikaSimpkins: Tanya!!!  
[May 25, 4:08 PM] Stephanie Bergeron: Ha!  
[May 25, 4:08 PM] Elizabeth A.Zimmerman: I lost the bios page...

[May 25, 4:09 PM] TBG\_Erin: @Elizabeth, the bios live on the replay page for each speaker. :)

[May 25, 4:09 PM] Elizabeth A.Zimmerman: Thanks!

[May 25, 4:09 PM] TamikaSimpkins: You can't get rid of me ever!!!

[May 25, 4:10 PM] BiancaFoscht: That was a nice introduction! Hello Tamika!

[May 25, 4:10 PM] Leah Cevoli: awww that was so sweet! :)

[May 25, 4:10 PM] JayeRestivo: Hello, Tamika!

[May 25, 4:10 PM] TanyaPerez: What a beautiful intro!!

[May 25, 4:10 PM] Bonnie G: Elizabeth, you can also go to MY NAME DOT COM SLASH smfa-summit-bios to see them all in one place.

[May 25, 4:11 PM] ShanayFuller: I love hearing about dual backgrounds

[May 25, 4:11 PM] Stephanie Bergeron: BONNIE. #GeekPrideDay is REAL with Tamika and Daye being scheduled today! Talk about coincidence.

[May 25, 4:11 PM] BethGilvie: YES strong left-brain people!

[May 25, 4:11 PM] BethGilvie: Well, strong dual left-and-right

[May 25, 4:11 PM] TBG\_Erin: Love that! "Different spices in my mix." <3

[May 25, 4:13 PM] Constance Zaytoun: shame overshadows...

[May 25, 4:13 PM] AmyHarber: popping in late cuz you can't run chat on the phone at the same time as video and i was walking home

[May 25, 4:13 PM] TinaKien: big reason why i'm having a hard time with my log line

[May 25, 4:14 PM] TBG\_Amy: The flaws and scars connect us... that's just hit me hard

[May 25, 4:14 PM] BethGilvie: Me, too, Amy!

[May 25, 4:14 PM] GemTorres: Oh! I remember you from Dave Fennoy's class! Hi again, Tamika!! ^^

[May 25, 4:14 PM] TamikaSimpkins: Hey Gem!!! I miss your voice!

[May 25, 4:14 PM] Emily Kindred: That's so well said Tamika

[May 25, 4:14 PM] AmyHarber: and i heard the bit about benadryl and i agree, i found out i was allergic to brussle sprouts while in quarantine

[May 25, 4:15 PM] JayeRestivo: More connected when we show our scars

[May 25, 4:15 PM] TamikaSimpkins: Thanks Emily!

[May 25, 4:15 PM] ElisaAnnette: Scars - our tribal tattoos

[May 25, 4:15 PM] TanyaPerez: showing our scars to be connected reminds me of the Jaws scene!

[May 25, 4:15 PM] GemTorres: Hehe I get the cheat because I get to listen to you now lolz

[May 25, 4:15 PM] GemTorres: Thank you for sharing your story!!

[May 25, 4:16 PM] BiancaFoscht: "We are more connected when we show our scars" - WOW!

[May 25, 4:16 PM] Emily Kindred: Wow Elisa

[May 25, 4:16 PM] Leah Cevoli: reminds me of a papa roach song. "scars remind us"

[May 25, 4:16 PM] Emily Kindred: #Community

[May 25, 4:16 PM] TamikaSimpkins: Yes Tanya! Those damn scars are painful yet awesome!

[May 25, 4:16 PM] TinaKien: theme here! people who you surround yourself with!

[May 25, 4:16 PM] TamikaSimpkins: Thank you Gem for being here!

[May 25, 4:16 PM] JayeRestivo: All about community...

