

FYI: Timestamps listed here are not correct, but know that all of the content from the interview is here.

136

00:02:35,810 --> 00:02:37,994

[natalie]: happy new year brian breaks character

137

00:02:37,655 --> 00:02:37,675

[brian]: m

138

00:02:38,154 --> 00:02:43,603

[natalie]: listeners this is natalie i'm the producer
over here at brian breaks character popping in

139

00:02:44,805 --> 00:02:50,255

[natalie]: so wonderful to have you here with
us today and today is very special brian

140

00:02:50,105 --> 00:02:50,765

[brian]: yeah

141

00:02:51,016 --> 00:02:54,021

[natalie]: didn't want to do anything for this
episode he wanted to just do a regular

142

00:02:54,081 --> 00:02:59,250

[natalie]: episode but i convinced him we had
to celebrate the one hundredth episode of brian

143

00:02:59,330 --> 00:03:02,398

[natalie]: brake's character so brian congratulations

144

00:03:01,505 --> 00:03:03,616

[brian]: oh thank you and you know

145

00:03:03,480 --> 00:03:03,825

[natalie]: yeah

146

00:03:03,757 --> 00:03:05,680

[brian]: i always love to celebrate so this
wasn't that you didn't have

147

00:03:05,670 --> 00:03:06,038

[natalie]: oh

148

00:03:05,740 --> 00:03:08,424

[brian]: soun'thaveto like wage a war to get
me to say yes to doing this so

149

00:03:09,326 --> 00:03:09,466

[brian]: but

150

00:03:10,090 --> 00:03:10,312

[natalie]: true

151

00:03:10,107 --> 00:03:10,428

[brian]: i wanted

152

00:03:10,392 --> 00:03:10,493

[natalie]: too

153

00:03:10,468 --> 00:03:10,548

[brian]: to

154

00:03:10,634 --> 00:03:10,795

[natalie]: true

155

00:03:11,289 --> 00:03:15,837

[brian]: right but i think it's right that
we clock something significant and i think that

156

00:03:16,458 --> 00:03:19,084

[brian]: that's so much what i talked to
people about anyways we can move by these

157

00:03:19,164 --> 00:03:23,152

[brian]: big milestones actually can move by big
and small milestones so i wanted to take

158

00:03:23,192 --> 00:03:28,181

[brian]: time today to celebrate the work that
we do and this isn't just listen to

159

00:03:28,221 --> 00:03:30,945

[brian]: us talk about ourselves episodes or some
really great stuff that we want to share

160

00:03:31,006 --> 00:03:33,369

[brian]: today in the episode to so i
though it was a great way to kick

161

00:03:33,410 --> 00:03:33,990

[brian]: off our year i can't

162

00:03:33,900 --> 00:03:34,264

[natalie]: oh

163

00:03:34,011 --> 00:03:36,354

[brian]: believe it lined up at the beginning
of twenty three how weird

164

00:03:36,940 --> 00:03:38,063

[natalie]: no are we good or what

165

00:03:38,825 --> 00:03:39,547

[brian]: i guess i didn't even

166

00:03:39,488 --> 00:03:39,829

[natalie]: sorry

167

00:03:39,647 --> 00:03:44,134

[brian]: try that like episode like the podcast
lounged in june june was it june

168

00:03:44,251 --> 00:03:45,758

[natalie]: june two thousand

169

00:03:45,267 --> 00:03:45,790

[brian]: of twenty

170

00:03:46,582 --> 00:03:47,747

[natalie]: twenty twenty one

171

00:03:47,775 --> 00:03:49,538

[brian]: went one twenty one a yeah

172

00:03:49,700 --> 00:03:49,922

[natalie]: yeah

173

00:03:49,719 --> 00:03:51,061

[brian]: totally we're

174

00:03:50,950 --> 00:03:51,110

[natalie]: and i

175

00:03:51,081 --> 00:03:51,242

[brian]: still

176

00:03:51,170 --> 00:03:51,451

[natalie]: realize

177

00:03:51,282 --> 00:03:51,502

[brian]: feeling

178

00:03:51,511 --> 00:03:54,597

[natalie]: i'm doing text stuff at the same
time so if it looks weird on you

179

00:03:54,677 --> 00:03:55,358

[natalie]: tube i'm like

180

00:03:56,057 --> 00:03:56,157

[brian]: all

181

00:03:56,120 --> 00:03:56,421

[natalie]: looking

182

00:03:56,197 --> 00:03:56,458

[brian]: right now

183

00:03:56,501 --> 00:03:56,582

[natalie]: at

184

00:03:56,519 --> 00:03:56,980

[brian]: as you're doing this

185

00:03:56,923 --> 00:03:57,063

[natalie]: all

186

00:03:57,000 --> 00:03:57,081

[brian]: our

187

00:03:57,104 --> 00:03:57,304

[natalie]: kinds

188

00:03:57,241 --> 00:03:57,442

[brian]: looking

189

00:03:57,344 --> 00:03:57,726

[natalie]: of things

190

00:03:57,482 --> 00:04:00,292

[brian]: at our levels great perfect so

191

00:04:00,617 --> 00:04:00,737

[natalie]: so

192

00:04:01,355 --> 00:04:01,555

[brian]: so at

193

00:04:01,743 --> 00:04:01,825

[natalie]: ah

194

00:04:01,755 --> 00:04:04,981

[brian]: some let's so so this episode i
gonna be a little meta for our listeners

195

00:04:05,021 --> 00:04:07,365

[brian]: out there we're gonna be talking about
the podcast and we're going to be high

196

00:04:07,385 --> 00:04:12,513

[brian]: lighting some really um landmark episodes that
we think are worth revisiting as well as

197

00:04:12,593 --> 00:04:16,179

[brian]: sharing some kind in tail about how
the podcast came to be so for the

198

00:04:16,219 --> 00:04:19,986

[brian]: creators out there i know that that's
that's our audience i think you'll find that

199

00:04:20,006 --> 00:04:24,213

[brian]: there's a lot of great take aways
around growth mistakes that we made things that

200

00:04:24,233 --> 00:04:26,456

[brian]: i thought we nailed that we d
love to share with you that you might

201

00:04:26,517 --> 00:04:29,802

[brian]: work again for anybody else who's launching anything you know in addition to a podcast

202

00:04:30,423 --> 00:04:32,987

[brian]: um but well we'll kind of walk through some of that stuff so a hundred

203

00:04:33,047 --> 00:04:36,012

[brian]: episodes that's a lot of guests right we've had

204

00:04:36,070 --> 00:04:36,090

[natalie]: a

205

00:04:36,133 --> 00:04:36,273

[brian]: over

206

00:04:36,312 --> 00:04:36,573

[natalie]: lot

207

00:04:36,353 --> 00:04:36,774

[brian]: eighty nine

208

00:04:36,633 --> 00:04:37,156

[natalie]: of guests

209

00:04:36,834 --> 00:04:37,578

[brian]: guests is that right

210

00:04:38,340 --> 00:04:39,541

[natalie]: over eighty nine guests some

211

00:04:39,557 --> 00:04:39,638

[brian]: ah

212

00:04:39,601 --> 00:04:42,744

[natalie]: have been two time even some three
time guests so

213

00:04:42,825 --> 00:04:45,868

[brian]: wild who's a three time guest i'm
trying to think

214

00:04:45,807 --> 00:04:46,027

[natalie]: um

215

00:04:45,908 --> 00:04:46,309

[brian]: of someone

216

00:04:46,468 --> 00:04:46,608

[natalie]: like

217

00:04:46,709 --> 00:04:46,850

[brian]: like

218

00:04:46,728 --> 00:04:47,309

[natalie]: joe kelly

219

00:04:47,711 --> 00:04:49,473

[brian]: joe kelly and what about san

220

00:04:49,260 --> 00:04:49,704

[natalie]: joe killing

221

00:04:49,533 --> 00:04:50,354

[brian]: jane a three timer

222

00:04:51,012 --> 00:04:51,515

[natalie]: shan is

223

00:04:51,611 --> 00:04:51,631

[brian]: i

224

00:04:51,655 --> 00:04:52,298

[natalie]: at least two

225

00:04:52,835 --> 00:04:53,035

[brian]: okay

226

00:04:53,042 --> 00:04:53,243

[natalie]: san

227

00:04:53,155 --> 00:04:53,416

[brian]: and i think

228

00:04:53,303 --> 00:04:53,625

[natalie]: is least

229

00:04:53,576 --> 00:04:53,777

[brian]: he might

230

00:04:53,705 --> 00:04:53,785

[natalie]: to

231

00:04:53,797 --> 00:04:57,545

[brian]: also be in a bonus episode as well where he's mentioned again yeah

232

00:04:56,500 --> 00:04:58,572

[natalie]: yeah he's bonus and then he popped

233

00:04:58,535 --> 00:04:59,234

[brian]: yea

234

00:04:58,672 --> 00:05:02,017

[natalie]: in and yeah guest hosted that time

235

00:05:02,175 --> 00:05:03,838

[brian]: oh that's right totally so one of the reasons

236

00:05:03,850 --> 00:05:04,034

[natalie]: yeah

237

00:05:03,878 --> 00:05:05,881

[brian]: it's hard for us to give you a firm number on the number of guests

238

00:05:05,922 --> 00:05:08,285

[brian]: we've had is if you've ever listened to if you've listened to me f he

239

00:05:08,305 --> 00:05:11,911

[brian]: episodes obviously you have we have ones where we have a full crew of people

240

00:05:11,972 --> 00:05:15,037

[brian]: there for a q and a call
where i'm actually jing a big group of

241

00:05:15,097 --> 00:05:20,068

[brian]: people so the number of guests there
is you know off the charts for in

242

00:05:20,128 --> 00:05:22,373

[brian]: a single episode sometimes um

243

00:05:22,370 --> 00:05:24,111

[natalie]: yeah and those are some of my
favorites brian

244

00:05:24,705 --> 00:05:24,866

[brian]: yeah

245

00:05:24,832 --> 00:05:27,996

[natalie]: i love when we get to give
the sneak peak of you like in action

246

00:05:28,156 --> 00:05:28,376

[natalie]: doing

247

00:05:28,295 --> 00:05:28,582

[brian]: yeah

248

00:05:28,416 --> 00:05:29,397

[natalie]: what you do you know

249

00:05:29,835 --> 00:05:32,219

[brian]: i love who saying that i'll tell
yu why i love them i love them

250

00:05:32,280 --> 00:05:37,068

[brian]: because it's coaching and and a call
specifically for the podcast is so different than

251

00:05:37,088 --> 00:05:41,255

[brian]: when i'm coaching inside of my programs
because i'm sure you know you all know

252

00:05:41,335 --> 00:05:44,540

[brian]: my program agent goals that helps you
get an agent my program odishinmagnet helps you

253

00:05:44,620 --> 00:05:49,869

[brian]: get more audition actor operating system was
my is my membership program and so those

254

00:05:49,969 --> 00:05:53,896

[brian]: ones i'm really coaching directly towards necessarily
some kind of result and then the calls

255

00:05:53,936 --> 00:05:56,199

[brian]: we get to have on the podcast
off one side this is kind of the

256

00:05:56,219 --> 00:06:00,206

[brian]: work that i do inside of um
my v p s i'll do in my

257

00:06:00,266 --> 00:06:03,291

[brian]: master mind is the wholistic part of everything

258

00:06:03,369 --> 00:06:03,390

[natalie]: m

259

00:06:03,391 --> 00:06:06,076

[brian]: like you know remember one of the most recent ones we talk about someone talking

260

00:06:06,116 --> 00:06:08,802

[brian]: about like i want to get pregnant and i want to know how i can

261

00:06:08,883 --> 00:06:09,304

[brian]: talk about

262

00:06:09,178 --> 00:06:09,299

[natalie]: oh

263

00:06:09,384 --> 00:06:11,569

[brian]: it and i like it was so heartfelt and

264

00:06:11,610 --> 00:06:11,772

[natalie]: oh

265

00:06:11,709 --> 00:06:17,119

[brian]: honest about how do i i maintain that messaging in the world and i want

266

00:06:17,160 --> 00:06:19,123

[brian]: to make sure i'm getting work and what is that going to look like and

267

00:06:19,183 --> 00:06:21,787

[brian]: so we really got to we get a chance or to look at some of

268

00:06:22,308 --> 00:06:24,151

[brian]: the other stuff besides just the hard and fast

269

00:06:24,120 --> 00:06:24,303

[natalie]: oh

270

00:06:24,211 --> 00:06:27,737

[brian]: results which of course our fast results are exciting also but i think that those

271

00:06:27,777 --> 00:06:31,264

[brian]: podcast episodes and that's that episode is just a few back from this one what

272

00:06:31,304 --> 00:06:35,311

[brian]: number is at what number was ninety seven ninety six i feel like

273

00:06:35,771 --> 00:06:36,073

[natalie]: ninety

274

00:06:36,073 --> 00:06:36,293

[brian]: a good

275

00:06:36,194 --> 00:06:37,301

[natalie]: five and ninety six

276

00:06:37,525 --> 00:06:39,050

[brian]: ninety five in six yeah those two episodes

277

00:06:39,010 --> 00:06:39,212

[natalie]: yeah

278

00:06:39,070 --> 00:06:39,311

[brian]: so just

279

00:06:39,353 --> 00:06:39,454

[natalie]: that

280

00:06:39,371 --> 00:06:39,531

[brian]: a few

281

00:06:39,495 --> 00:06:39,575

[natalie]: was

282

00:06:39,612 --> 00:06:39,732

[brian]: war

283

00:06:39,656 --> 00:06:39,676

[natalie]: a

284

00:06:39,792 --> 00:06:39,933

[brian]: yeah

285

00:06:40,080 --> 00:06:40,543

[natalie]: two parter

286

00:06:41,195 --> 00:06:41,495

[brian]: totally

287

00:06:41,670 --> 00:06:43,260

[natalie]: m hm

288

00:06:42,818 --> 00:06:45,302

[brian]: one of the things that so i
don't know if everyone who's listening if you

