BRIAN
BREAKS
CHARACTER

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

2
00:00:02,950 --> 00:00:05,852
[brian]: Gianna thank you so much for
being on today's podcast i appreciate your bringing

3
00:00:05,872 --> 00:00:10,556
[brian]: this to talk about the sensitive interesting
new thing you're doing thank you welcome

4
00:00:10,650 --> 00:00:12,363
[gianna_rapp]: m thank you

5
00:00:13,299 --> 00:00:15,963
[brian]: sure so i want to make sure
that i create a really safe space for

6
00:00:16,003 --> 00:00:18,868
[brian]: you and so that you know this
is a podcast and we're recording for the

7
00:00:18,908 --> 00:00:23,135
[brian]: podcast but also this is a coaching
so we do not need to listeners beware

8
00:00:23,235 --> 00:00:27,501
[brian]: we do not need to entertain today
this not about us making people laugh or

9
00:00:27,541 --> 00:00:28,762
[brian]: chuckle all of them sure that happened

1

10
00:00:28,893 --> 00:00:29,400
[gianna_rapp]: hm

11
00:00:28,902 --> 00:00:32,646
[brian]: along the way the goal here is
to really pull back the curtain and give

12
00:00:32,686 --> 00:00:37,943
[brian]: them a front row seat being in
a coaching and hopefully and i'm sure this

13
00:00:38,043 --> 00:00:40,647
[brian]: undoubtedly will happen as they're goin to
get a lot of takeaways from the journey

14
00:00:40,687 --> 00:00:44,273
[brian]: that you've had because if you're creative
person you're part of you know part of

15
00:00:44,373 --> 00:00:47,458
[brian]: anyone's inherent journeys putting themselves out there
and so part of what you're creating will

16
00:00:47,679 --> 00:00:50,283
[brian]: that in the second is about putting
yourself out there in a way that feels

17
00:00:50,323 --> 00:00:53,969
[brian]: authentic to you and doesn't feel slimy
or gross or all that m and then

18

2

00:00:54,049 --> 00:00:56,153
[brian]: also i want to just be mindful
that it's okay if some of the moments

19
00:00:56,193 --> 00:01:00,841
[brian]: here are quiet or you know there's
a silence even because you're thinking because this

20
00:01:00,901 --> 00:01:04,707
[brian]: is meant to truly be a coaching
not meant to be a you know we're

21
00:01:04,747 --> 00:01:07,392
[brian]: not creating this as we're not meant
this to be a podcast episode let's just

22
00:01:07,412 --> 00:01:11,338
[brian]: say it that way that said those
of you are listening buckle in because i

23
00:01:11,418 --> 00:01:11,879
[brian]: know donna

24
00:01:11,972 --> 00:01:12,134
[gianna_rapp]: okay

25
00:01:11,979 --> 00:01:16,126
[brian]: wrapped very well and she is not
afraid to be honest that's my experience so

26
00:01:16,206 --> 00:01:16,306
[brian]: far

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27
00:01:16,320 --> 00:01:16,583
[gianna_rapp]: yeah

28
00:01:16,467 --> 00:01:18,390
[brian]: hope that felt like a little bit
of a challenge there john so i want

29
00:01:18,430 --> 00:01:19,111
[brian]: to ake sure we're truly

30
00:01:19,080 --> 00:01:19,400
[gianna_rapp]: oh

31
00:01:19,211 --> 00:01:24,320
[brian]: making this honest so will you share
with the listeners and i just to get

32
00:01:24,340 --> 00:01:24,640
[brian]: them kind

33
00:01:24,570 --> 00:01:24,590
[gianna_rapp]: m

34
00:01:24,660 --> 00:01:27,505
[brian]: of up to speed as we move
in and they can follow along what it

35
00:01:27,585 --> 00:01:31,111
[brian]: is you're hatching what's this this this
big idea you you've been moving with and

36

00:01:31,151 --> 00:01:32,654
[brian]: i know it's already in motion so
i know it's not

37
00:01:32,622 --> 00:01:32,663
[gianna_rapp]: hm

38
00:01:32,714 --> 00:01:36,644
[brian]: just it's not still an egg it's
the baby chicking is out it's known we