[May 25, 4:17 PM] TamikaSimpkins: Love that Leah! "Scars Remind Us"

- [May 25, 4:17 PM] Leah Cevoli: Mmmhmmm
- [May 25, 4:18 PM] Elizabeth A.Zimmerman: Scared. That's how I felt when I signed up for GIG!
- [May 25, 4:18 PM] Emily Kindred: Taking the leap and investing in courses, and myself, have always paid off ten fold like taping the leap and signing up for GIG
- [May 25, 4:19 PM] TamikaSimpkins: So true Emily!!! Preach!
- [May 25, 4:19 PM] Emily Kindred: taking\*
- [May 25, 4:19 PM] ElisaAnnette: yes Tamika!
- [May 25, 4:19 PM] Bonnie G: :)
- [May 25, 4:19 PM] Bonnie G: We're so glad you leapt, Emily.
- [May 25, 4:19 PM] Bonnie G: You too, Elizabeth.
- [May 25, 4:19 PM] Bonnie G: :)
- [May 25, 4:19 PM] AmeliaRico: The mirror reflects. Yes.
- [May 25, 4:19 PM] Emily Kindred: Bonnie didn't you have an article ones about buying friends?
- [May 25, 4:19 PM] Emily Kindred: once\*
- [May 25, 4:19 PM] Bonnie G: YES.
- [May 25, 4:20 PM] TanyaPerez: The mirror reflects. Snap to that!
- [May 25, 4:20 PM] Bonnie G: "How I bought my best friends" I think it's called.
- [May 25, 4:20 PM] Leah Cevoli: Snap!
- [May 25, 4:20 PM] Emily Kindred: YESSSS
- [May 25, 4:20 PM] JayeRestivo: The mirror reflects! YES! TY Tamika
- [May 25, 4:20 PM] Emily Kindred: That one knocked me on my butt
- [May 25, 4:20 PM] TinaKien: I'm going to put out sweets, so I can receive sweets back. heheheheh ☺
- [May 25, 4:20 PM] BethGilvie: Aaaaah I love that ecosystem concept.
- [May 25, 4:21 PM] BethGilvie: HA Tina
- [May 25, 4:21 PM] AmyHarber: true so true....2015-2018 me. i had to take a SERIOUS look in that mirror and it hurt but it was needed.
- [May 25, 4:21 PM] Bonnie G: "We create our own weather," the saying goes.
- [May 25, 4:21 PM] TamikaSimpkins: Yes honeys! The mirror is always reflecting!
- [May 25, 4:21 PM] Emily Kindred: It gets you in the door with the folks you want to be around
- [May 25, 4:21 PM] BethGilvie: The Statler and Waldorf of the mind...
- [May 25, 4:21 PM] Bonnie G: YES, Beth!
- [May 25, 4:22 PM] BethGilvie: :D
- [May 25, 4:22 PM] TamikaSimpkins: Snaps to creating our own weather!
- [May 25, 4:22 PM] RemyO&#39;Brien: showing your scars. Love that.
- [May 25, 4:22 PM] TanyaPerez: Babies
- [May 25, 4:22 PM] JayeRestivo: "Don't need a weatherman to know which way the wind blows."
- [May 25, 4:23 PM] Bonnie G: Wee baes!
- [May 25, 4:23 PM] TamikaSimpkins: I just turned 20. LOL
- [May 25, 4:23 PM] Bonnie G: ;)
- [May 25, 4:23 PM] TinaKien: enjoy the journey/playing the long game >

[May 25, 4:24 PM] BethGilvie: I WISH I had that kind of bravery when I was 20! That would've saved me some time, haha. But I appreciate who she was.

[May 25, 4:24 PM] Bonnie G: YES! There's that perspective on how far we've gotten. SO important!

[May 25, 4:24 PM] TamikaSimpkins: Inch by inch is a cinch!

[May 25, 4:24 PM] Emily Kindred: I'm a huge fan of baby steps

[May 25, 4:24 PM] Constance Zaytoun: it's so freakin' true -- to acknowledge the progress

[May 25, 4:24 PM] BethGilvie: Okay, gotta prep for class. I LOVE this so far, Tamika - I'm so so excited for my replay. Thank you for being part of the summit!! <3

[May 25, 4:25 PM] Stephanie Bergeron: Deb was saying something similar this morning!