289

00:06:45,342 --> 00:06:47,345

[brian]: know this but one of the things
you try to track to see if a

290

00:06:47,405 --> 00:06:50,931

[brian]: podcast is doing any good like is
anyone listening to this anybody out there

291

00:06:51,240 --> 00:06:51,462

[natalie]: yeah

292

00:06:51,652 --> 00:06:52,914

[brian]: is you see how many downloads

293

00:06:52,440 --> 00:06:52,706

[natalie]: yeah

294

00:06:53,095 --> 00:06:55,980

[brian]: have and so we've always been like tracking like let's

295

00:06:55,961 --> 00:06:56,123

[natalie]: yeah

296

00:06:56,040 --> 00:06:58,063

[brian]: just hope this number kind of goes up

297

00:06:58,140 --> 00:06:58,740

[natalie]: oh

298

00:06:58,624 --> 00:07:04,834

[brian]: and so to date were at about ninety two thousand down loads which is pretty

299

00:07:05,215 --> 00:07:07,138

[brian]: they're like great brand does that mean anything which is

300

00:07:07,260 --> 00:07:09,519

[natalie]: yeah

301

00:07:07,338 --> 00:07:09,502

[brian]: pretty damn good because that means about we're about

302

00:07:09,870 --> 00:07:10,032

[natalie]: oh

303

00:07:09,903 --> 00:07:12,667

[brian]: what is it two thousand a week
is that fifteen hundred or two thousand a

304

00:07:12,707 --> 00:07:13,749

[brian]: week is that how that works

305

00:07:13,591 --> 00:07:13,894

[natalie]: correct

306

00:07:13,789 --> 00:07:14,070

[brian]: nataly

307

00:07:13,975 --> 00:07:14,157

[natalie]: yeah

308

00:07:14,290 --> 00:07:14,450

[brian]: yeah

309

00:07:14,501 --> 00:07:14,643

[natalie]: yep

310

00:07:14,631 --> 00:07:18,758

[brian]: great which is where we're off the
charts that because that means like that's about

311

00:07:18,818 --> 00:07:22,083

[brian]: you know between like five thousand a
month is about where we're

312

00:07:22,101 --> 00:07:22,245

[natalie]: right

313

00:07:22,123 --> 00:07:25,409

[brian]: at right and that's exactly what we were hoping for and that's a number that

314

00:07:25,449 --> 00:07:28,093

[brian]: we can be really proud of and and to be very clear we have only

315

00:07:28,193 --> 00:07:32,661

[brian]: you to thank listener that something we can't do and and everything that we do

316

00:07:32,721 --> 00:07:36,207

[brian]: here you know i was we had an event this past week end with my

317

00:07:36,267 --> 00:07:38,771

[brian]: community was a live event here in we went for hike and then i got

318

00:07:38,811 --> 00:07:42,677

[brian]: everybody doughnuts and fancy doughnuts and co i'll post on an instagram if yu haven't

319

00:07:42,697 --> 00:07:49,128

[brian]: seen it already um and afterwards one of the things that you know someone's asked

320

00:07:49,148 --> 00:07:53,215

[brian]: me about interview styling whatever and i said you know i am so awa or

321

00:07:53,716 --> 00:07:57,562

[brian]: when we're recording this podcast that i am buying every second of your time dear

322

00:07:57,662 --> 00:07:58,343

[brian]: sweet generous

323

00:07:58,290 --> 00:07:58,412

[natalie]: ye

324

00:07:58,384 --> 00:08:02,550

[brian]: listener and that i am driving to make sure that every thing that a guest

325

00:08:02,631 --> 00:08:07,158

[brian]: is sharing has a take away and value to you and if someone was watching

326

00:08:07,198 --> 00:08:07,960

[brian]: the inside of my brain

327

00:08:07,950 --> 00:08:08,299

[natalie]: yeah

328

00:08:08,000 --> 00:08:09,843

[brian]: i'm sure there's like steam coming out between my ears

329

00:08:09,724 --> 00:08:09,826

[natalie]: ah

330

00:08:10,484 --> 00:08:13,990

[brian]: and i was talking to timothy rise
and daniel blackman who i think are on

331

00:08:14,070 --> 00:08:17,196

[brian]: episode ninety seven am i making that
up i do a good guest is that

332

00:08:17,256 --> 00:08:18,021

[brian]: right i think i did good

333

00:08:17,931 --> 00:08:18,172

[natalie]: very

334

00:08:18,061 --> 00:08:18,202

[brian]: there

335

00:08:18,293 --> 00:08:18,735

[natalie]: close

336

00:08:18,886 --> 00:08:19,732

[brian]: very exactly

337

00:08:19,197 --> 00:08:20,201

[natalie]: ninety eight

338

00:08:20,966 --> 00:08:21,026

[brian]: you

339

00:08:21,005 --> 00:08:21,266

[natalie]: ninety

340

00:08:21,066 --> 00:08:21,366

[brian]: all did know

341

00:08:21,346 --> 00:08:21,507

[natalie]: eight

342

00:08:21,386 --> 00:08:23,089

[brian]: this is going to be a quiz
for brian it

343

00:08:23,250 --> 00:08:23,592

[natalie]: oh

344

00:08:23,670 --> 00:08:25,353

[brian]: they were and they were talking and
and timothy was

345

00:08:25,320 --> 00:08:25,582

[natalie]: yeah

346

00:08:25,393 --> 00:08:29,820

[brian]: just saying like one of the things
that he liked about being a guest and

347

00:08:29,860 --> 00:08:33,687

[brian]: this is a compliment to him i
think more than me that he was helping

348

00:08:33,747 --> 00:08:38,334

[brian]: me to organize his thoughts so that
he truly was able to make a point

349

00:08:38,375 --> 00:08:41,981

[brian]: with why he came on the podcast
right and their point was really about grace

350

00:08:42,301 --> 00:08:45,405

[brian]: elegance and i think a lot of
heart in compassion

351

00:08:45,421 --> 00:08:45,523

[natalie]: ah

352

00:08:45,686 --> 00:08:48,048

[brian]: and good manners being what helped them
build their

353

00:08:48,006 --> 00:08:48,026

[natalie]: h

354

00:08:48,088 --> 00:08:48,568

[brian]: business so

355

00:08:48,519 --> 00:08:48,540

[natalie]: m

356

00:08:49,469 --> 00:08:52,312

[brian]: i think that that is so i
just where i want to bring her on

357

00:08:52,352 --> 00:08:56,397

[brian]: me lay on this plane and were
i'm landing the plane is your listener i

358

00:08:56,497 --> 00:09:00,043

[brian]: am always trying to create a podcast
where there's space that you are walking away

359

00:09:00,063 --> 00:09:02,507

[brian]: with a take away so if i'm
ever missing the beat please don't hasotaketo give

360

00:09:02,567 --> 00:09:07,836

[brian]: us wonderful compliments that you know at
brian brian bricks character duct brian at brian

361

00:09:07,876 --> 00:09:11,322

[brian]: patacka dot com or if you feel
like sending us some criticism you can send

362

00:09:11,342 --> 00:09:11,542

[brian]: that to

363

00:09:11,580 --> 00:09:12,300

[natalie]: yeah

364

00:09:11,622 --> 00:09:13,004

[brian]: span at brian tack dot com

365

00:09:12,980 --> 00:09:13,060

[natalie]: ah

366

00:09:14,968 --> 00:09:18,053

[brian]: no i'm totally i'm totally kid i'm
totally're very open to feed back and if

367

00:09:18,073 --> 00:09:18,373

[brian]: you ever have

368

00:09:18,376 --> 00:09:18,677

[natalie]: yes

369

00:09:18,694 --> 00:09:21,198

[brian]: i want to open the you now
we've never said this before neatly but like

370

00:09:21,679 --> 00:09:25,505

[brian]: we are we are very responsive to
people suggesting guests for us you know i

371

00:09:25,525 --> 00:09:26,186

[brian]: think we actually have a

372

00:09:26,186 --> 00:09:26,700

[natalie]: hm

373

00:09:26,246 --> 00:09:28,390

[brian]: lot of great we've had a lot
of great some of our greatest guests have

374

00:09:28,430 --> 00:09:30,293

[brian]: come i want to just call

375

00:09:30,180 --> 00:09:30,444

[natalie]: robert

376

00:09:30,333 --> 00:09:30,814

[brian]: out malise

377

00:09:30,505 --> 00:09:30,790

[natalie]: king

378

00:09:31,315 --> 00:09:31,736

[brian]: robert would

379

00:09:31,771 --> 00:09:31,872

[natalie]: oh

380

00:09:31,796 --> 00:09:32,757

[brian]: call it melissa malis

381

00:09:32,790 --> 00:09:32,951

[natalie]: yep

382

00:09:32,897 --> 00:09:33,539

[brian]: s he one mala

383

00:09:33,393 --> 00:09:33,534

[natalie]: yep

384

00:09:33,839 --> 00:09:34,260

[brian]: who sent us

385

00:09:35,090 --> 00:09:35,312

[natalie]: yeah

386

00:09:35,301 --> 00:09:40,370

[brian]: a brynersanders has sent us robert king
andre sent us naming mcdoogl jones which

387

00:09:40,364 --> 00:09:40,505

[natalie]: that

388

00:09:40,390 --> 00:09:40,550

[brian]: is one

389

00:09:40,525 --> 00:09:40,626

[natalie]: was

390

00:09:40,590 --> 00:09:40,731

[brian]: of our

391

00:09:40,706 --> 00:09:41,028

[natalie]: before

392

00:09:40,831 --> 00:09:41,071

[brian]: first

393

00:09:41,089 --> 00:09:41,109

[natalie]: i

394

00:09:41,151 --> 00:09:41,412

[brian]: guests

395

00:09:41,190 --> 00:09:41,673

[natalie]: was here

396

00:09:41,552 --> 00:09:44,417

[brian]: yeah before you've been here wait so
let's so if you have listen to those

397

00:09:44,437 --> 00:09:45,619

[brian]: two episodes name mcdoogle

398

00:09:45,450 --> 00:09:46,230

[natalie]: oh

399

00:09:45,679 --> 00:09:49,465

[brian]: jones is such a revolutionary film maker
she's got an incubator for film makers and

400

00:09:49,505 --> 00:09:53,973

[brian]: content creators i think she's episode number
three or two it's number two great

401

00:09:53,991 --> 00:09:54,112

[natalie]: two

402

00:09:54,153 --> 00:09:57,460

[brian]: see if if you're watch and if
you watch us on you tube you'll see

403

00:09:57,500 --> 00:10:00,066

[brian]: that now gave me she just cheated
you put two fingers

404

00:09:59,880 --> 00:10:00,083

[natalie]: oh

405

00:10:00,106 --> 00:10:02,672

[brian]: in the air so i figured it
out but

406

00:10:02,936 --> 00:10:05,024

[natalie]: right i'm actually on camera i'm on camera

407

00:10:04,795 --> 00:10:04,935

[brian]: we're

408

00:10:05,064 --> 00:10:05,205

[natalie]: right

409

00:10:05,076 --> 00:10:05,316

[brian]: camera

410

00:10:05,245 --> 00:10:05,365

[natalie]: now

411

00:10:05,376 --> 00:10:05,496

[brian]: yeah

412

00:10:05,486 --> 00:10:05,666

[natalie]: that's

413

00:10:05,556 --> 00:10:05,777

[brian]: we're in

414

00:10:05,747 --> 00:10:05,907

[natalie]: right

415

00:10:05,837 --> 00:10:08,040

[brian]: camera together here you forgot that you

416

00:10:08,040 --> 00:10:10,890

[natalie]: oh

417

00:10:08,261 --> 00:10:11,005

[brian]: everyone can see that but yeah so
if everyone

418

00:10:10,890 --> 00:10:11,132

[natalie]: yeah

419

00:10:11,025 --> 00:10:12,969

[brian]: has a suggested to guest that we
want to hear from you as well so

420

00:10:13,469 --> 00:10:16,715

[brian]: one of the tings i wanted to
get into today you'll get me under if

421

00:10:16,776 --> 00:10:21,107

[brian]: i miss anything here is putting a
podcast you know you were there when it

422

00:10:21,147 --> 00:10:23,510

[brian]: first started can you take us kind
of back

423

00:10:23,701 --> 00:10:23,823

[natalie]: like

424

00:10:23,811 --> 00:10:26,925

[brian]: like how many episodes that i dropped

by the time you came on by the

425

00:10:26,945 --> 00:10:27,585

[brian]: way i can't believe i did

426

00:10:27,564 --> 00:10:27,705

[natalie]: yeah

427

00:10:27,605 --> 00:10:29,507

[brian]: this ever without you like we're pulling

428

00:10:29,310 --> 00:10:29,471

[natalie]: oh

429

00:10:29,547 --> 00:10:31,789

[brian]: our hair out trying to make this
thing like it was a little

430

00:10:31,710 --> 00:10:32,093

[natalie]: uh

431

00:10:32,350 --> 00:10:35,032

[brian]: we were a little wild over here
trying to make this thing happen and then