39
00:01:36,684 --> 00:01:36,905
[brian]: know this

40
00:01:36,900 --> 00:01:37,023
[gianna_rapp]: ye

41
00:01:36,945 --> 00:01:38,412
[brian]: thing's here so can you share

42
00:01:38,400 --> 00:01:38,605
[gianna_rapp]: yeah

43
00:01:38,432 --> 00:01:39,116
[brian]: a little bit about that

44
00:01:39,180 --> 00:01:48,534
[gianna_rapp]: yeah absolutely so some of this started
from me graduating from college and i was

45
00:01:48,634 --> 00:01:51,199
[gianna_rapp]: in d c for bit and then

5

i moved back to new york city and

46
00:01:51,279 --> 00:01:57,068
[gianna_rapp]: i really had no idea how to
make money doing something i really like to

47
00:01:57,109 --> 00:02:01,095
[gianna_rapp]: do that wasn't acting and so i
did catering which was a lot of fun

48
00:02:02,077 --> 00:02:04,541
[gianna_rapp]: i still am doing catering you get
great

49
00:02:04,349 --> 00:02:04,549
[brian]: yeah

50
00:02:04,661 --> 00:02:05,402
[gianna_rapp]: stories from it

51
00:02:05,752 --> 00:02:05,933
[brian]: yeah

52
00:02:05,903 --> 00:02:10,750
[gianna_rapp]: there's no shame in that but it
got to a point where m i wanted

53
00:02:10,850 --> 00:02:16,058
[gianna_rapp]: something that would fulfill me just as
much as acting and that would like that

54
00:02:16,058 --> 00:02:16,079

[brian]: m

55
00:02:17,320 --> 00:02:21,573
[gianna_rapp]: sparkling tingling feeling that i get when
i'm acting with other actors

56
00:02:22,069 --> 00:02:22,233
[brian]: yeah

57
00:02:22,255 --> 00:02:29,198
[gianna_rapp]: and so i started having friends come
to me for audition health for self tape

58
00:02:29,278 --> 00:02:34,547
[gianna_rapp]: health for just like business questions about
actors access and how to do this and

59
00:02:34,607 --> 00:02:35,188
[gianna_rapp]: how to do that

60
00:02:34,992 --> 00:02:35,156
[brian]: yeah

61
00:02:35,288 --> 00:02:38,473
[gianna_rapp]: and eventually people you're really good at
this and you have a lot of knowledge

62
00:02:38,514 --> 00:02:41,458
[gianna_rapp]: about it and i was like well
i've spent a lot of money on i

63
00:02:41,599 --> 00:02:45,846

7

[gianna_rapp]: think classes like half of my resina
is just training and i was like well

64
00:02:45,886 --> 00:02:47,468
[gianna_rapp]: maybe i should make some of this

65
00:02:47,459 --> 00:02:48,299
[brian]: yeah

66
00:02:47,729 --> 00:02:48,974
[gianna_rapp]: this back in some way

67
00:02:49,469 --> 00:02:50,429
[brian]: yeah

68
00:02:51,505 --> 00:02:57,069
[gianna_rapp]: and i started to put myself out
there and i made john a rap studios

69
00:02:57,129 --> 00:03:00,577
[gianna_rapp]: which really was just the first name
that came to me very

70
00:03:00,569 --> 00:03:00,589
[brian]: u

71
00:03:00,657 --> 00:03:00,998
[gianna_rapp]: quickly

72
00:03:02,168 --> 00:03:03,119
[brian]: h yeah

73
00:03:02,510 --> 00:03:05,959
[gianna_rapp]: i was like sure i'll put studios
at the end of my name see how

74
00:03:06,020 --> 00:03:06,441
[gianna_rapp]: that is

75
00:03:07,712 --> 00:03:08,253
[brian]: and you didn't throw

76
00:03:08,286 --> 00:03:08,366
[gianna_rapp]: and

77
00:03:08,394 --> 00:03:08,474
[brian]: up

78
00:03:08,547 --> 00:03:08,687
[gianna_rapp]: so

79
00:03:08,594 --> 00:03:09,377
[brian]: and so that worked

80
00:03:10,500 --> 00:03:11,501
[gianna_rapp]: and it worked and people

81
00:03:11,377 --> 00:03:11,519
[brian]: yeah

82
00:03:11,581 --> 00:03:14,163
[gianna_rapp]: are like okay that sounds professional i'll
trust