[May 25, 4:25 PM] Leah Cevoli: My feet are SORE! lol Love that. What's next. Keep going.

[May 25, 4:25 PM] Bonnie G: Bye, Beth. See you at 6.

[May 25, 4:25 PM] AmeliaRico: There it is again. Audition then leave it in the room, don't take it with you. Keep moving forward!

[May 25, 4:25 PM] BethGilvie: See ya, Bon! Thanks for another brilliant power hour!!

[May 25, 4:25 PM] TamikaSimpkins: Thanks Stephanie. Have a great class!!!

[May 25, 4:25 PM] TBG\_Amy: That big picture vision with gratitude is so powerful!

[May 25, 4:26 PM] Constance Zaytoun: lord, i hear that! i was told i could only be an academic or i had to "lie" to the artist folks about my academics and vice versa!

[May 25, 4:26 PM] Stephanie Bergeron: Hyph life!

[May 25, 4:26 PM] Emily Kindred: Love how you listen to your calling Tamika

[May 25, 4:27 PM] TinaKien: my acting classes are full of people that are in tech

[May 25, 4:27 PM] Bonnie G: All about the hyph life!

[May 25, 4:27 PM] TamikaSimpkins: Yes Constance. Be your authentic self!

[May 25, 4:27 PM] Emily Kindred: and I love how much you self check in

[May 25, 4:27 PM] Constance Zaytoun: i'm so grateful how much that is embraced nowadays!!

[May 25, 4:27 PM] TamikaSimpkins: Thank you Emily! Took me a long time to hear it but I'm definitely listening.

[May 25, 4:28 PM] TBG\_Amy: Oh... today I am an actor... I think that just shifted something huge for me...

[May 25, 4:28 PM] Emily Kindred: That it's not a this or that, it's this AND that!

[May 25, 4:28 PM] ShanayFuller: lolololol

[May 25, 4:28 PM] Bonnie G: I'm laughing out loud over here! LOL LOL LOL

[May 25, 4:28 PM] TamikaSimpkins: A Black Woman Moment!

[May 25, 4:28 PM] TanyaPerez: Love all those people living inside us. It enriches the artist life. Yes, Tamika! They are having a big ole party inside you!

[May 25, 4:28 PM] Constance Zaytoun: yaaaaasssss!!!

[May 25, 4:28 PM] Constance Zaytoun: oh so Southern!

[May 25, 4:29 PM] ShanayFuller: Oh yes Bonnie, that southern comes out all the time <3

[May 25, 4:29 PM] AmeliaRico: Yup. That Latina fire can sometimes get me in trouble. lol But it also makes me, ME! :D

[May 25, 4:29 PM] Stephanie Bergeron: Great way of thinking about mitigating the hyphenates... this AND that, being accepting of each "person" showing up when she needs to.