432

00:10:35,152 --> 00:10:35,853

[brian]: we finally had you

433

00:10:35,971 --> 00:10:40,158

[natalie]: oh well a couple of things brian
i came on

434

00:10:40,097 --> 00:10:40,260

[brian]: thank

435

00:10:40,318 --> 00:10:40,398

[natalie]: and

436

00:10:40,402 --> 00:10:40,463

[brian]: our

437

00:10:40,458 --> 00:10:43,363

[natalie]: we were releasing episode nine with nick
wooton

438

00:10:43,841 --> 00:10:44,244

[brian]: okay great

439

00:10:44,104 --> 00:10:51,723

[natalie]: um and but i can still remember
so i you hired me which was

440

00:10:51,685 --> 00:10:51,849

[brian]: yeah

441

00:10:51,763 --> 00:10:52,304

[natalie]: so exciting

442

00:10:52,557 --> 00:10:52,741

[brian]: yeah

443

00:10:53,305 --> 00:10:54,968

[natalie]: but i hadn't started yet and i

444

00:10:54,995 --> 00:10:55,156

[brian]: ye

445

00:10:55,108 --> 00:10:58,374

[natalie]: remember you dropped the first episode and
i was listening to it in my kitchen

446

00:10:58,434 --> 00:10:59,976

[natalie]: it was sam valentine episode

447

00:10:59,815 --> 00:11:00,155

[brian]: yet

448

00:11:00,016 --> 00:11:00,617

[natalie]: number one

449

00:11:00,777 --> 00:11:01,278

[brian]: the wonderful

450

00:11:01,258 --> 00:11:01,339

[natalie]: and

451

00:11:01,338 --> 00:11:02,881

[brian]: sam valentine yes episode number

452

00:11:02,890 --> 00:11:03,050

[natalie]: yeah

453

00:11:03,021 --> 00:11:03,121

[brian]: one

454

00:11:03,190 --> 00:11:03,270

[natalie]: and

455

00:11:03,242 --> 00:11:04,745

[brian]: totally yeah

456

00:11:04,092 --> 00:11:07,397

[natalie]: episode number one and you like released it early and i remember like i have

457

00:11:07,437 --> 00:11:10,723

[natalie]: chills thinking about it because i was like oh my gosh i'm so excited to

458

00:11:10,763 --> 00:11:13,567

[natalie]: be a part of this podcast and like this is so amazing and i was

459

00:11:13,608 --> 00:11:17,673

[natalie]: just so in awe like i really felt i think i wrote you afterwards like

460

00:11:18,508 --> 00:11:18,729

[brian]: yes

461

00:11:18,575 --> 00:11:18,855

[natalie]: i'm so

462

00:11:18,850 --> 00:11:19,051

[brian]: i think

463

00:11:18,936 --> 00:11:19,156

[natalie]: happy

464

00:11:19,071 --> 00:11:19,172

[brian]: you

465

00:11:19,236 --> 00:11:20,158

[natalie]: i'm coming on the team

466

00:11:19,998 --> 00:11:20,259

[brian]: yes

467

00:11:20,218 --> 00:11:20,558

[natalie]: and like

468

00:11:21,005 --> 00:11:21,935

[brian]: yeah

469

00:11:21,660 --> 00:11:26,749

[natalie]: um so to start then and to
step into it and have you allowed me

470

00:11:26,889 --> 00:11:28,663

[natalie]: to come in with your baby

471

00:11:29,867 --> 00:11:30,289

[brian]: thanks

472

00:11:30,040 --> 00:11:32,262

[natalie]: you know was really special because

473

00:11:32,228 --> 00:11:32,248

[brian]: h

474

00:11:32,322 --> 00:11:33,183

[natalie]: you put a lot of work

475

00:11:33,164 --> 00:11:33,185

[brian]: h

476

00:11:33,303 --> 00:11:34,124

[natalie]: in and then you like like

477

00:11:34,514 --> 00:11:34,535

[brian]: m

478

00:11:34,544 --> 00:11:36,246

[natalie]: you're going to get to take this
on like

479

00:11:36,196 --> 00:11:36,378

[brian]: yeah

480

00:11:36,286 --> 00:11:37,848

[natalie]: that was that was really cool

481

00:11:38,436 --> 00:11:42,202

[brian]: well i'll just say neli when we
so i'll just everyone nellie is so good

482

00:11:42,242 --> 00:11:45,187

[brian]: at her job i cannot even say

enough great things about it

483

00:11:46,205 --> 00:11:46,308

[natalie]: ah

484

00:11:46,329 --> 00:11:50,215

[brian]: but part of what made nellie very good her job is she's super maticular about

485

00:11:50,716 --> 00:11:55,003

[brian]: the sound about getting things on time taking good care of our guests all the

486

00:11:55,023 --> 00:11:57,948

[brian]: things at you would expect from a producer but also the care that i think

487

00:11:57,988 --> 00:12:00,232

[brian]: you put into like we want these to be content that we actually that is

488

00:12:00,272 --> 00:12:02,836

[brian]: the content we're tying to put out into the world somethin i think we're challenged

489

00:12:02,877 --> 00:12:04,499

[brian]: by and we'll get into that a little bit about how we're

490

00:12:04,762 --> 00:12:05,250

[natalie]: hm

491

00:12:04,900 --> 00:12:08,185

[brian]: really trying to stretch the boundaries of here but i'll also say that first episode

492

00:12:08,225 --> 00:12:11,771

[brian]: you listen to is in if you haven't listen episode number one all it is

493

00:12:11,831 --> 00:12:11,912

[brian]: one

494

00:12:11,850 --> 00:12:12,690

[natalie]: yeah

495

00:12:11,952 --> 00:12:13,614

[brian]: of our samvalnce

496

00:12:13,574 --> 00:12:13,656

[natalie]: ah

497

00:12:13,935 --> 00:12:19,484

[brian]: and i have the messiest in the good way conversation around limitations and limiting beliefs

498

00:12:19,524 --> 00:12:23,030

[brian]: and breaking through them in our sound from then to now i think it's like

499

00:12:23,471 --> 00:12:26,977

[brian]: i'd like to say it's like a hundred times better like because we were and

500

00:12:27,037 --> 00:12:27,337

[brian]: i remember

501

00:12:27,230 --> 00:12:27,290

[natalie]: we

502

00:12:27,377 --> 00:12:27,437

[brian]: we

503

00:12:27,390 --> 00:12:27,611

[natalie]: worked

504

00:12:27,458 --> 00:12:27,658

[brian]: were like

505

00:12:27,651 --> 00:12:27,912

[natalie]: hard

506

00:12:28,159 --> 00:12:31,584

[brian]: yeah we looked hard and you like
i'm like hanging carpets up on the walls

507

00:12:31,665 --> 00:12:32,686

[brian]: in this office and like

508

00:12:32,730 --> 00:12:32,891

[natalie]: oh

509

00:12:32,746 --> 00:12:34,369

[brian]: trying to make it work better and
like i remember the whole

510

00:12:34,290 --> 00:12:34,612

[natalie]: yeah

511

00:12:34,429 --> 00:12:34,890

[brian]: journey right

512

00:12:35,490 --> 00:12:36,330

[natalie]: yeah

513

00:12:36,072 --> 00:12:38,216

[brian]: but what i want where i wanted

514

00:12:38,220 --> 00:12:38,910

[natalie]: oh

515

00:12:38,256 --> 00:12:43,568

[brian]: to bring this was m you know
as we bring on guests you know nettle

516

00:12:43,628 --> 00:12:48,236

[brian]: and i are i'm committed to of
course speaking to actors which is a majority

517

00:12:48,276 --> 00:12:52,142

[brian]: of the audience that tunes in here
but i really am committed to the creative

518

00:12:52,223 --> 00:12:55,668

[brian]: journey for anyone who i believe everyone
is creative at heart or actually i believe

519

00:12:55,688 --> 00:12:58,553

[brian]: that everyone is creative resourceful and whole at heart that's the way i would truly

520

00:12:58,593 --> 00:13:05,304

[brian]: describe any human being and the idea that putting yourself out there is a part

521

00:13:05,344 --> 00:13:09,411

[brian]: of creativity unless you're doing it alone in your bedroom with for you no one

522

00:13:09,451 --> 00:13:13,778

[brian]: ever to see typically creativity is unless it is a hobby right okay which is

523

00:13:13,839 --> 00:13:19,628

[brian]: totally great but typically creativity is meant to be embraced shared n touched experienced in

524

00:13:19,708 --> 00:13:23,755

[brian]: some way right and so unes you're emily dickinson i guess and then we discover

525

00:13:23,815 --> 00:13:25,238

[brian]: all your poems afterward or something or

526

00:13:25,380 --> 00:13:26,310

[natalie]: yeah

527

00:13:25,638 --> 00:13:29,044

[brian]: you hear about those painters who like they live in a garage and then when

528

00:13:29,084 --> 00:13:31,228

[brian]: they die find a hundred paintings or whatever it so i'm

529

00:13:31,283 --> 00:13:31,588

[natalie]: right

530

00:13:31,288 --> 00:13:34,854

[brian]: talking to the ones who are typical or trying to have this journey while they're alive and

531

00:13:35,435 --> 00:13:41,645

[brian]: to to broaden our scope to not just encompass the entertainment industry because what think

532

00:13:41,745 --> 00:13:46,633

[brian]: happens is it is you know we've talked about this terminal uniqueness idea of like

533

00:13:46,834 --> 00:13:50,820

[brian]: i am so different from everybody else or like my journey is like nobody else

534

00:13:50,940 --> 00:13:55,127

[brian]: is and i think if we keep our conversation side in the entertainment business we're

535

00:13:55,147 --> 00:13:58,273

[brian]: missing out on the like hey the photographer kind of has a lot of the

536

00:13:58,313 --> 00:14:01,177

[brian]: same challenges of like i'm good at taking photos but not as good at the

537

00:14:01,197 --> 00:14:05,144

[brian]: marketing piece or the business piece or how to make money at this thing or

538

00:14:05,204 --> 00:14:09,131

[brian]: we do count to the writer and so you'll notice from the beginning of the

539

00:14:09,351 --> 00:14:12,797

[brian]: conception of this podcast we're not just talking to people that actors cared about were

540

00:14:12,817 --> 00:14:18,386

[brian]: talking about the big broad scope of creativity and then we have months september which

541

00:14:18,406 --> 00:14:20,871

[brian]: i feel like you could share about like this past september like that month was

542

00:14:21,091 --> 00:14:21,692

[brian]: you go ahead and a

543

00:14:21,870 --> 00:14:21,970

[natalie]: it's

544

00:14:21,893 --> 00:14:22,013

[brian]: what

545

00:14:22,171 --> 00:14:23,175

[natalie]: all about auditions

546

00:14:23,246 --> 00:14:23,410

[brian]: yeah

547

00:14:23,376 --> 00:14:23,517

[natalie]: all

548

00:14:24,388 --> 00:14:24,592

[brian]: okay

549

00:14:24,410 --> 00:14:25,732

[natalie]: give me give me more editions

550

00:14:25,685 --> 00:14:25,885

[brian]: yeah

551

00:14:25,872 --> 00:14:29,839

[natalie]: and that's i mean that's the fun part too with this podcast with stuff that

552

00:14:29,919 --> 00:14:32,042

[natalie]: we're working on inside the team that we can bring

553

00:14:31,936 --> 00:14:32,282

[brian]: good point

554

00:14:32,743 --> 00:14:35,268

[natalie]: out to our audience some more and

really focus

555

00:14:35,195 --> 00:14:35,885

[brian]: yeah

556

00:14:35,328 --> 00:14:39,018

[natalie]: on a month of getting audition because
what actor doesn't want more auditions

557

00:14:39,305 --> 00:14:40,046

[brian]: yeah i always think

558

00:14:39,931 --> 00:14:40,601

[natalie]: no i mean

559

00:14:40,407 --> 00:14:41,989

[brian]: i was what i call those months

560

00:14:42,090 --> 00:14:43,200

[natalie]: oh

561

00:14:42,109 --> 00:14:44,333

[brian]: are mc donald's months and i said
you got to give

562

00:14:44,280 --> 00:14:44,442

[natalie]: oh

563

00:14:44,373 --> 00:14:46,497

[brian]: him the fast food i said you
got to give the actors what they want

564

00:14:46,517 --> 00:14:50,904

[brian]: you can't just give them the prime
rib you can just can only be doing

565

00:14:50,781 --> 00:14:50,942

[natalie]: right

566

00:14:50,924 --> 00:14:54,129

[brian]: your you're you're your fancy because we
got to we have to also get what

567

00:14:54,190 --> 00:14:57,755

[brian]: we need i mean not sang er
only macdonalds but sometimes we need those easy

568

00:14:57,884 --> 00:14:58,366

[natalie]: sometimes

569

00:14:57,916 --> 00:15:01,361

[brian]: episodes that are about tell me how
to get more editions and all that stuff

570

00:15:01,381 --> 00:15:04,527

[brian]: so i think that's really really cool
you know there's another number i want to

571

00:15:04,567 --> 00:15:07,672

[brian]: just track for everybody in this number
lean i didn't know about this number until

572

00:15:07,712 --> 00:15:11,358

[brian]: someone else told us about it so

there is there's a thing called listen score

573

00:15:11,599 --> 00:15:15,044

[brian]: that's out in the world that podcastpodcast
are using you'll tell me if

574

00:15:15,073 --> 00:15:15,337

[natalie]: listen

575

00:15:15,084 --> 00:15:15,325

[brian]: i this

576

00:15:15,398 --> 00:15:15,661

[natalie]: notes

577

00:15:15,505 --> 00:15:19,712

[brian]: right listen notes right okay sorry so
to get this right and it tells you

578

00:15:20,093 --> 00:15:24,360

[brian]: how much your podcast is actually being
listened to so to give that some scope

579

00:15:24,801 --> 00:15:30,818

[brian]: there are about three million podcasts in
the war a and you dear listener have

580

00:15:30,878 --> 00:15:34,642

[brian]: made us one of the top one
percent of most popular shows out of the

581

00:15:34,682 --> 00:15:38,166

[brian]: three million in the world so let me see if i get this right and

582

00:15:38,306 --> 00:15:40,670

[brian]: ling you'll correct me like if you think about this everyone of their bother has