9

83
00:03:14,069 --> 00:03:14,729
[brian]: yeah

84
00:03:14,323 --> 00:03:17,487
[gianna_rapp]: you with my auditions and self tapes

85
00:03:17,371 --> 00:03:18,419
[brian]: yeah

86
00:03:17,527 --> 00:03:21,481
[gianna_rapp]: which honestly um i have

87
00:03:21,839 --> 00:03:22,439
[brian]: yeah

88
00:03:22,262 --> 00:03:27,551
[gianna_rapp]: i was shocked actually at how many
people were coming to me asking for help

89
00:03:27,631 --> 00:03:28,573
[gianna_rapp]: with their auditions

90
00:03:29,189 --> 00:03:29,969
[brian]: oh

91
00:03:29,514 --> 00:03:31,738
[gianna_rapp]: um and investing in me in that
way

92
00:03:32,339 --> 00:03:32,690

10

[brian]: oh

93
00:03:32,439 --> 00:03:38,705
[gianna_rapp]: and so it made me also want
to be a better coach a better actor

94
00:03:38,986 --> 00:03:42,612
[gianna_rapp]: for people that were coming to me
asking for help because i think there's a

95
00:03:42,692 --> 00:03:47,199
[gianna_rapp]: lot of vulnerability in that and asking
someone else that you might not know thee

96
00:03:47,300 --> 00:03:51,046
[gianna_rapp]: a lot of people that got in
touch with me um that were taking agent

97
00:03:51,086 --> 00:03:55,734
[gianna_rapp]: goals or another program and i just
was like a head shot or a face

98
00:03:55,814 --> 00:03:58,038
[gianna_rapp]: and they were like i'm going to
go in with this person

99
00:03:58,833 --> 00:03:58,976
[brian]: ah

100
00:03:59,640 --> 00:04:02,165
[gianna_rapp]: and that was really rewarding for me

101

11

00:04:02,759 --> 00:04:02,980
[brian]: good

102
00:04:03,127 --> 00:04:03,267
[gianna_rapp]: in a

103
00:04:03,280 --> 00:04:03,561
[brian]: good

104
00:04:03,307 --> 00:04:03,808
[gianna_rapp]: lot of ways

105
00:04:04,342 --> 00:04:04,703
[brian]: awesome

106
00:04:04,740 --> 00:04:05,460
[gianna_rapp]: yeah

107
00:04:04,923 --> 00:04:06,245
[brian]: and so you've got this

108
00:04:06,489 --> 00:04:06,510
[gianna_rapp]: m

109
00:04:07,006 --> 00:04:10,292
[brian]: it's located called fledgeling or baby business
kind of that's happening or maybe

110
00:04:10,190 --> 00:04:10,491
[gianna_rapp]: baby

111

12

00:04:10,332 --> 00:04:11,053
[brian]: doen't feel baby yeah

112
00:04:10,992 --> 00:04:11,232
[gianna_rapp]: baby

113
00:04:11,133 --> 00:04:11,514
[brian]: yeah baby

114
00:04:11,333 --> 00:04:11,593
[gianna_rapp]: baby

149
00:05:24,651 --> 00:05:29,118
[brian]: this fledgling business has self type coaching
audition coaching is like it's most bread and

150
00:05:29,158 --> 00:05:33,083
[brian]: butter and a little bit of business
coaching that happens from time to time are

151
00:05:33,143 --> 00:05:36,407
[brian]: questions that come up about that is
that kind of the offerings that we are

152
00:05:36,447 --> 00:05:36,908
[brian]: talking about

153
00:05:38,180 --> 00:05:39,001
[gianna_rapp]: yes at the

154
00:05:39,040 --> 00:05:39,222
[brian]: right

13

155
00:05:39,061 --> 00:05:41,806
[gianna_rapp]: moment that is the offerings and i
think

156
00:05:42,274 --> 00:05:42,294
[brian]: i

157
00:05:42,687 --> 00:05:47,175
[gianna_rapp]: part of me i've played around with
a lot of other ideas also playing with

158
00:05:47,235 --> 00:05:54,572
[gianna_rapp]: maybe doing in person classes and a
lot of it is inspired by a lot