[May 25, 4:30 PM] TamikaSimpkins: LOL Amelia!  
[May 25, 4:30 PM] Bonnie G: Shout out to our Austrian twins on that one! ;)  
[May 25, 4:30 PM] JayeRestivo: Be the gift that the Universe gave you to be.  
[May 25, 4:31 PM] TamikaSimpkins: Bonnie always knows!!!  
[May 25, 4:31 PM] BiancaFoscht: YESSSSSSS!!!  
[May 25, 4:31 PM] TanyaPerez: "Be the Gift that the World needs YOU to be." More snaps  
[May 25, 4:31 PM] JayeRestivo: Bonnie!  
[May 25, 4:31 PM] TamikaSimpkins: Yasss Tanya!  
[May 25, 4:32 PM] Emily Kindred: It's so true. The learning NEVER stops... but I love it  
[May 25, 4:32 PM] Constance Zaytoun: they usually change!  
[May 25, 4:32 PM] JayeRestivo: Tingling all over! Truth of this just hit!  
[May 25, 4:32 PM] Leah Cevoli: Plan to Succeed!  
[May 25, 4:34 PM] Elizabeth A.Zimmerman: grthm vb iio[8  
[May 25, 4:34 PM] Elizabeth A.Zimmerman: aaa! cat on the keyboard!!!  
[May 25, 4:34 PM] Bonnie G: LOL  
[May 25, 4:34 PM] Emily Kindred: Lost in the sauce!  
[May 25, 4:34 PM] TamikaSimpkins: hahahaha  
[May 25, 4:34 PM] Bonnie G: I'm always sure the animals are trying to tell us things when they get on our keyboards!  
[May 25, 4:35 PM] Emily Kindred: LOL I love that I saw that and went, oh cat-oclock  
[May 25, 4:35 PM] JayeRestivo: Lost in the sauce!  
[May 25, 4:35 PM] Constance Zaytoun: @ elizabeth - my cat writes for me all the time!  
[May 25, 4:35 PM] TamikaSimpkins: ahhh those damn all-nighters!  
[May 25, 4:35 PM] Bonnie G: Don't miss them.  
[May 25, 4:35 PM] RemyO'Brien: Love that you're getting younger through the interview  
[May 25, 4:35 PM] Bonnie G: (Still do them sometimes. Not as often though.)  
[May 25, 4:35 PM] JayeRestivo: @elizabeth Penny isn't allowed near the keyboard - afraid she'll order stuff on Amazon  
[May 25, 4:35 PM] TamikaSimpkins: Me neither.  
[May 25, 4:36 PM] Bonnie G: You caught that, huh, Remy? ;)  
[May 25, 4:36 PM] Stephanie Bergeron: Yes. Just because we can do a thing, does not follow that we must do that thing.  
[May 25, 4:36 PM] JayeRestivo: Love instrumental classical music  
[May 25, 4:36 PM] Constance Zaytoun: right, Bon! so well said -- just because we can doesn't mean it's healthy!  
[May 25, 4:37 PM] Constance Zaytoun: mixed tapes!  
[May 25, 4:37 PM] JayeRestivo: Self-care.  
[May 25, 4:37 PM] JayeRestivo: Play list!  
[May 25, 4:37 PM] TinaKien: music is my go-to too! :)  
[May 25, 4:37 PM] Emily Kindred: Every day does feel like a new beginning in this career  
[May 25, 4:37 PM] Constance Zaytoun: all art aspires toward music...  
[May 25, 4:37 PM] RemyO'Brien: whoa i like that playlist of character  
[May 25, 4:38 PM] TinaKien: same!!!! i make playlist fro diff moods etc

[May 25, 4:38 PM] JayeRestivo: I wanna take piano lessons again

[May 25, 4:38 PM] ElisaAnnette: I used to do that in college! - Thank you for reintroducing this!

[May 25, 4:38 PM] MariaOliveira: I create playlist for my character's too!

[May 25, 4:38 PM] Constance Zaytoun: i've been a middle-aged woman all my life.

MOTOWN

[May 25, 4:38 PM] JayeRestivo: Playlist for character!

[May 25, 4:38 PM] TanyaPerez: I make playlist for my characters too!!

[May 25, 4:38 PM] Bonnie G: Maria, that's great!

[May 25, 4:38 PM] PatriciaBecker-Spellman: Love that idea! Linking music to a character...

[May 25, 4:38 PM] TamikaSimpkins: Yes Playlist! I love that this is the playlist crew!!!

[May 25, 4:38 PM] JayeRestivo: This is like a rich dessert!

[May 25, 4:38 PM] Bonnie G: Great, Tina!

[May 25, 4:41 PM] Constance Zaytoun: Tamika - can you speak more about how you see your brand & type across your work, especially given that you do so much comedy and drama? (i was watching your reels!)