583

00:15:40,710 --> 00:15:43,435

[brian]: a podcast is what the way we all kind of think about it right so

584

00:15:43,475 --> 00:15:46,620

[brian]: there are tons of podcasts that are just not listened to or not listened to

585

00:15:46,700 --> 00:15:52,672

[brian]: consistently because there's just so many out there and so by what listen listen notes

586

00:15:52,793 --> 00:15:57,122

[brian]: does is it notices how people are actually listening and so we could never have

587

00:15:57,142 --> 00:16:00,604

[brian]: gotten there without people listening right now but that's a pretty cool number i think

588

00:16:00,645 --> 00:16:01,127

[brian]: to celebrate

589

00:16:00,840 --> 00:16:01,162

[natalie]: yeah

590

00:16:01,147 --> 00:16:02,412

[brian]: that we have a devoted base here

591

00:16:03,050 --> 00:16:03,891

[natalie]: yeah it's it's an

592

00:16:03,854 --> 00:16:03,875

[brian]: m

593

00:16:03,951 --> 00:16:08,098

[natalie]: interesting thing because i also see because
you know i'm the i'm the one who

594

00:16:08,319 --> 00:16:10,863

[natalie]: looks up everything after i put it
in our notes just to

595

00:16:10,789 --> 00:16:10,950

[brian]: yes

596

00:16:10,943 --> 00:16:11,804

[natalie]: make sure i have

597

00:16:11,795 --> 00:16:11,996

[brian]: oh

598

00:16:11,885 --> 00:16:18,450

[natalie]: it correct and yeah the way they
listed is there at least you know three

599

00:16:18,491 --> 00:16:20,095

[natalie]: million podcasts and then

600

00:16:20,006 --> 00:16:20,170

[brian]: right

601

00:16:20,155 --> 00:16:24,948

[natalie]: there are a hundred and fifty two million plus episodes in the world

602

00:16:25,446 --> 00:16:25,568

[brian]: yeah

603

00:16:25,860 --> 00:16:26,061

[natalie]: i think

604

00:16:26,035 --> 00:16:26,315

[brian]: hundred

605

00:16:26,101 --> 00:16:26,202

[natalie]: it's

606

00:16:26,355 --> 00:16:26,435

[brian]: and

607

00:16:26,402 --> 00:16:26,664

[natalie]: really

608

00:16:26,496 --> 00:16:26,756

[brian]: fifty

609

00:16:26,804 --> 00:16:27,347

[natalie]: interesting

610

00:16:26,836 --> 00:16:29,722

[brian]: two million episodes that is wild

611

00:16:29,510 --> 00:16:31,132

[natalie]: yeah isn't that wild

612

00:16:31,336 --> 00:16:31,558

[brian]: yeah

613

00:16:31,633 --> 00:16:32,014

[natalie]: and like you

614

00:16:32,003 --> 00:16:32,104

[brian]: my

615

00:16:32,154 --> 00:16:33,997

[natalie]: said people have podcasts

616

00:16:33,806 --> 00:16:33,846

[brian]: m

617

00:16:34,077 --> 00:16:35,459

[natalie]: and like some podcasts

618

00:16:35,354 --> 00:16:35,375

[brian]: m

619

00:16:35,520 --> 00:16:39,867

[natalie]: are just you know out there like

just still sitting there or maybe only had

620

00:16:39,987 --> 00:16:40,788

[natalie]: one episode or

621

00:16:41,095 --> 00:16:41,496

[brian]: they drop

622

00:16:41,369 --> 00:16:41,429

[natalie]: you

623

00:16:41,576 --> 00:16:41,616

[brian]: an

624

00:16:41,652 --> 00:16:41,835

[natalie]: they're

625

00:16:41,656 --> 00:16:41,957

[brian]: episode

626

00:16:41,875 --> 00:16:41,957

[natalie]: not

627

00:16:41,977 --> 00:16:44,062

[brian]: every three months or whatever ye right
yeah

628

00:16:44,280 --> 00:16:45,562

[natalie]: because it can be whatever you want

648

00:16:56,301 --> 00:16:59,446

[brian]: i want to say directly to the listener is thank you for coming back again

649

00:16:59,486 --> 00:17:03,713

[brian]: and again and you know if i want to talk about our five topmost listen

650

00:17:03,793 --> 00:17:07,940

[brian]: to episodes because it was a surprise to me i'll be fully honest i did

651

00:17:08,020 --> 00:17:10,565

[brian]: not know so natalie pulled these numbers for us and to a look at them

652

00:17:10,605 --> 00:17:12,548

[brian]: so i'll share them on i gie you the episode numbers if you want to

653

00:17:12,568 --> 00:17:15,273

[brian]: go back and listen but are these in order these list you gave me here

654

00:17:15,313 --> 00:17:15,614

[brian]: natalie

655

00:17:16,456 --> 00:17:16,599

[natalie]: yeah

656

00:17:16,675 --> 00:17:20,481

[brian]: yeah so the number one listen to

episode which makes me so happy just if

657

00:17:20,521 --> 00:17:24,027

[brian]: i can say is number seventy four
and it is how to say thank you

658

00:17:24,087 --> 00:17:27,673

[brian]: without being weird and that is actually
a really special episode because it comes with

659

00:17:27,693 --> 00:17:32,521

[brian]: a download and everything and that is
one where i you know i believe that

660

00:17:33,042 --> 00:17:36,067

[brian]: it's so easy to get tripped up
like if you have an audition you take

661

00:17:36,107 --> 00:17:40,094

[brian]: a meeting you receive something from someone
or someone connects you or refers you to

662

00:17:40,134 --> 00:17:43,139

[brian]: someone we all want to say thank
you and be good at saying thank you

663

00:17:43,279 --> 00:17:46,625

[brian]: and we can get so tripped up
in how do i say it is a

664

00:17:46,705 --> 00:17:47,346

[brian]: card good enough

665

00:17:47,280 --> 00:17:47,907

[natalie]: ye

666

00:17:47,506 --> 00:17:51,132

[brian]: is the biggest question is it too late to say thank you just hint it's

667

00:17:51,212 --> 00:17:54,137

[brian]: never too late to say thank you um and then how do you say it

668

00:17:54,157 --> 00:17:54,618

[brian]: without sounding

669

00:17:54,570 --> 00:17:54,796

[natalie]: yeah

670

00:17:54,638 --> 00:17:58,404

[brian]: like you're asking for something in this episode goes really deep into that and i

671

00:17:58,464 --> 00:18:02,090

[brian]: actually work out a formula and a format for you and the thing about the

672

00:18:02,130 --> 00:18:04,214

[brian]: whole process is it's not just like let me get this done and check it

673

00:18:04,234 --> 00:18:08,139

[brian]: off my as i believe that the format that this episode gets you through gives

674

00:18:08,159 --> 00:18:14,456

[brian]: you some freedom to say thank you
and mean it because if anything i think

675

00:18:14,557 --> 00:18:19,304

[brian]: relationships can build on gratitude and connection
in that way so number seventy four highly

676

00:18:19,344 --> 00:18:22,029

[brian]: recommend you haven't listened to you're one
of our if you're listen to this episode

677

00:18:22,049 --> 00:18:22,810

[brian]: and you've gotten this far

678

00:18:22,755 --> 00:18:22,898

[natalie]: yeah

679

00:18:22,870 --> 00:18:25,174

[brian]: into it chances are you've probably already
listened to it but if not i will

680

00:18:25,194 --> 00:18:27,903

[brian]: let you thank you for making that
episode number one yeah

681

00:18:28,010 --> 00:18:29,476

[natalie]: i was just going to say that
thank you

682

00:18:30,338 --> 00:18:30,538

[brian]: thank

683

00:18:30,541 --> 00:18:30,722

[natalie]: thank

684

00:18:30,598 --> 00:18:30,719

[brian]: you

685

00:18:30,763 --> 00:18:30,843

[natalie]: you

686

00:18:30,879 --> 00:18:30,959

[brian]: and

687

00:18:30,903 --> 00:18:31,084

[natalie]: thank

688

00:18:30,999 --> 00:18:31,080

[brian]: they

689

00:18:31,124 --> 00:18:31,225

[natalie]: you

690

00:18:31,140 --> 00:18:34,148

[brian]: say thank you without being weird here
that's number seventy four and then i'll run

691

00:18:34,188 --> 00:18:39,828

[brian]: through these other ones kind of quickly
sarah uterback from gray's anatomy came on number

692

00:18:39,908 --> 00:18:43,873

[brian]: episode fifty five and what do you love about that episode and i'm curious what

693

00:18:43,913 --> 00:18:44,454

[brian]: do you like it

694

00:18:46,283 --> 00:18:51,921

[natalie]: i love her honesty i feel like she really just shared with us what she

695

00:18:51,981 --> 00:18:55,427

[natalie]: was going through and how she was feeling and you know she went through your

696

00:18:55,467 --> 00:19:01,617

[natalie]: program agent goals um to get her wraps and she had a lot of feelings

697

00:19:01,677 --> 00:19:02,639

[natalie]: about it and she's

698

00:19:02,465 --> 00:19:02,686

[brian]: yeah

699

00:19:02,759 --> 00:19:06,366

[natalie]: come pletely honest about it and i thought like if you want to know about

700

00:19:06,365 --> 00:19:06,385

[brian]: m

701

00:19:06,386 --> 00:19:09,512

[natalie]: brian's program you want to know how people go through this and what they're feeling

702

00:19:09,553 --> 00:19:12,098

[natalie]: and you may feel this way too it's okay

703

00:19:12,665 --> 00:19:12,865

[brian]: yeah

704

00:19:13,271 --> 00:19:13,392

[natalie]: as

705

00:19:13,366 --> 00:19:15,890

[brian]: and i i love the way you said that because i think that you know

706

00:19:16,050 --> 00:19:18,735

[brian]: this is a place where we can have terminal uniqueness of like well she was

707

00:19:18,795 --> 00:19:19,777

[brian]: on gray's anatomy so what

708

00:19:19,860 --> 00:19:20,061

[natalie]: yeah

709

00:19:19,917 --> 00:19:22,882

[brian]: her journey is like is nothing not gonna be anything like mine is like and

710

00:19:22,942 --> 00:19:26,908

[brian]: let me tell you sarah went through
the program kicking and screaming at the beginning

711

00:19:27,730 --> 00:19:32,738

[brian]: and then fully embraced and had incredible
results and at the end it's so interesting

712

00:19:33,239 --> 00:19:35,643

[brian]: i refer to sarah's journey a lot
because at the end of the journey when

713

00:19:35,683 --> 00:19:38,888

[brian]: she got a bunch of meetings was
having agents managers said how do you want

714

00:19:38,908 --> 00:19:42,014

[brian]: to sign with me and she was
having to say oh wait now when i

715

00:19:42,134 --> 00:19:45,900

[brian]: say yes i have to be who
i said i'm going to be to this

716

00:19:45,960 --> 00:19:46,221

[brian]: man i

717

00:19:46,350 --> 00:19:46,552

[natalie]: yeah

718

00:19:46,361 --> 00:19:49,465

[brian]: have to really show up on the
wall such a great journey for us to

719

00:19:50,066 --> 00:19:52,028

[brian]: for us all to embrace because i think you know we can i count

720

00:19:51,983 --> 00:19:52,530

[natalie]: hm

721

00:19:52,068 --> 00:19:55,852

[brian]: have a manager agent like oh my gosh do i deserve one that deserving question

722

00:19:55,912 --> 00:19:57,554

[brian]: so think this episode really illuminates that

723

00:19:58,880 --> 00:20:01,883

[natalie]: yeah and i was going to say i think that relates to any career you

724

00:20:01,943 --> 00:20:05,367

[natalie]: know like once you get that job you're looking for that you want to get

725

00:20:05,447 --> 00:20:09,093

[natalie]: and how do you show up you do you have to be a certain way

726

00:20:09,174 --> 00:20:09,895

[natalie]: having that feeling

727

00:20:09,825 --> 00:20:10,925

[brian]: yeah

728

00:20:09,975 --> 00:20:11,218

[natalie]: i think comes up for a lot
of people

729

00:20:11,625 --> 00:20:12,626

[brian]: totally totally

730

00:20:12,652 --> 00:20:12,772

[natalie]: so

731

00:20:13,167 --> 00:20:13,488

[brian]: that's number

732

00:20:13,415 --> 00:20:13,857

[natalie]: it relates

733

00:20:13,628 --> 00:20:16,312

[brian]: episode fifty five so i you want
to go back and listen to sarah's episode

734

00:20:16,333 --> 00:20:20,540

[brian]: fifty five and then the number fifty
eight i will give props to john rosenfeld

735

00:20:20,560 --> 00:20:23,364

[brian]: so when i first moved to la
john rosenfeld studios is an acting studio here

736

00:20:23,424 --> 00:20:26,790

[brian]: now my very first i moved away
from the mike just now you also my

737

00:20:26,850 --> 00:20:27,611

[brian]: son might have gotten weird

738

00:20:27,510 --> 00:20:29,550

[natalie]: oh

739

00:20:27,651 --> 00:20:29,895

[brian]: so just want to acknowledge nelly's looking at me so when

740

00:20:29,902 --> 00:20:30,003

[natalie]: ah

741

00:20:29,935 --> 00:20:31,237

[brian]: the producers here watching you

742

00:20:31,211 --> 00:20:31,454

[natalie]: fight

743

00:20:31,297 --> 00:20:34,042

[brian]: you are a little more aware of moving away from the microphone a little meta