159
00:05:54,652 --> 00:06:00,021
[gianna_rapp]: of performance anxiety that i had in
high school in college and so

160
00:06:00,119 --> 00:06:00,259
[brian]: oh

161
00:06:01,163 --> 00:06:06,982
[gianna_rapp]: i had a very very hard time
not letting my anxiety nerves get in the

162
00:06:06,989 --> 00:06:07,210
[brian]: yah

163
00:06:07,062 --> 00:06:09,956
[gianna_rapp]: way and so some of why i

14

wanted to create a studio

164
00:06:10,248 --> 00:06:10,730
[brian]: yah yeah

165
00:06:11,670 --> 00:06:15,916
[gianna_rapp]: to really create a safe environment for
actors to play

166
00:06:16,589 --> 00:06:16,609
[brian]: m

167
00:06:16,737 --> 00:06:17,518
[gianna_rapp]: and to not

168
00:06:20,790 --> 00:06:22,593
[gianna_rapp]: i try to be good in

169
00:06:22,559 --> 00:06:22,579
[brian]: m

170
00:06:22,753 --> 00:06:24,476
[gianna_rapp]: any sort of way because i think

171
00:06:24,338 --> 00:06:24,359
[brian]: m

172
00:06:24,597 --> 00:06:28,102
[gianna_rapp]: when we put in and that happens
a lot with self tapes and auditioning

173

00:06:28,639 --> 00:06:28,801
[brian]: yeah

174
00:06:28,784 --> 00:06:33,513
[gianna_rapp]: is that we feel like we need
to put a product out and so something

175
00:06:33,574 --> 00:06:40,891
[gianna_rapp]: that really helps us as actors in
self tapes and auditioning is yeah figuring out

176
00:06:40,931 --> 00:06:44,680
[gianna_rapp]: who we are as a person and
like going through why am i anxious in

177
00:06:44,740 --> 00:06:53,671
[gianna_rapp]: this moment and i was in a
lot of environments where they were competitive it

178
00:06:53,973 --> 00:07:00,084
[gianna_rapp]: was really hard to kind of like
mess up like be allowed to like

179
00:06:59,910 --> 00:07:00,254
[brian]: yeah

180
00:07:00,785 --> 00:07:01,065
[gianna_rapp]: play

181
00:07:00,820 --> 00:07:01,022
[brian]: yeah

182

00:07:01,266 --> 00:07:02,187
[gianna_rapp]: and make mistakes

183
00:07:01,829 --> 00:07:03,599
[brian]: yeah

184
00:07:02,308 --> 00:07:06,314
[gianna_rapp]: and so that was another thing that
really inspired me to start coaching so right

185
00:07:06,354 --> 00:07:10,843
[gianna_rapp]: now it is self tapes and auditioning
but some that i'm thinking about is some

186
00:07:10,984 --> 00:07:15,758
[gianna_rapp]: sort of group class that also talks
about this aspect of acting

187
00:07:16,219 --> 00:07:21,749
[brian]: great great and so what i hear
you saying is i in my past training

188
00:07:21,809 --> 00:07:25,034
[brian]: as an actor there were some painful
experiences i was in rooms

189
00:07:24,930 --> 00:07:24,950
[gianna_rapp]: m

190
00:07:25,134 --> 00:07:29,001
[brian]: where i didn't feel like i could
get up i was dreading when it was

17

191
00:07:29,021 --> 00:07:32,026
[brian]: like my turn to get up and
do my scene because it was about perfection

192
00:07:32,094 --> 00:07:32,760
[gianna_rapp]: hm

193
00:07:32,106 --> 00:07:37,395
[brian]: it was about being good and part
of why i am i would say gifted

194
00:07:37,555 --> 00:07:40,420
[brian]: with helping actors is because i'm creating
a space word it's not going to be

195
00:07:40,480 --> 00:07:42,864
[brian]: part of our conversation and so the
mark

196
00:07:42,623 --> 00:07:42,684
[gianna_rapp]: m

197
00:07:42,984 --> 00:07:44,166
[brian]: or the promise or the mission

198
00:07:44,019 --> 00:07:44,040
[gianna_rapp]: m

199
00:07:44,787 --> 00:07:45,408
[brian]: of the studio

200

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00:07:45,270 --> 00:07:45,490
[gianna_rapp]: yeah