[May 25, 4:41 PM] Emily Kindred: Accepting how the industry sees me and how I want them to see me has been such a journey already

[May 25, 4:42 PM] TamikaSimpkins: Thanks Constance. My type is loving, nurturing, no non-sense and that rings true for comedy and drama.

[May 25, 4:42 PM] RemyO'Brien: Why wouldn't you want to play your authentic self. :)

[May 25, 4:43 PM] Constance Zaytoun: spot on! that's precisely what i saw. i love that umbrella. thank you.

[May 25, 4:43 PM] JayeRestivo: play who is your authentic self...

[May 25, 4:43 PM] TinaKien: wow, need to watch this part back in the replay! loving this right now!

[May 25, 4:43 PM] Constance Zaytoun: & i love that you can hold no-nonsense with nurturing/loving.

[May 25, 4:43 PM] TamikaSimpkins: A black mama moment!

[May 25, 4:43 PM] TBG\_Erin: I think wanting to "play anything" comes from that convo we had the other day about running away from yourself to play ANYone else.

[May 25, 4:43 PM] Leah Cevoli: YES!!!!

[May 25, 4:43 PM] Leah Cevoli: LOL

[May 25, 4:43 PM] ElisaAnnette: I love that black mama moment

[May 25, 4:43 PM] TamikaSimpkins: Yes Erin!!!

[May 25, 4:44 PM] BethGilvie: What if you like to play all different kinds of parts for the challenge and adventure of it? Like travel, but with lives?

[May 25, 4:44 PM] BethGilvie: (VO class is apparently on June 1, lol)

[May 25, 4:44 PM] Bonnie G: LOL Welcome back, Beth!

[May 25, 4:44 PM] ShanayFuller: Fruitvale

[May 25, 4:44 PM] BethGilvie: Because even as much as I learn to love myself, and there are types of characters I love, I loooooove exploring the ways other people think and live and love and value...

[May 25, 4:44 PM] TamikaSimpkins: LOL Thanks for coming back Beth!  
[May 25, 4:45 PM] BethGilvie: It's truly my pleasure!  
[May 25, 4:45 PM] Constance Zaytoun: so brilliant!  
[May 25, 4:45 PM] Constance Zaytoun: that career was long and consistent!  
[May 25, 4:45 PM] TBG\_Amy: Everything is resonating with me, Tamika. Thank you so much  
[May 25, 4:45 PM] TamikaSimpkins: Right Constance?!  
[May 25, 4:45 PM] TamikaSimpkins: Thank you so much Amy!  
[May 25, 4:45 PM] ShanayFuller: Ive been doing this for years, wow.  
[May 25, 4:46 PM] Bonnie G: YES YOU ARE!!!  
[May 25, 4:46 PM] BethGilvie: YES this series! That sounds amazing!  
[May 25, 4:46 PM] AngelicaCadena: Thank you Tamika! :D  
[May 25, 4:46 PM] Leah Cevoli: I just watched Episode One!  
[May 25, 4:46 PM] Constance Zaytoun: it almost gives me chills to witness how fierce their work has been for so long (you, included). it's such a gift.  
[May 25, 4:46 PM] RemyO'Brien: thank you Tamika  
[May 25, 4:46 PM] TinaKien: Tamika !! Thank you!!!  
[May 25, 4:46 PM] Emily Kindred: Thank you so much!!!!  
[May 25, 4:46 PM] TamikaSimpkins: I'm so in aww of being here!  
[May 25, 4:46 PM] Leah Cevoli: I'm digging it!  
[May 25, 4:46 PM] AyaOhara: yay! thank ou!  
[May 25, 4:46 PM] PatriciaBecker-Spellman: Thank you!  
[May 25, 4:46 PM] ShanayFuller: Thank you for being here Tamika  
[May 25, 4:46 PM] SonyaHenning: Thank you Tamika! AMAZING!!!!  
[May 25, 4:46 PM] TamikaSimpkins: Love you people! Love you Bon!  
[May 25, 4:46 PM] AmeliaRico: Thank you, Tamika!  
[May 25, 4:46 PM] JayeRestivo: BE YOUR AUTHENTIC SELF!  
[May 25, 4:46 PM] RemyO'Brien: too many nuggets to write  
[May 25, 4:47 PM] Janet Rembaum: 'there are a lot of different spices'  
[May 25, 4:47 PM] TinaKien: So smart!  
[May 25, 4:47 PM] BethGilvie: Our scars connectttttt us! and we can help each other across tiers!  
[May 25, 4:47 PM] KaitlinLarge: What a gem of a human! Love how your type (loving, nurturing, no nonsense) came through even in this chat! So inspiring.  
[May 25, 4:47 PM] AmeliaRico: THE. MIRROR. REFLECTS. Thank YOU!  
[May 25, 4:47 PM] Constance Zaytoun: the women actors Tamika addressed  
[May 25, 4:47 PM] SonyaHenning: We are more connected when we show our scars to each other!!  
[May 25, 4:47 PM] BethGilvie: YUSS THE MIRROR  
[May 25, 4:47 PM] TamikaSimpkins: LMAO!  
[May 25, 4:47 PM] Constance Zaytoun: 12  
[May 25, 4:47 PM] JayeRestivo: Mirror, mirror on the wall!!!!  
[May 25, 4:47 PM] Paola Angarita: Everything is about perspective.  
[May 25, 4:47 PM] MariaOliveira: Gratitude, stay in it, and keep going!