744

00:20:34,122 --> 00:20:35,625

[brian]: for me so anyway so

745

00:20:36,260 --> 00:20:36,422

[natalie]: you're

746

00:20:36,386 --> 00:20:36,546

[brian]: john

747

00:20:36,463 --> 00:20:36,707

[natalie]: great

748

00:20:36,566 --> 00:20:40,433

[brian]: rose runs an acting studio here in los angeles on actually was there when he

749

00:20:40,613 --> 00:20:46,623

[brian]: first started the studio in twenty ten and head john on he's a wonderful acting

750

00:20:46,663 --> 00:20:53,134

[brian]: teacher really wholehearted approach to acting in valuing the actors instincts and telling a great

751

00:20:53,214 --> 00:20:55,999

[brian]: story and so we had him on to talk about pilot season and the truth

752

00:20:56,099 --> 00:20:58,002

[brian]: of this episode doesn't matter what pilot season you're in like

753

00:20:57,930 --> 00:20:58,980

[natalie]: yeah

754

00:20:58,022 --> 00:21:00,867

[brian]: this episode is a master class an actor and understanding acting its episode number

755

00:21:00,927 --> 00:21:03,391

[brian]: fifty eight and i just on to
give a lot of props to john for

756

00:21:03,451 --> 00:21:06,837

[brian]: being such a huge supporter of me
when i first got to allay and also

757

00:21:06,937 --> 00:21:13,548

[brian]: for this episode because you know pilot
season shmilotseason kind of like pilot season does

758

00:21:13,608 --> 00:21:16,473

[brian]: still kind of happen and it kind
of doesn't and so we really get into

759

00:21:16,533 --> 00:21:22,002

[brian]: that and then john really talks about
the difference between auditioning and auditioning for pilots

760

00:21:22,042 --> 00:21:24,546

[brian]: and so i think this episode has
a lot of value for our actors out

761

00:21:24,606 --> 00:21:31,018

[brian]: there that's number fifty eight and then
number sixty eight is you want to share

762

00:21:31,098 --> 00:21:32,182

[brian]: what sixty eight is nelly

763

00:21:32,881 --> 00:21:39,091

[natalie]: sixty eight is what to wear on

camera with super stylist adrian robago and that

764

00:21:39,151 --> 00:21:40,233

[natalie]: was a killer episode

765

00:21:40,525 --> 00:21:40,707

[brian]: yeah

766

00:21:40,774 --> 00:21:45,602

[natalie]: i mean if you are getting new
head shots you need to go back and

767

00:21:45,662 --> 00:21:51,171

[natalie]: listen to episode sixty eight because i
learned so much you know just like yeah

768

00:21:51,352 --> 00:21:55,639

[natalie]: how you know you have to prepare
for your head shots and her coming in

769

00:21:55,679 --> 00:21:58,251

[natalie]: i mean she brian's styling for one

770

00:21:58,215 --> 00:21:58,255

[brian]: if

771

00:21:58,291 --> 00:21:58,331

[natalie]: of

772

00:21:58,295 --> 00:21:58,375

[brian]: you

773

00:21:58,392 --> 00:21:58,512

[natalie]: his

774

00:21:58,415 --> 00:21:58,676

[brian]: seen any

775

00:21:58,593 --> 00:21:58,794

[natalie]: photo

776

00:21:58,696 --> 00:21:59,157

[brian]: of the photos

777

00:21:58,894 --> 00:21:59,156

[natalie]: shoots

778

00:21:59,217 --> 00:22:01,000

[brian]: of me in my little pink out
fits or any of the ones

779

00:22:00,990 --> 00:22:02,190

[natalie]: oh

780

00:22:01,060 --> 00:22:04,486

[brian]: we use more recent photo she did
all of the styling for that and also

781

00:22:04,546 --> 00:22:07,090

[brian]: i'm to say like if you're ever
going to be on zoom you need to

782

00:22:07,130 --> 00:22:08,773

[brian]: listen to this episode not even just
your

783
00:22:08,700 --> 00:22:09,630
[natalie]: yeah

784
00:22:08,793 --> 00:22:10,355
[brian]: head shots because she

785
00:22:10,280 --> 00:22:10,683
[natalie]: that too

786
00:22:10,816 --> 00:22:14,202
[brian]: really pulls apart like what works what
doesn't her colors to stay away from her

787
00:22:14,262 --> 00:22:18,008
[brian]: something that everyone should have in their
closet and you know we were worried remember

788
00:22:18,028 --> 00:22:20,813
[brian]: we were like is this going to
work as a podcast like are people going

789
00:22:20,833 --> 00:22:23,742
[brian]: to get it because we're not like
showing clothes or something in it like

790
00:22:23,803 --> 00:22:24,230
[natalie]: right

791
00:22:24,345 --> 00:22:24,987

[brian]: was great

792

00:22:26,120 --> 00:22:26,300

[natalie]: it was

793

00:22:26,232 --> 00:22:26,412

[brian]: yeah

794

00:22:26,360 --> 00:22:29,826

[natalie]: great we got so many compliments from
all of you listeners about it so

795

00:22:29,845 --> 00:22:29,986

[brian]: yeah

796

00:22:29,926 --> 00:22:33,572

[natalie]: thank you for that and the other
cool thing that she shares is how to

797

00:22:33,632 --> 00:22:36,457

[natalie]: be prepared to go for your fitting
and like

798

00:22:36,456 --> 00:22:36,576

[brian]: oh

799

00:22:36,577 --> 00:22:36,717

[natalie]: what

800

00:22:36,636 --> 00:22:36,757

[brian]: yeah

801

00:22:36,777 --> 00:22:36,877

[natalie]: you

802

00:22:36,797 --> 00:22:36,937

[brian]: that's

803

00:22:36,918 --> 00:22:37,078

[natalie]: should

804

00:22:37,017 --> 00:22:37,218

[brian]: right

805

00:22:37,118 --> 00:22:38,280

[natalie]: bring with you which

806

00:22:38,361 --> 00:22:38,682

[brian]: yes

807

00:22:38,821 --> 00:22:41,846

[natalie]: i was like that is helpful so
if you have a fitting coming up i

808

00:22:41,926 --> 00:22:46,213

[natalie]: mean i'm not trying to make this
a commercial i'm just saying it's helpful

809

00:22:46,657 --> 00:22:50,483

[brian]: yeah obviously so it's episode number sixty
eight if you want to roll back to

810

00:22:50,469 --> 00:22:50,489

[natalie]: m

811

00:22:50,504 --> 00:22:53,829

[brian]: that one and then also everybody has to be on zoom these days so there's

812

00:22:53,889 --> 00:22:55,772

[brian]: no way you can't listen to that and learn something great

813

00:22:56,106 --> 00:22:56,700

[natalie]: hm

814

00:22:56,614 --> 00:22:59,979

[brian]: and then the fifth most listen to episode is and i want you to make

815

00:22:59,999 --> 00:23:03,004

[brian]: sure i got his right is this volume two of this anatole so it's the

816

00:23:03,365 --> 00:23:03,926

[brian]: one that came out in like

817

00:23:03,960 --> 00:23:04,183

[natalie]: yeah

818

00:23:04,286 --> 00:23:06,891

[brian]: number episode number seventy five the twenty

819

00:23:06,691 --> 00:23:06,993

[natalie]: right

820

00:23:06,951 --> 00:23:09,416

[brian]: twenty two actor survival guy so this is the ne that came out and like

821

00:23:09,477 --> 00:23:11,509

[brian]: the early fall or like late summer

822

00:23:11,520 --> 00:23:11,661

[natalie]: that

823

00:23:11,589 --> 00:23:11,891

[brian]: correct

824

00:23:11,701 --> 00:23:13,772

[natalie]: was the beginning of our season yeah

825

00:23:13,785 --> 00:23:13,967

[brian]: got

826

00:23:13,993 --> 00:23:14,174

[natalie]: back

827

00:23:14,028 --> 00:23:14,433

[brian]: a great

828

00:23:16,260 --> 00:23:16,541

[natalie]: august

829

00:23:17,075 --> 00:23:17,335

[brian]: august

830

00:23:17,084 --> 00:23:17,345

[natalie]: i think

831

00:23:17,455 --> 00:23:21,642

[brian]: right so this one came out in
august twenty twenty two number seventy five the

832

00:23:21,662 --> 00:23:25,449

[brian]: official actor survival guide and so we
dropped these twice a year one at the

833

00:23:25,489 --> 00:23:27,472

[brian]: beginning of the year so we'll ave
one coming out in a few weeks from

834

00:23:27,532 --> 00:23:31,218

[brian]: now and then we'll have one come
out towards end of summer um and this

835

00:23:31,258 --> 00:23:34,844

[brian]: is when we bring in a bunch
of coaches to talk about what they see

836

00:23:34,924 --> 00:23:37,429

[brian]: going on in the business and i
will each of these episodes again

837

00:23:37,530 --> 00:23:37,712

[natalie]: yeah

838

00:23:37,609 --> 00:23:41,155

[brian]: number seventy five and number seventy four
kind of the book ends of the top

839

00:23:41,255 --> 00:23:46,544

[brian]: five weird that they're back to back
or both have downloads that you can grab

840

00:23:46,584 --> 00:23:49,148

[brian]: with them so we really pride ourselves
on trying to have some kind of action

841

00:23:49,208 --> 00:23:52,654

[brian]: guide with them because there's a lot
of takeaways in these episodes so that you

842

00:23:52,694 --> 00:23:55,042

[brian]: can you know really go the distance
on the and this is great we had

843

00:23:55,083 --> 00:23:55,825

[brian]: such wonderful

844

00:23:56,470 --> 00:23:57,720

[natalie]: yeah

845

00:23:56,729 --> 00:23:57,632

[brian]: guest coaches on there

846

00:23:58,670 --> 00:23:59,391

[natalie]: i can remember just

847

00:23:59,375 --> 00:23:59,536

[brian]: yeah

848

00:23:59,451 --> 00:24:03,979

[natalie]: sitting in on that episode and just being like i couldn't even watch the levels

849

00:24:03,965 --> 00:24:04,229

[brian]: yeah

850

00:24:04,039 --> 00:24:05,501

[natalie]: or anything because i was like

851

00:24:05,585 --> 00:24:06,755

[brian]: oh

852

00:24:05,942 --> 00:24:09,949

[natalie]: in all of them they were it was all mind set coaches

853

00:24:10,135 --> 00:24:10,277

[brian]: yeah

854

00:24:10,691 --> 00:24:10,751

[natalie]: on

855

00:24:10,764 --> 00:24:10,926

[brian]: yeah

856

00:24:10,811 --> 00:24:17,241

[natalie]: that episode and yeah you just like left that episode feeling full and

857

00:24:17,315 --> 00:24:18,035

[brian]: yeah

858

00:24:17,341 --> 00:24:18,204

[natalie]: good you

859

00:24:18,255 --> 00:24:18,635

[brian]: yeah

860

00:24:18,264 --> 00:24:18,425

[natalie]: know

861

00:24:18,795 --> 00:24:21,520

[brian]: yeah it so what ou said that's
what we took away because that episode was

862

00:24:21,580 --> 00:24:22,442

[brian]: all mind set coaches so

863

00:24:22,800 --> 00:24:23,323

[natalie]: uh

864

00:24:22,822 --> 00:24:24,485

[brian]: again now it's called the actress o
ravel guide but

865

00:24:24,489 --> 00:24:24,510

[natalie]: h

866

00:24:24,545 --> 00:24:28,051

[brian]: it doesn't matter like again i know

it feels like hats our mantra it doesn't

867

00:24:28,071 --> 00:24:31,036

[brian]: matter what you do if you're creative
every episode apply it's sometimes what i feel

868

00:24:31,056 --> 00:24:35,024

[brian]: like we're saying but this one i
think really captured where we get in our

869

00:24:35,044 --> 00:24:37,950

[brian]: own way where we get stuck so
thank

870

00:24:37,870 --> 00:24:37,950

[natalie]: you

871

00:24:37,990 --> 00:24:38,090

[brian]: you

872

00:24:38,031 --> 00:24:38,755

[natalie]: need a good mind

873

00:24:38,732 --> 00:24:39,493

[brian]: yeah

874

00:24:38,835 --> 00:24:41,261

[natalie]: set not to cut you off brian
but you

875

00:24:41,275 --> 00:24:41,378

[brian]: yeah

876

00:24:41,281 --> 00:24:43,284

[natalie]: need a good mindset to survive in the business

885

00:24:46,107 --> 00:24:50,153

[brian]: yeah yes so i want to thank you all for making those top five episodes

886

00:24:50,214 --> 00:24:54,020

[brian]: are top five um and i'll run through the numbers again number seventy four is

887

00:24:54,080 --> 00:24:56,765

[brian]: how to say thank you without being weird number fifty five is ignite your joy

888

00:24:56,865 --> 00:25:01,032

[brian]: with gray's anatomy sarauterback fifty eight is the truth about pilot season with john rosenfeld

889

00:25:01,292 --> 00:25:03,776

[brian]: sixty eight is what to wear on camera at a lot of people at ear

890

00:25:03,836 --> 00:25:07,583

[brian]: marked that one in seventy five is the official survival guide part two so those

891

00:25:07,643 --> 00:25:13,389

[brian]: top five and just really thank you for making those our top five and nelly

892

00:25:13,429 --> 00:25:18,365

[brian]: i know you wanted to share some of your favorite episodes to here yeah

893

00:25:18,040 --> 00:25:22,687

[natalie]: yeah well going off of the that actor survival guy there was also the actors

894

00:25:22,747 --> 00:25:26,293

[natalie]: survival guy i think it was fifty six and fifty seven two part episode