201
00:07:45,668 --> 00:07:49,855
[brian]: we're creating of the jonarap studios you're
creating is this will be a space where

202
00:07:49,829 --> 00:07:50,010
[gianna_rapp]: yeah

203
00:07:49,976 --> 00:07:50,516
[brian]: you don't have to be

204
00:07:50,520 --> 00:07:50,742
[gianna_rapp]: oh

205
00:07:50,557 --> 00:07:53,401
[brian]: perfect to show up you can up
as is some version

206
00:07:53,490 --> 00:07:53,710
[gianna_rapp]: oh

207
00:07:53,562 --> 00:07:55,986
[brian]: of your presence is enough

208
00:07:55,818 --> 00:07:55,938
[gianna_rapp]: yes

209
00:07:56,026 --> 00:07:58,750
[brian]: to get started you we don't have
t have all the answers right away does

19

210
00:07:58,810 --> 00:08:00,974
[brian]: that sound like the vibe of what
you

211
00:08:00,991 --> 00:08:01,493
[gianna_rapp]: exactly

212
00:08:01,014 --> 00:08:02,136
[brian]: want to create yeah

213
00:08:02,536 --> 00:08:02,757
[gianna_rapp]: yes

214
00:08:02,817 --> 00:08:03,658
[brian]: and so and so i think

215
00:08:03,772 --> 00:08:03,853
[gianna_rapp]: so

216
00:08:03,799 --> 00:08:06,022
[brian]: i'm hearing right away is who this
is for like i'm getting who is the

217
00:08:06,062 --> 00:08:08,747
[brian]: studio for so the person who is
like i want someone to tell me exactly

218
00:08:08,787 --> 00:08:12,253
[brian]: what i do and hit the mark
and that's not not your student your student

20

219
00:08:12,313 --> 00:08:13,034
[brian]: someone who's ready

220
00:08:12,881 --> 00:08:12,961
[gianna_rapp]: you

221
00:08:13,134 --> 00:08:17,742
[brian]: to say i don't have o have
it right i'm open to suggestion i want

222
00:08:17,782 --> 00:08:20,647
[brian]: to be free from maybe some of
the

223
00:08:20,712 --> 00:08:20,814
[gianna_rapp]: ho

224
00:08:21,067 --> 00:08:24,353
[brian]: trauma of my teachers past even could
be way to right now that everyone has

225
00:08:24,393 --> 00:08:25,695
[brian]: to ave trmatic teachers to want this
i want

226
00:08:25,620 --> 00:08:26,550
[gianna_rapp]: yeah

227
00:08:25,715 --> 00:08:27,698
[brian]: to maesureyou could ave had great teachers
and you still want to have a spy

21

228
00:08:27,839 --> 00:08:28,360
[brian]: like that

229
00:08:28,412 --> 00:08:28,993
[gianna_rapp]: absolutely

230
00:08:29,361 --> 00:08:32,286
[brian]: right right right is there anything missing
that

231
00:08:32,190 --> 00:08:32,492
[gianna_rapp]: oh

232
00:08:32,727 --> 00:08:37,114
[brian]: just in times like describing the for
lack of a better word the ideal actor

233
00:08:37,154 --> 00:08:37,936
[brian]: who comes to your students

234
00:08:37,770 --> 00:08:37,790
[gianna_rapp]: m

235
00:08:37,976 --> 00:08:40,611
[brian]: or anything missing from this that you
think i'm not not saying right now

236
00:08:42,350 --> 00:08:48,213
[gianna_rapp]: i would say um someone who's ready
to collaborate

237

22

00:08:47,879 --> 00:08:48,989
[brian]: yeah

238
00:08:48,333 --> 00:08:52,420
[gianna_rapp]: so that it isn't because i know
there's been so many times when i was

239
00:08:52,460 --> 00:08:54,584
[gianna_rapp]: just like tell me what to do
tell me what to do like tell me

240
00:08:54,664 --> 00:09:00,594
[gianna_rapp]: how i can be the best actor
and then i learn i can't remember who

241
00:09:00,675 --> 00:09:03,944
[gianna_rapp]: said this to me i think it
might have been in a casting director workshop

242
00:09:04,666 --> 00:09:12,042
[gianna_rapp]: but that during the pandemic with ourself
types we've become our director we've become our