- [May 25, 4:47 PM] Emily Kindred: Authenticity, Community, the "veil of perfection", our scars are what connects us
- [May 25, 4:47 PM] BethGilvie: love that veil of perfection. Sneaky damn thing.
- [May 25, 4:48 PM] JayeRestivo: We are complex
- [May 25, 4:48 PM] SonyaHenning: Creating a playlist for our character, YES!
- [May 25, 4:48 PM] NicoleRycroft: Thank you Tamika & Bon! So much good stuff! I loved that we are more connected when we show our scars.
- [May 25, 4:48 PM] Paola Angarita: Be with people who want to take their career and live to the next level.
- [May 25, 4:48 PM] ShanayFuller: Embrace your inner critic, they are trying to protect you at all cost.
- [May 25, 4:48 PM] PeterTarantino: Love hearing that our dark moments connect us. Staying to our true authentic self is so good to hear again. Thank you Tamika and Bonnie!
- [May 25, 4:48 PM] JayeRestivo: Granny the Serial Killer! Arsenic and Old Lace!!!!  
HAHAHAHA
- [May 25, 4:48 PM] BiancaFoscht: Congratulations Tamika!
- [May 25, 4:48 PM] Paola Angarita: The mirror reflects.
- [May 25, 4:48 PM] GemTorres: <3!!! Lots of gold! ^^ The mirror reflects. Keep moving forward. Each opportunity in summation is going to make the tier jumps. Be that special gift that the universe needs you to be. Humble head down, pushing hard. The most important thing is to be you.
- [May 25, 4:48 PM] MonicaGilbert: Be the person the universe needs you to be soo important.
- [May 25, 4:48 PM] TBG\_Amy: We are always learning and changing and adapting (and authentic self, and showing scars... just... can I say everything?)
- [May 25, 4:49 PM] ReynGraves: Thank you! This is definitely one to rewatch. I love the idea of making playlists for your characters!
- [May 25, 4:49 PM] TanyaPerez: Such a good chat. Love both of you are amazing!! Thank you,
- [May 25, 4:49 PM] TanyaPerez: Such a great chat!! Thank you, Tamika!!
- [May 25, 4:49 PM] JayeRestivo: Love the songs for the days!
- [May 25, 4:49 PM] TamikaSimpkins: Thanks Bianca!
- [May 25, 4:49 PM] Paola Angarita: What you put out is what you going to get back.
- [May 25, 4:50 PM] TamikaSimpkins: Thanks so much Tanya! You were brilliant on Saturday!
- [May 25, 4:50 PM] Paola Angarita: Find gratitude in everything.
- [May 25, 4:50 PM] AmyHarber: I've always had a disconnect with what i do in modeling with what I'm doing in acting and all of these chats are helping me finally find connections
- [May 25, 4:50 PM] TamikaSimpkins: Yes Paola!!!
- [May 25, 4:50 PM] JayeRestivo: Thank you, Tamika!!!
- [May 25, 4:50 PM] Constance Zaytoun: so... might y'all think that bringing our authentic self to our work is a shift that didn't exist when i (ah-hem) starting my acting a training YEARS ago. it was all about be the ever-changing repertory company member actor for me. I LOVE that we've shifted that focus.
- [May 25, 4:51 PM] JayeRestivo: Thank you, Bonnie!