895

00:25:26,135 --> 00:25:26,395

[brian]: yeah

896

00:25:26,313 --> 00:25:27,275

[natalie]: that was the original

897

00:25:27,680 --> 00:25:27,880

[brian]: right

898

00:25:27,796 --> 00:25:29,979

[natalie]: the start where we had some amazing coaches on

899

00:25:30,445 --> 00:25:30,608

[brian]: yeah

900

00:25:30,802 --> 00:25:36,887

[natalie]: which was also just yeah one was mindset and hen one s more what would

901
00:25:36,927 --> 00:25:37,629
[natalie]: you call that one

902
00:25:38,045 --> 00:25:38,526
[brian]: i think it was a

903
00:25:38,531 --> 00:25:38,631
[natalie]: with

904
00:25:38,566 --> 00:25:38,747
[brian]: little

905
00:25:38,712 --> 00:25:38,872
[natalie]: like

906
00:25:38,787 --> 00:25:39,227
[brian]: practical i

907
00:25:39,213 --> 00:25:39,373
[natalie]: joe

908
00:25:39,267 --> 00:25:39,468
[brian]: remember

909
00:25:39,474 --> 00:25:39,714
[natalie]: kelly

910
00:25:39,528 --> 00:25:39,888
[brian]: that one with

911

00:25:39,834 --> 00:25:40,195

[natalie]: christine

912

00:25:40,029 --> 00:25:40,169

[brian]: yeah

913

00:25:40,255 --> 00:25:40,516

[natalie]: horn

914

00:25:40,790 --> 00:25:46,259

[brian]: we had joe kelley christine lise arsenal
emily grace mon monica plant jena do little

915

00:25:47,000 --> 00:25:48,643

[brian]: umdoanjohnson

916

00:25:47,921 --> 00:25:48,464

[natalie]: an johnson

917

00:25:48,763 --> 00:25:52,029

[brian]: christine horn and so this was a
little more practical i would say also as

918

00:25:52,049 --> 00:25:54,012

[brian]: the beginning of the year so we
were coming off of the eels of pilot

919

00:25:54,052 --> 00:25:56,737

[brian]: season and trying to get a little
more like what are we doing in twenty

920

00:25:56,757 --> 00:25:59,802

[brian]: twenty one a year after pandemic and what's happening and self types are the only

921

00:25:59,842 --> 00:26:02,466

[brian]: way you get auditions now so that was really proud one of the things i

922

00:26:02,566 --> 00:26:04,990

[brian]: do like about if you all just if you want to grab the download alone

923

00:26:05,050 --> 00:26:09,257

[brian]: actor survival guy dot com is you will receive all of the survival guys you

924

00:26:09,297 --> 00:26:12,843

[brian]: get them from every episode so it's not just the most recent one and i

925

00:26:12,863 --> 00:26:18,429

[brian]: thought they a lot of really great um how to stuff as well

926

00:26:18,343 --> 00:26:18,870

[natalie]: hm

927

00:26:18,469 --> 00:26:21,212

[brian]: as the mind set stuff of course obviously that always comes with it i think

928

00:26:21,252 --> 00:26:22,934

[brian]: so that's another one to really celebrate

929

00:26:22,780 --> 00:26:27,926

[natalie]: yeah and i can still hear christine
horn talking about her acting coach or teacher

930

00:26:28,226 --> 00:26:31,290

[natalie]: that said you know you got to
play full out all the time don't

931

00:26:31,319 --> 00:26:31,359

[brian]: m

932

00:26:31,390 --> 00:26:32,611

[natalie]: save it you got to play full
out

933

00:26:32,572 --> 00:26:32,774

[brian]: yeh

934

00:26:32,651 --> 00:26:34,993

[natalie]: like in rehearsals and stuff like that
and i think that was just

935

00:26:35,045 --> 00:26:35,735

[brian]: yeah

936

00:26:35,053 --> 00:26:39,258

[natalie]: such good advice for anything as well
like if you're going to show up and

937

00:26:39,318 --> 00:26:40,639

[natalie]: do it you do it

938

00:26:40,965 --> 00:26:42,969

[brian]: you know you remember me something so
i sed to so little

939

00:26:42,930 --> 00:26:43,155

[natalie]: yeah

940

00:26:43,009 --> 00:26:45,814

[brian]: story about when i used to be
an actor in the olden days and i

941

00:26:45,874 --> 00:26:48,117

[brian]: would have so i lived in new
york city and i would have to like

942

00:26:48,238 --> 00:26:51,002

[brian]: four or five auditions in a day
and that was truly what my life was

943

00:26:51,042 --> 00:26:53,787

[brian]: like and i was very lucky in
a book commercials all the time so i

944

00:26:53,867 --> 00:26:56,652

[brian]: used to be like if i was
not on set every ten or twelve days

945

00:26:56,832 --> 00:27:00,017

[brian]: i would get that stinking feeling of
like am i an enacting crater ike that's

946

00:27:00,037 --> 00:27:00,859

[brian]: how often i was working

947

00:27:00,810 --> 00:27:01,440

[natalie]: oh

948

00:27:01,199 --> 00:27:01,500

[brian]: so i feel

949

00:27:01,590 --> 00:27:01,832

[natalie]: yeah

950

00:27:01,680 --> 00:27:04,585

[brian]: super grateful and lucky to ve had that experiance right it's part of i think

951

00:27:04,625 --> 00:27:07,229

[brian]: it was easier for me to say i'm ready to be a coach like i

952

00:27:07,329 --> 00:27:10,795

[brian]: got to have like a level of success and make some money in that area

953

00:27:11,236 --> 00:27:14,101

[brian]: but what i'll say is i remember when i would be packing my bag and

954

00:27:14,161 --> 00:27:17,026

[brian]: like you know you're trudging in the snow or it's the hot the summer and

955

00:27:17,046 --> 00:27:19,349

[brian]: you have to go all over like
and this is when editions were in person

956

00:27:19,390 --> 00:27:22,895

[brian]: so you're traveling all over manhattan and
gettin on the subway and the subway is

957

00:27:22,915 --> 00:27:25,319

[brian]: hot in the summer and you're cold
outside and all right

958

00:27:26,010 --> 00:27:26,131

[natalie]: oh

959

00:27:26,461 --> 00:27:30,372

[brian]: and i'm packing the book bag the
many outfits that i need to wear in

960

00:27:30,412 --> 00:27:32,018

[brian]: the day and i remember always saying

961

00:27:31,950 --> 00:27:32,193

[natalie]: yeah

962

00:27:32,038 --> 00:27:36,296

[brian]: to myself brian you either want the
job or you don't they're going to take

963

00:27:36,336 --> 00:27:39,140

[brian]: the you're gonna take the shoes if
you want the job and if you don't

964

00:27:39,161 --> 00:27:41,104

[brian]: with the job you're not going to
take the shoes and i have to each

965

00:27:41,164 --> 00:27:41,865

[brian]: time i have to convince

966

00:27:41,790 --> 00:27:42,073

[natalie]: oh

967

00:27:41,905 --> 00:27:43,448

[brian]: myself it just relates me to this
thing about

968

00:27:43,500 --> 00:27:44,130

[natalie]: yeah

969

00:27:43,508 --> 00:27:47,214

[brian]: playing full out it's like and so
what and what i like about that episode

970

00:27:47,274 --> 00:27:54,156

[brian]: also that that first you know that
episode number fifty six is now that there's

971

00:27:54,236 --> 00:27:58,824

[brian]: so much now that we're yourself typing
there's no one there but you to say

972

00:27:59,407 --> 00:27:59,940

[natalie]: hm

973

00:27:59,425 --> 00:28:01,869

[brian]: you got it you nailed it you right and so i think that there's such

974

00:28:01,909 --> 00:28:05,556

[brian]: a great value in that episode around prepping for those kind of senner you had

975

00:28:05,596 --> 00:28:07,724

[brian]: a couple other favorite thou that you wanted to make sure we mentioned today do

976

00:28:07,764 --> 00:28:09,570

[brian]: you want to mention a couple of these other ones that you had on this

977

00:28:09,611 --> 00:28:10,133

[brian]: little list here

978

00:28:10,930 --> 00:28:15,918

[natalie]: right okay well a guy was amazing with the author that i should have practised

979

00:28:15,958 --> 00:28:17,000

[natalie]: his name again before we do

980

00:28:17,195 --> 00:28:17,756

[brian]: frances

981

00:28:17,240 --> 00:28:18,463

[natalie]: this episode

982

00:28:18,017 --> 00:28:19,320

[brian]: miriesyeah

983

00:28:20,907 --> 00:28:21,247

[natalie]: because

984

00:28:21,065 --> 00:28:21,995

[brian]: yeah

985

00:28:21,868 --> 00:28:23,912

[natalie]: brian really and to have him on
the show

986

00:28:23,735 --> 00:28:24,605

[brian]: yeah

987

00:28:24,453 --> 00:28:28,139

[natalie]: brian introduced me to that book i
don't know why i was like living under

988

00:28:28,199 --> 00:28:28,519

[natalie]: a rock

989

00:28:28,716 --> 00:28:28,937

[brian]: oh

990

00:28:29,200 --> 00:28:31,084

[natalie]: and didn't know but beforehand

991

00:28:31,895 --> 00:28:32,585

[brian]: yeah

1007

00:28:41,013 --> 00:28:41,573

[brian]: so the book

1008

00:28:41,573 --> 00:28:41,734

[natalie]: but

1009

00:28:41,594 --> 00:28:43,096

[brian]: that we're talking about that i'm gonna
i'm gonna

1010

00:28:42,981 --> 00:28:43,083

[natalie]: at

1011

00:28:43,116 --> 00:28:45,780

[brian]: give the full title the book though
so we take the book is called ike

1012

00:28:45,821 --> 00:28:49,707

[brian]: guy the japanese secret to a long
and happy life uh in its episode number

1013

00:28:49,747 --> 00:28:54,455

[brian]: sixty one and i love this freaking
book um and it's about the people who

1014

00:28:54,515 --> 00:28:57,420

[brian]: live the longest on the earth and
why they live the longest and what's

1015

00:28:57,420 --> 00:28:57,663

[natalie]: oh

1016

00:28:57,580 --> 00:29:01,807

[brian]: great about their lives and it's a very short little book it's a international best

1017

00:29:01,867 --> 00:29:05,333

[brian]: seller and i was like nelly do you think we could ever get this guy

1018

00:29:05,413 --> 00:29:09,640

[brian]: to come on the podcast and we told he was the sweetest most generous fun

1019

00:29:09,861 --> 00:29:11,143

[brian]: jolly kind of person you

1020

00:29:11,068 --> 00:29:11,640

[natalie]: hm

1021

00:29:11,163 --> 00:29:14,869

[brian]: could ever expect um in an episode sixty one i think he does a really

1022

00:29:14,929 --> 00:29:18,255

[brian]: great job of introducing this concept so if you haven't read the book writer even

1023

00:29:18,295 --> 00:29:20,659

[brian]: if you have i mean obviously i wanted to talk to him after i've read

1024

00:29:20,699 --> 00:29:23,323

[brian]: the book because i thought it was

such a and this is i think this

1025

00:29:23,363 --> 00:29:26,048

[brian]: was a book that i read i
picked it up in an airport and read

1026

00:29:26,089 --> 00:29:28,433

[brian]: it by the time i landed like
from a light in new york or something

1027

00:29:28,453 --> 00:29:31,440

[brian]: like it's not it's not a huge
book here um and

1028

00:29:31,422 --> 00:29:31,687

[natalie]: right

1029

00:29:31,901 --> 00:29:33,103

[brian]: yeah it's a really really great one

1030

00:29:33,920 --> 00:29:38,144

[natalie]: it's really good and speaking of books
we had on episode eight seven this was

1031

00:29:38,185 --> 00:29:42,409

[natalie]: one of my favorite episodes two was
Anthony Meindl who wrote Unstuck

1032

00:29:43,005 --> 00:29:43,328

[brian]: yes

1033

00:29:43,130 --> 00:29:45,734

[natalie]: and i think there's a longer title
to that but

1034
00:29:45,674 --> 00:29:45,917
[brian]: m yes

1035
00:29:47,717 --> 00:29:48,018
[natalie]: uh

1036
00:29:47,735 --> 00:29:47,920
[brian]: yeah

1037
00:29:48,899 --> 00:29:52,906
[natalie]: brian that was such a good episode
because there was such a connection between you

1038
00:29:52,966 --> 00:29:53,086
[natalie]: two

1039
00:29:53,135 --> 00:29:53,395
[brian]: oh

1040
00:29:53,186 --> 00:29:57,811
[natalie]: on that episode and he got emotional
a couple times

1041
00:29:57,675 --> 00:29:58,119
[brian]: yeah

1042
00:29:57,912 --> 00:29:58,412
[natalie]: he was so

1043

00:29:58,321 --> 00:29:58,724

[brian]: totally

1044

00:29:58,833 --> 00:30:03,338

[natalie]: real and lovely and just really put

his heart out there in that episode i

1045

00:30:03,398 --> 00:30:03,559

[natalie]: mean

1046

00:30:03,455 --> 00:30:06,019

[brian]: yeah and i think some a lot

of our audience will know his name because

1047

00:30:06,080 --> 00:30:10,707

[brian]: he's a acting teacher and teachers around

the world but anthony as as a writer

1048

00:30:11,148 --> 00:30:14,073

[brian]: is talking to all creators and this

this book he's come up with

1049

00:30:14,133 --> 00:30:18,280

[brian]: Unstuck is just a real i think

again a slim book that has full of

1050

00:30:18,921 --> 00:30:23,729

[brian]: such pithy ideas and lessons for how

to keep ourselves out of the muck of

1051

00:30:23,789 --> 00:30:28,377

[brian]: our own minds and then this conversation

you really go there you know we really

1052

00:30:28,417 --> 00:30:31,883

[brian]: go there together about how passionate we are about seeing people see things through seeing