243
00:09:12,103 --> 00:09:20,057
[gianna_rapp]: script person we've become the actor we've
become all of these different people that make

244
00:09:20,137 --> 00:09:23,482
[gianna_rapp]: up movies and t v shows and
so looking at is like i got to

245
00:09:23,522 --> 00:09:33,433
[gianna_rapp]: create my own little movie today and

23

i think that someone who is interested and

246
00:09:33,513 --> 00:09:39,263
[gianna_rapp]: like maybe not doing everything correctly because
i think there is an opening now with

247
00:09:39,343 --> 00:09:43,389
[gianna_rapp]: self tapes and doing things at home
where we have a little bit more create

248
00:09:43,510 --> 00:09:46,372
[gianna_rapp]: freedom do more of what we want

249
00:09:46,319 --> 00:09:46,339
[brian]: m

250
00:09:46,412 --> 00:09:51,418
[gianna_rapp]: to do is actors on what feels
fulfilling to us and i think also someone

251
00:09:51,478 --> 00:09:58,721
[gianna_rapp]: that's very interested in moving their body
and voice i do incorporate like alexandra technique

252
00:09:58,799 --> 00:09:59,022
[brian]: great

253
00:10:00,083 --> 00:10:00,404
[gianna_rapp]: i do

254
00:10:00,439 --> 00:10:03,450
[brian]: you know i'm a you know i'm

24

a huge fan of alexander technique so this

255
00:10:03,530 --> 00:10:04,815
[brian]: is like yes please kay

256
00:10:06,541 --> 00:10:11,185
[gianna_rapp]: i love it and that's something that
also really helps with anxiety and becoming grounded

257
00:10:11,305 --> 00:10:13,047
[gianna_rapp]: is getting into your body

258
00:10:13,659 --> 00:10:13,823
[brian]: yeah

259
00:10:13,748 --> 00:10:14,028
[gianna_rapp]: um

260
00:10:15,218 --> 00:10:15,239
[brian]: m

261
00:10:16,140 --> 00:10:16,383
[gianna_rapp]: so yeah

262
00:10:17,079 --> 00:10:20,004
[brian]: so that's so great so anyone who's
listening ight n i was an actor has

263
00:10:20,010 --> 00:10:20,272
[gianna_rapp]: yeah

264

00:10:20,024 --> 00:10:22,989
[brian]: already like probably identified themselves as yes
i am your student or no i am

265
00:10:23,049 --> 00:10:25,153
[brian]: not which is a great thing because
you want the person to be able to

266
00:10:25,193 --> 00:10:28,338
[brian]: understand themselves i can't imagine not wanting
to be an environment like the one you

267
00:10:28,398 --> 00:10:29,500
[brian]: just but

268
00:10:29,550 --> 00:10:29,791
[gianna_rapp]: yes

269
00:10:29,700 --> 00:10:31,824
[brian]: that's for my calling specifically in terms

270
00:10:31,680 --> 00:10:32,061
[gianna_rapp]: yeah

271
00:10:31,884 --> 00:10:34,248
[brian]: of like the kind of vibes i
would have but i think that you're already

272
00:10:34,568 --> 00:10:34,809
[brian]: creating

273
00:10:34,649 --> 00:10:34,830

[gianna_rapp]: yeah

274
00:10:34,849 --> 00:10:37,914
[brian]: a mark so someone could say yes
that's for me no that's not for me

275
00:10:37,954 --> 00:10:39,937
[brian]: but what i also want to make
sure and you can tell me if i'm

276
00:10:39,977 --> 00:10:44,765
[brian]: wrong here is this isn't an environment
where it's just about like rolling on the

277
00:10:45,326 --> 00:10:46,849
[brian]: rolling around on the floor in our
black

278
00:10:46,740 --> 00:10:46,983
[gianna_rapp]: oh

279
00:10:47,049 --> 00:10:51,296
[brian]: clothes and feeling good about ourselves it's
also work that we know will resonate on

280
00:10:51,356 --> 00:10:54,960
[brian]: a self tape and will be seen
in the world and say this person is

281
00:10:55,000 --> 00:10:58,704
[brian]: a viable option for this role so
that's the piece that i think we want

27

282
00:10:58,744 --> 00:11:01,526
[brian]: to not miss in the in the
story of what we're trying to put into