[May 25, 4:51 PM] BiancaFoscht: Appreciate every audition, every moment, every opportunity! We are all unique!

[May 25, 4:51 PM] TamikaSimpkins: Yes Amy!!! Find those connections honey!

[May 25, 4:51 PM] Stephanie Bergeron: This AND that- each personality can be there when it needs to be, complex hyphenate and still whole.

[May 25, 4:51 PM] Paola Angarita: Thank you! Tamika and Bonnie.

[May 25, 4:52 PM] JayeRestivo: Love the Spirituality theme throughout this! I have said this before!

[May 25, 4:52 PM] AyaOhara: agreed, it's so expansive!

[May 25, 4:52 PM] Constance Zaytoun: thank you for not making me that old! haha! i agree with you, Bonnie!

[May 25, 4:52 PM] Alex Ryan: haha! Connie!

[May 25, 4:53 PM] Emily Kindred: Tamika this was so valuable. Thank you so much for leading by example

[May 25, 4:53 PM] Constance Zaytoun: mystique agent

[May 25, 4:53 PM] TBG\_Amy: This session feels almost like an active meditation on self and being.

[May 25, 4:53 PM] AyaOhara: My agents are so great! All about authenticity

[May 25, 4:53 PM] TinaKien: bye bye dinos

[May 25, 4:53 PM] TamikaSimpkins: Thank you Emily! I believe we're all teaching each other!

[May 25, 4:53 PM] JayeRestivo: Yes, Any Rauch!

[May 25, 4:53 PM] TamikaSimpkins: I agree Amy!!!

[May 25, 4:54 PM] TamikaSimpkins: Love that Aya!

[May 25, 4:54 PM] Alex Ryan: Creating our hollywood!

[May 25, 4:54 PM] JayeRestivo: I love this tribe

[May 25, 4:54 PM] AyaOhara: thanks tamika, you are wonderful!

[May 25, 4:54 PM] TamikaSimpkins: Aya ... you are!!! lol

[May 25, 4:55 PM] KaitlinLarge: Thank you Tamika, I was hanging on your every word. Can't wait to check out ALL your work. Thank you thank you thank you.

[May 25, 4:55 PM] AyaOhara: i loved the part about doing the research on famous actors. people say they came out of nowhere. but it's not true ,they've been on the grind too

[May 25, 4:55 PM] JayeRestivo: Renamed this time as PhD in SMFA

[May 25, 4:55 PM] Constance Zaytoun: a adore how many amazing artists, like Tamika, have other places where we spend our time. it's not 100% acting all the time

[May 25, 4:55 PM] Alex Ryan: Yes! Inspiring!

[May 25, 4:55 PM] Paola Angarita: Plan to succeed but keep open to changes!

[May 25, 4:55 PM] TamikaSimpkins: Yes Constance! Acting is what we do, but not who we are!

[May 25, 4:55 PM] Emily Kindred: Balance

[May 25, 4:55 PM] Emily Kindred: yes

[May 25, 4:56 PM] TamikaSimpkins: So grateful for everyone here and your energy! I'm excited for fellow Philly girl Leah next!!!