1053

00:30:31,903 --> 00:30:35,129

[brian]: creators see things here to put them in the world that's episode number eighty seven

1054

00:30:35,610 --> 00:30:36,692

[brian]: yeah great

1055

00:30:36,810 --> 00:30:40,315

[natalie]: yeah and then this was hard to choose

1056

00:30:40,635 --> 00:30:40,860

[brian]: okay

1057

00:30:40,716 --> 00:30:42,539

[natalie]: because then i think as we were talking about sarah

1058

00:30:42,425 --> 00:30:43,055

[brian]: yeah

1059

00:30:42,599 --> 00:30:43,340

[natalie]: utter back before

1060

00:30:43,415 --> 00:30:44,225

[brian]: yeah

1061
00:30:43,481 --> 00:30:44,442
[natalie]: two all your

1062
00:30:45,245 --> 00:30:45,407
[brian]: ye

1063
00:30:46,005 --> 00:30:46,586
[natalie]: agent goals

1064
00:30:46,295 --> 00:30:46,985
[brian]: yeah

1065
00:30:46,706 --> 00:30:48,189
[natalie]: episodes you know where you

1066
00:30:48,185 --> 00:30:48,347
[brian]: ye

1067
00:30:48,249 --> 00:30:51,012
[natalie]: talk to you grads from agent goals
and they get to come on and talk

1068
00:30:51,072 --> 00:30:54,935
[natalie]: about their experience at Gonzales Cellina Munro

1069
00:30:54,674 --> 00:30:54,695
[brian]: m

1070
00:30:55,576 --> 00:30:55,656
[natalie]: and

1072

00:30:56,517 --> 00:30:57,518

[natalie]: Angel Harper

1075

00:30:58,248 --> 00:31:01,995

[brian]: Sharon Sharth yeah one he

1076

00:31:02,001 --> 00:31:02,263

[natalie]: like

1077

00:31:02,015 --> 00:31:05,240

[brian]: tink tink i'm noticing you're saying that
i'll just for those of you a lot

1078

00:31:05,280 --> 00:31:07,144

[brian]: of you probably know about agent gold
hare going to get an agent

1079

00:31:07,110 --> 00:31:07,352

[natalie]: oh

1080

00:31:07,184 --> 00:31:09,487

[brian]: but the thing that's cool about the
episodes regardless if you're ever going to do

1081

00:31:09,528 --> 00:31:10,289

[brian]: the prgamorifyou ever

1082

00:31:10,290 --> 00:31:11,100

[natalie]: oh

1083

00:31:10,349 --> 00:31:14,299

[brian]: want an agent is the people that nateleis mentioning and the people of the podcasts

1084

00:31:14,460 --> 00:31:19,399

[brian]: each have their own ship that they thought was in the way of them having

1085

00:31:19,459 --> 00:31:24,447

[brian]: success and everybody has their ship about what's going to be in the way i

1086

00:31:24,467 --> 00:31:28,234

[brian]: mean i can say for i'm sure that i can speak for myself like and

1087

00:31:28,294 --> 00:31:31,761

[brian]: i think this had with being an actor for a while is like oh being

1088

00:31:31,801 --> 00:31:34,687

[brian]: gay is what's going to hold me back and it was a different time in

1089

00:31:34,727 --> 00:31:37,331

[brian]: the world and will and grace was just on t v when i was you

1090

00:31:37,371 --> 00:31:41,758

[brian]: know doing commercials or whatever right and so i think we all can have stuff

1091

00:31:41,798 --> 00:31:45,204

[brian]: that we put in front of ourselves

like my age how much credit i have

1092

00:31:45,284 --> 00:31:50,232

[brian]: right don't have where i live my size or my whatever size that i want

1093

00:31:50,293 --> 00:31:53,338

[brian]: to be all the things and so one of the things that i love about

1094

00:31:53,358 --> 00:31:57,004

[brian]: those episodes isn't of course that they're celebrating their success but also that they're talking

1095

00:31:57,044 --> 00:32:01,690

[brian]: about became full of themselves again i was talking about how i love how people

1096

00:32:01,750 --> 00:32:05,095

[brian]: are you know my job is to elp people be more full of themselves in

1097

00:32:05,136 --> 00:32:08,181

[brian]: the best way possible so that they can go out there and do the thing

1098

00:32:08,201 --> 00:32:13,568

[brian]: that they're meant to do so those episodes i think undyingly inspiring i'm really proud

1099

00:32:13,608 --> 00:32:15,991

[brian]: of and i'm mostly proud of the way they showed up to those episodes right

1100

00:32:16,051 --> 00:32:19,265

[brian]: about how they were willing to share
so if your looking

1101

00:32:19,301 --> 00:32:19,523

[natalie]: right

1102

00:32:19,305 --> 00:32:21,169

[brian]: for one of those one of the
ones i think is really good as number

1103

00:32:21,249 --> 00:32:25,977

[brian]: sixty four which is with gunzalis your
identity and your acting career or your birthright

1104

00:32:27,038 --> 00:32:30,384

[brian]: and she just such a beautiful story
and she also turned down every manager agent

1105

00:32:30,424 --> 00:32:32,369

[brian]: she got him for from in the
first place which i think is

1106

00:32:32,392 --> 00:32:32,794

[natalie]: she is

1107

00:32:32,710 --> 00:32:33,152

[brian]: amazing

1108

00:32:32,914 --> 00:32:33,276

[natalie]: power

1109
00:32:33,493 --> 00:32:34,335
[brian]: yes she is

1110
00:32:34,371 --> 00:32:34,513
[natalie]: oh

1111
00:32:34,556 --> 00:32:36,080
[brian]: it yes yes

1112
00:32:36,020 --> 00:32:41,311
[natalie]: i was listening to her i was
like girl you are you got it girl

1113
00:32:41,431 --> 00:32:41,571
[natalie]: like

1114
00:32:41,775 --> 00:32:42,219
[brian]: totally

1115
00:32:42,192 --> 00:32:43,453
[natalie]: and she just went for it

1116
00:32:43,535 --> 00:32:43,898
[brian]: oh

1117
00:32:43,974 --> 00:32:47,637
[natalie]: like yes you stick you you be
who you are you want the team you

1118
00:32:47,678 --> 00:32:50,658

[natalie]: want to have and yeah she really did

1119
00:32:50,508 --> 00:32:50,870
[brian]: a good chat

1120
00:32:50,940 --> 00:32:51,324
[natalie]: amazing

1121
00:32:52,238 --> 00:32:52,540
[brian]: um

1122
00:32:52,500 --> 00:32:53,820
[natalie]: oh

1123
00:32:53,003 --> 00:32:55,768
[brian]: anybody else you want to talk about before call it

1124
00:32:56,341 --> 00:32:58,103
[natalie]: goodness this episode could go on forever

1125
00:32:58,975 --> 00:33:00,478
[brian]: but we won't because we got hundred

1126
00:33:00,246 --> 00:33:00,667
[natalie]: i won't

1127
00:33:00,538 --> 00:33:01,159
[brian]: one to come out next

1128

00:33:01,027 --> 00:33:01,508

[natalie]: i won't

1129

00:33:01,219 --> 00:33:02,741

[brian]: week at a hundred one's got to
come out next week

1130

00:33:03,370 --> 00:33:08,658

[natalie]: i'm so thankful for all of these
guys like episode number sixty nine michael melroy

1131

00:33:09,475 --> 00:33:09,619

[brian]: yeah

1132

00:33:09,620 --> 00:33:14,668

[natalie]: um there's of course sixty three unstoppable
creativity with amy mcneum

1133

00:33:13,985 --> 00:33:17,090

[brian]: that one is one that is like
the sleeper hit of our podcasts because i

1134

00:33:17,170 --> 00:33:19,033

[brian]: can't believe it's one of not one
of the top five

1135

00:33:19,170 --> 00:33:19,291

[natalie]: it's

1136

00:33:19,253 --> 00:33:19,454

[brian]: because

1137

00:33:19,452 --> 00:33:19,815

[natalie]: close

1138

00:33:19,514 --> 00:33:19,594

[brian]: we

1139

00:33:20,017 --> 00:33:20,057

[natalie]: i

1140

00:33:20,095 --> 00:33:20,175

[brian]: we

1141

00:33:20,117 --> 00:33:20,984

[natalie]: think it's number six

1142

00:33:21,277 --> 00:33:21,958

[brian]: okay because i feel like i

1143

00:33:22,010 --> 00:33:22,230

[natalie]: i think

1144

00:33:22,138 --> 00:33:22,339

[brian]: shove

1145

00:33:22,270 --> 00:33:22,531

[natalie]: it's number

1146

00:33:22,399 --> 00:33:22,459

[brian]: it

1147

00:33:22,591 --> 00:33:22,711

[natalie]: six

1148

00:33:22,980 --> 00:33:27,687

[brian]: down people's throats because it is like
one of the i'm episode is so so

1149

00:33:27,947 --> 00:33:29,209

[brian]: anybody listening

1150

00:33:28,590 --> 00:33:29,280

[natalie]: yeah

1151

00:33:29,550 --> 00:33:31,713

[brian]: if you have not listened what episode
number is it

1152

00:33:33,026 --> 00:33:33,573

[natalie]: sixty three

1153

00:33:33,865 --> 00:33:36,669

[brian]: you have not listened to episodes number
sixty three you could stop this one right

1154

00:33:36,689 --> 00:33:40,656

[brian]: now and go listen to it it's
called unstoppable creativity with amy mcne and she

1155

00:33:40,956 --> 00:33:45,624

[brian]: is a power house at like if
you could imagine someone tattooed you with a

1156

00:33:45,865 --> 00:33:49,711

[brian]: mission slip to do your thing that is what amy does and it is so

1157

00:33:50,673 --> 00:33:55,941

[brian]: m i think it's mind blowing how free she is with her creativity and i

1158

00:33:56,002 --> 00:33:59,287

[brian]: just love that episode so much i love the episode not just because you know

1159

00:33:59,387 --> 00:34:03,454

[brian]: it's on my podcast but because i was there like jaw dropping the whole time

1160

00:34:03,494 --> 00:34:06,499

[brian]: and like really feeling inspired by and i was really grateful that sixty three is

1161

00:34:06,599 --> 00:34:07,641

[brian]: early in our life let's say

1162

00:34:07,740 --> 00:34:07,905

[natalie]: yeah

1163

00:34:07,841 --> 00:34:12,048

[brian]: of this podcast and thank goodness ad it that early because creating this podcast was

1164

00:34:12,148 --> 00:34:16,796

[brian]: not i had some ship about this podcast i mean i said on twelve episodes

1165

00:34:16,856 --> 00:34:21,143

[brian]: for seven months before we even dropped
any of them um and atli came on

1166

00:34:21,264 --> 00:34:21,785

[brian]: just as we were

1167

00:34:21,772 --> 00:34:21,792

[natalie]: i

1168

00:34:22,067 --> 00:34:23,519

[brian]: breaking the seal i would say

1169

00:34:23,601 --> 00:34:25,924

[natalie]: i can't believe that because i came
in and i was like yeah

1170

00:34:25,895 --> 00:34:26,097

[brian]: oh

1171

00:34:26,005 --> 00:34:30,051

[natalie]: we're going to get these episodes out
as they as we do them we're not

1172

00:34:30,111 --> 00:34:31,253

[natalie]: sitting on anything you know

1173

00:34:31,275 --> 00:34:31,500

[brian]: yeah

1174

00:34:31,333 --> 00:34:34,198

[natalie]: so once you released it brian i mean that was a big step because yeah

1175

00:34:34,439 --> 00:34:36,347

[natalie]: you could you couldn't sit on episodes anymore

1176

00:34:36,616 --> 00:34:39,821

[brian]: yeah and it's interesting i think about when i released it my mom had come

1177

00:34:39,861 --> 00:34:41,885

[brian]: to the time to visit and you might you all ight have hard on the

1178

00:34:41,905 --> 00:34:44,068

[brian]: podcast before i'm pretty close with my mom i grew up in a single parent

1179

00:34:44,349 --> 00:34:48,917

[brian]: household um and she's actually coming here in a few days now we're recording this

1180

00:34:48,957 --> 00:34:52,764

[brian]: just before christmas so that you all know what kind of kind of zone we're

1181

00:34:52,804 --> 00:34:55,148

[brian]: in here if you watch us on youtubeyoull ee a little chistmastre behind me on

1182

00:34:55,629 --> 00:35:00,717

[brian]: the camera but the my mom and

i all came to visit and we went

1183

00:35:00,918 --> 00:35:03,863

[brian]: it was like we released in july
june or july i guess

1184

00:35:03,980 --> 00:35:04,203

[natalie]: june

1185

00:35:04,484 --> 00:35:05,345

[brian]: june yea and so

1186

00:35:05,440 --> 00:35:05,602

[natalie]: june

1187

00:35:05,445 --> 00:35:07,769

[brian]: we went up to we went to
santa barbara for a little week end together

1188

00:35:08,270 --> 00:35:12,660

[brian]: and i remember like being there and
like there instagram posts that are going out

1189

00:35:12,761 --> 00:35:15,551

[brian]: and there's emails that are going out
and i was like part of what i

1190

00:35:15,631 --> 00:35:21,512

[brian]: think sustained me feeling full is like
being with my mom i think that you

1191

00:35:21,552 --> 00:35:24,136

[brian]: know i talk about this all the time is when you are putting yourself out

1192

00:35:24,176 --> 00:35:28,283

[brian]: into the world like your mitochondria each of your cells is a little starved because

1193

00:35:28,343 --> 00:35:35,535

[brian]: it's opened itself for feedback for response for it's holding space for success or