[May 25, 4:56 PM] TamikaSimpkins: Go be brilliant y'all ... authentically!!!

[May 25, 4:56 PM] TanyaPerez: Philly girl night!  
[May 25, 4:56 PM] JayeRestivo: Feeling is mutual, Tamika!  
[May 25, 4:56 PM] AngelicaCadena: 10 years to overnight success  
[May 25, 4:56 PM] Constance Zaytoun: it's beautiful & so reassuring. thank you, Tamika and EVERYONE!  
[May 25, 4:56 PM] AmyHarber: that's at 6 pacific, right?  
[May 25, 4:56 PM] AyaOhara: mmhmm \*nodding my head \* !!  
[May 25, 4:56 PM] TBG\_Erin: Yes, 6 pacific. :)  
[May 25, 4:57 PM] AmyHarber: ok...makign sure i have time to film an unboxing vid in between. thank you  
[May 25, 4:57 PM] AyaOhara: \*crushed\*. oh MAN!  
[May 25, 4:57 PM] AyaOhara: it is!  
[May 25, 4:57 PM] Emily Kindred: Holy shhh yessssssss!!!!  
[May 25, 4:58 PM] AyaOhara: why do they sell it?  
[May 25, 4:58 PM] Alex Ryan: Wish fulfillment Aya  
[May 25, 4:58 PM] AyaOhara: ... got it.  
[May 25, 4:58 PM] JayeRestivo: Oh. I thought I could go get a milkshake and be "discovered"  
[May 25, 4:59 PM] AyaOhara: love tom hanks  
[May 25, 4:59 PM] Emily Kindred: yesssss Bonnie!!!  
[May 25, 4:59 PM] ShanayFuller: 50 Where?!?  
[May 25, 5:00 PM] TanyaPerez: Audiences want lived in stories. I am looking forward to see the Hollywood we are making embrace seasoned creatives!  
[May 25, 5:00 PM] TBG\_Amy: Yes, Tanya!  
[May 25, 5:00 PM] BiancaFoscht: Yes, this us sooo good!  
[May 25, 5:00 PM] ShanayFuller: So true, friends and family expect it the most  
[May 25, 5:00 PM] JayeRestivo: I'm loving being at the start of my 70th Decade!!  
[May 25, 5:00 PM] Emily Kindred: When I first wanted to be an actor when I was a kid I remember having this idea in my head that I should move to Hollywood and work in a diner so I could be "discovered" and that's how you became an actor.  
[May 25, 5:00 PM] Emily Kindred: yeesh  
[May 25, 5:00 PM] KaitlinLarge: Yes. Speaking more candidly. It  
[May 25, 5:00 PM] TamikaSimpkins: LEAH!!!!  
[May 25, 5:00 PM] KaitlinLarge: woops. It's so inspiring to hear the work people put in!  
[May 25, 5:00 PM] BiancaFoscht: Thanks!!  
[May 25, 5:01 PM] ShanayFuller: Thanks!!  
[May 25, 5:01 PM] JayeRestivo: WOOHOO!  
[May 25, 5:01 PM] AyaOhara: <3  
[May 25, 5:06 PM] Bonnie G: If you're still seeing Tamika's chat on the mainstage, please refresh the page to load Leah's chat for our 6pm PDT session. :) You ROCK!  
[May 25, 6:30 PM] MichaelHarris: At what stage of the project does Leah like to come in?  
[May 25, 6:47 PM] MichaelHarris: Now's a great time to take the SAG VO orientation... especially if you are not in LA. Requirements are a bit less stiringent.  
[May 30, 4:48 PM] JustineHarrison: interested in website overview!

[Jun 3, 11:22 AM] ZdenkaGoricev Hrdlickova: Great interview, ladies! As always here :-)  
Thank you. I especially liked the 'tailor made' music.