1194

00:35:35,615 --> 00:35:38,941

[brian]: failure i guess it's another way to say that and i very lucky that i

1195

00:35:39,001 --> 00:35:42,466

[brian]: was you know having your mom around as a form self care or having your

1196

00:35:42,486 --> 00:35:43,046

[brian]: best friend around

1197

00:35:43,010 --> 00:35:43,172

[natalie]: that's

1198

00:35:43,126 --> 00:35:43,306

[brian]: a form

1199

00:35:43,273 --> 00:35:43,395

[natalie]: so

1200

00:35:43,366 --> 00:35:43,607

[brian]: of self

1201

00:35:43,557 --> 00:35:43,882

[natalie]: sweet

1202

00:35:43,667 --> 00:35:46,409

[brian]: care right that's at and so and
i just

1203

00:35:46,440 --> 00:35:46,603

[natalie]: oh

1204

00:35:46,489 --> 00:35:47,330

[brian]: really remember that

1205

00:35:47,257 --> 00:35:47,400

[natalie]: yeah

1206

00:35:47,530 --> 00:35:50,453

[brian]: moment and so i guess if i
can give anything you know driving towards take

1207

00:35:50,493 --> 00:35:54,748

[brian]: away here for the audience here is
make you know when you are putting yourself

1208

00:35:54,868 --> 00:35:59,416

[brian]: out there create those spaces that are
going to take care of you when you're

1209

00:35:59,436 --> 00:36:01,479

[brian]: goin to be open to feedback or

when you're going to hear feedback or when

1210

00:36:01,499 --> 00:36:05,225

[brian]: you're going to be concerned about an outcome whether that's with friends or whether that's with

1211

00:36:05,325 --> 00:36:08,449

[brian]: family or whether that's with the bubble bath or it's going for a walk or

1212

00:36:08,489 --> 00:36:12,074

[brian]: spending time with your dog i just think that we sometimes can get to the

1213

00:36:12,985 --> 00:36:16,450

[brian]: can get to the starting gate you know and then pull the bullet and you

1214

00:36:16,490 --> 00:36:17,412

[brian]: start running and you're like okay

1215

00:36:17,340 --> 00:36:17,682

[natalie]: yeah

1216

00:36:17,452 --> 00:36:20,076

[brian]: i finished the race and at the end of the race you still have

1217

00:36:19,898 --> 00:36:20,079

[natalie]: yeah

1218

00:36:20,157 --> 00:36:20,758

[brian]: some feelings

1219

00:36:20,670 --> 00:36:21,630

[natalie]: oh

1220

00:36:20,838 --> 00:36:23,863

[brian]: about what do people think that i
came in second and what do people think

1221

00:36:23,923 --> 00:36:27,669

[brian]: like there's that that comes afterwards and
we have so much preparation for the putting

1222

00:36:27,689 --> 00:36:31,075

[brian]: it out there that we sometimes forget
the moment after when we need we need

1223

00:36:31,375 --> 00:36:34,380

[brian]: a different kind of support or a
different support of being seen you know i

1224

00:36:34,420 --> 00:36:37,526

[brian]: always say to people i remember the
other day some one was sharing with me

1225

00:36:38,367 --> 00:36:44,738

[brian]: one of my clients has gotten incredible
incredibly successful as a fellow i can't say

1226

00:36:44,838 --> 00:36:48,704

[brian]: where but i can say that sun
dance is involved she's a film maker and

1227

00:36:49,207 --> 00:36:53,358

[brian]: ah i said she said you know
my parents she called me we talked about

1228

00:36:53,379 --> 00:36:56,263

[brian]: it is so exciting and she said
she said i tell my mom did you

1229

00:36:56,303 --> 00:37:00,310

[brian]: call your mom dad you tel did
they understand did they get it and because

1230

00:37:00,350 --> 00:37:00,450

[brian]: like

1231

00:37:00,519 --> 00:37:00,540

[natalie]: m

1232

00:37:00,550 --> 00:37:03,596

[brian]: you can you understand like some of
your parents don't get you like what your

1233

00:37:03,616 --> 00:37:07,001

[brian]: job is when your creative person and
i think it's so important that someone who

1234

00:37:07,202 --> 00:37:13,552

[brian]: gets what you're doing is alongside you
or recognizes you whether you failed or succeeded

1235

00:37:14,033 --> 00:37:18,560

[brian]: right ix are not like and so

someone like your mom being there

1236

00:37:18,510 --> 00:37:18,972

[natalie]: uh

1237

00:37:18,601 --> 00:37:19,863

[brian]: would be like no matter what happened

1238

00:37:20,499 --> 00:37:20,520

[natalie]: h

1239

00:37:20,985 --> 00:37:23,368

[brian]: they love you and there supporting you
i think it's such an important thing in

1240

00:37:23,429 --> 00:37:26,874

[brian]: that moment so i will just say
and you can you can chime in here

1241

00:37:27,156 --> 00:37:31,578

[brian]: time um m that's you know why
we put this in the world why we

1242

00:37:31,618 --> 00:37:35,044

[brian]: put this podcast in the world to
capture those kind of stories and why we're

1243

00:37:35,064 --> 00:37:38,189

[brian]: so grateful to you you know you've
stayed here for this entire you know self

1244

00:37:38,249 --> 00:37:39,612

[brian]: congratulatory hundred hundred

1245

00:37:39,600 --> 00:37:39,821

[natalie]: yah

1246

00:37:40,393 --> 00:37:42,076

[brian]: about a hundred episode still here then

1247

00:37:42,099 --> 00:37:42,120

[natalie]: h

1248

00:37:42,136 --> 00:37:45,121

[brian]: that just tells me how much you
are devotee and i want to thank

1249

00:37:45,150 --> 00:37:45,332

[natalie]: yeah

1250

00:37:45,201 --> 00:37:50,069

[brian]: you for letting us like gosh about
something that means so much to us and

1251

00:37:50,109 --> 00:37:52,533

[brian]: we hope that it means a lot
to you and again we would love to

1252

00:37:52,573 --> 00:37:56,640

[brian]: hear from you you can dmatbrian says
that is instagram where you could send us

1253

00:37:56,660 --> 00:37:59,224

[brian]: an email brian brian protea dot com

nettle sees those emails

1254

00:37:59,070 --> 00:37:59,310

[natalie]: you can

1255

00:37:59,264 --> 00:37:59,325

[brian]: as

1256

00:37:59,370 --> 00:37:59,550

[natalie]: write

1257

00:37:59,385 --> 00:37:59,565

[brian]: well

1258

00:37:59,590 --> 00:37:59,991

[natalie]: a review

1259

00:38:00,346 --> 00:38:00,867

[brian]: you could write a

1260

00:38:00,853 --> 00:38:01,754

[natalie]: apple podcast

1261

00:38:01,248 --> 00:38:02,129

[brian]: you could write a review

1262

00:38:02,055 --> 00:38:02,355

[natalie]: if you

1263

00:38:02,249 --> 00:38:02,570

[brian]: on apo

1264
00:38:02,455 --> 00:38:02,816
[natalie]: want

1265
00:38:02,630 --> 00:38:03,892
[brian]: podcastyep that would

1266
00:38:03,798 --> 00:38:04,158
[natalie]: i mean

1267
00:38:03,932 --> 00:38:05,094
[brian]: be amazing if you

1268
00:38:05,080 --> 00:38:05,420
[natalie]: just thrown

1269
00:38:05,395 --> 00:38:05,415
[brian]: i

1270
00:38:05,500 --> 00:38:05,560
[natalie]: it

1271
00:38:05,515 --> 00:38:05,716
[brian]: like

1272
00:38:05,621 --> 00:38:05,941
[natalie]: out there

1273
00:38:05,816 --> 00:38:05,876
[brian]: it

1274

00:38:07,884 --> 00:38:11,491

[natalie]: but i think what you were just saying brian leads into what's to come for

1275

00:38:11,511 --> 00:38:12,212

[natalie]: the podcast

1276

00:38:11,945 --> 00:38:11,965

[brian]: m

1277

00:38:12,312 --> 00:38:14,015

[natalie]: and what's coming up for our team

1278

00:38:13,934 --> 00:38:14,715

[brian]: m i

1279

00:38:14,797 --> 00:38:14,877

[natalie]: and

1280

00:38:14,816 --> 00:38:15,017

[brian]: hate

1281

00:38:14,957 --> 00:38:14,997

[natalie]: i

1282

00:38:15,057 --> 00:38:15,177

[brian]: you

1283

00:38:15,117 --> 00:38:15,358

[natalie]: think

1284

00:38:15,459 --> 00:38:16,746

[brian]: right now natalie

1285

00:38:16,810 --> 00:38:19,259

[natalie]: i know you thought we were getting
off of here but we just have to

1286

00:38:19,299 --> 00:38:20,644

[natalie]: talk about that because

1287

00:38:21,245 --> 00:38:22,175

[brian]: yeah

1288

00:38:22,130 --> 00:38:22,631

[natalie]: yeah i

1289

00:38:22,615 --> 00:38:22,756

[brian]: yeah

1290

00:38:22,711 --> 00:38:26,498

[natalie]: mean just take it away with how
you're what we have to come you know

1291

00:38:26,585 --> 00:38:29,810

[brian]: so january is a big month for
us because

1292

00:38:29,938 --> 00:38:30,102

[natalie]: yeah

1293

00:38:29,971 --> 00:38:33,677

[brian]: we i'm going to be this month
is mostly devoted to me

1294

00:38:33,879 --> 00:38:33,900

[natalie]: m

1295

00:38:33,937 --> 00:38:36,842

[brian]: sharing what i've learned from coaching so
it's gonna be a lot of episodes of

1296

00:38:36,902 --> 00:38:41,229

[brian]: me by myself talking about the journey
of what it's meant to create some of

1297

00:38:41,249 --> 00:38:44,875

[brian]: the things that i've created and then
also where i think coaching can fit in

1298

00:38:44,956 --> 00:38:49,363

[brian]: with you dear sweet listener um and
i'm not saying like to buy coaching i'm

1299

00:38:49,403 --> 00:38:53,430

[brian]: saying to understand how i think that
coaching works um and beyond that also the

1300

00:38:53,530 --> 00:39:01,022

[brian]: value of giving yourself the space and
the container to be creative to be creative

1301

00:39:01,103 --> 00:39:05,810

[brian]: without outcome to creative with an outcome
to be creative in community so those are

1302

00:39:05,830 --> 00:39:09,016

[brian]: the conversation that we're going to be having over the next couple of weeks and

1303

00:39:09,116 --> 00:39:12,942

[brian]: also when your creativity is meant to be you know in the sand box playing

1304

00:39:12,982 --> 00:39:15,647

[brian]: in the sand and doing your own thing and when meant to say oh i

1305

00:39:15,687 --> 00:39:18,952

[brian]: need an expert to do the next step of this so where does that conversation

1306

00:39:19,193 --> 00:39:22,879

[brian]: and i think we've hinted to this a little bit on the podcast but i'll

1307

00:39:22,899 --> 00:39:23,219

[brian]: just say

1308

00:39:23,311 --> 00:39:23,475

[natalie]: yeah

1309

00:39:23,380 --> 00:39:24,241

[brian]: here you all

1310

00:39:24,210 --> 00:39:24,870

[natalie]: yeah

1311

00:39:24,361 --> 00:39:28,067

[brian]: probably know i'm working on a book
right now ah and i'm going to share

1312

00:39:28,108 --> 00:39:31,633

[brian]: a little bit of the inside story
of what's going on with that and how

1313

00:39:31,694 --> 00:39:34,779

[brian]: it's going without giving away too much
of my heart you know one of my

1314

00:39:34,839 --> 00:39:37,403

[brian]: beliefs is you got to keep your
creativity close to your heart so i'll be

1315

00:39:37,423 --> 00:39:40,952

[brian]: able to share as much as possibly
can about that process without giving the book

1316

00:39:40,970 --> 00:39:41,070

[natalie]: i'm

1317

00:39:40,992 --> 00:39:41,153

[brian]: away

1318

00:39:41,171 --> 00:39:42,455

[natalie]: excited for that because

1319

00:39:42,356 --> 00:39:42,519

[brian]: yeah

1320

00:39:42,736 --> 00:39:44,523

[natalie]: i know you're writing a book and that's all i know

1321

00:39:44,925 --> 00:39:46,973

[brian]: i know i can't tell ou anything about it right we might have a title

1322

00:39:46,831 --> 00:39:47,174

[natalie]: i know

1323

00:39:46,993 --> 00:39:49,041

[brian]: but i'm not telling anyone the title yet either so there you go

1324

00:39:49,211 --> 00:39:50,576

[natalie]: i'll listen to the podcast

1350

00:40:40,405 --> 00:40:44,692

[brian]: thank you for listening today thank you for listening as often as you do and

1351

00:40:44,752 --> 00:40:47,937

[brian]: again if you if you want to share some love just share this podcast with

1352

00:40:47,957 --> 00:40:52,485

[brian]: some one you think will it will inspire um and if you're ever curious about

1353

00:40:52,545 --> 00:40:55,470

[brian]: what episode is a good one to listen to head on over to brian says

1354

00:40:55,510 --> 00:40:58,375

[brian]: that on instagram we're usually shouting out about a couple of them at a given

1355

00:40:58,435 --> 00:41:01,560

[brian]: time that we think are seasonally correct and our most up to date one is

1356

00:41:01,620 --> 00:41:07,730

[brian]: always listed there

1410

00:42:41,475 --> 00:42:41,655

[brian]: y'all thank you keep listening we'll see you next week happy new year thank you so much

1415

00:42:48,106 --> 00:42:53,375

[brian]: for putting us where we are on this podcast and for your support always share

1416

00:42:53,476 --> 00:42:56,376

[brian]: a friend take care talk to you soon i

1417

00:42:57,332 --> 00:42:57,759

[natalie]: bye