283
00:11:01,566 --> 00:11:02,907
[brian]: the world about your messaging

284
00:11:02,529 --> 00:11:02,550
[gianna_rapp]: m

285
00:11:03,067 --> 00:11:03,668
[brian]: does that make sense

286
00:11:04,800 --> 00:11:08,686
[gianna_rapp]: absolutely and like i have done the
rolling around on the floor in college and

287
00:11:08,746 --> 00:11:09,648
[gianna_rapp]: like there's definitely

288
00:11:10,049 --> 00:11:10,799
[brian]: yeah

289
00:11:10,930 --> 00:11:14,075
[gianna_rapp]: it does you know i actually think
it does help actors

290
00:11:13,729 --> 00:11:14,895
[brian]: totally yes

291
00:11:15,457 --> 00:11:23,544

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[gianna_rapp]: but then it's like using that freedom
that sense of um emotional and physical freedom

292
00:11:23,624 --> 00:11:27,032
[gianna_rapp]: and then figuring out how to do
that when you're sitting in front of a

293
00:11:27,092 --> 00:11:27,974
[gianna_rapp]: camera and i

294
00:11:27,994 --> 00:11:28,136
[brian]: right

295
00:11:28,054 --> 00:11:29,397
[gianna_rapp]: think that's the trick

296
00:11:29,459 --> 00:11:29,480
[brian]: a

297
00:11:29,537 --> 00:11:29,938
[gianna_rapp]: right there

298
00:11:30,629 --> 00:11:33,013
[brian]: right so what i'm hearing so i
want an to hear so as we're imagining

299
00:11:33,033 --> 00:11:35,938
[brian]: your big thing so that the coaching
today is really about how do we make

300
00:11:36,579 --> 00:11:38,622
[brian]: get more clients have your business make

29

BRIAN
BREAKS
CHARACTER

301
00:11:38,594 --> 00:11:38,614
[gianna_rapp]: m

302
00:11:38,682 --> 00:11:39,764
[brian]: some money because you said we want

303
00:11:39,720 --> 00:11:40,650
[gianna_rapp]: my

304
00:11:39,804 --> 00:11:42,348
[brian]: to i'm assuming it one day we'd
love to like even though we're having a

305
00:11:42,609 --> 00:11:46,475
[brian]: time catering like to get rid of
that because this creates more more of the

306
00:11:46,555 --> 00:11:47,978
[brian]: cycle of feeling resonant and you're doing

307
00:11:47,970 --> 00:11:48,091
[gianna_rapp]: oh

308
00:11:48,018 --> 00:11:50,342
[brian]: work that makes an impact is what
i'm hearing you say so right so what

309
00:11:50,362 --> 00:11:50,682
[brian]: we're doing

310

00:11:50,700 --> 00:11:51,203
[gianna_rapp]: absolutely

311
00:11:50,722 --> 00:11:54,428
[brian]: let's get into the creating this into
being a business that is lucrative and more

312
00:11:54,509 --> 00:11:57,634
[brian]: people walking through the door or walk
logging onto the zoom room right to make

313
00:11:57,674 --> 00:12:00,238
[brian]: it happen right so we kind of
have an idea of who this person is

314
00:12:00,278 --> 00:12:03,604
[brian]: what i would so share with me
a little bit like give us the lay

315
00:12:03,644 --> 00:12:06,729
[brian]: of the land of how you've marketed
this soup are

316
00:12:07,020 --> 00:12:07,740
[gianna_rapp]: okay

317
00:12:07,050 --> 00:12:10,796
[brian]: right now i'm doing my data collection
to talk about where i think we're going

318
00:12:10,836 --> 00:12:14,903
[brian]: because just so that we're clear what
i'm hearing is i would like to make

31

319
00:12:15,043 --> 00:12:19,711
[brian]: money as an acting coach enough so
that i can sup my life because i

320
00:12:19,831 --> 00:12:22,796
[brian]: know the reality of the business is
i will work as an actor from time

321
00:12:22,856 --> 00:12:26,362
[brian]: to time and hopefully there'll be great
money coming in from that but this will

322
00:12:26,382 --> 00:12:29,667
[brian]: be the reliable second hand my left
hand and will my right hands doing this

323
00:12:30,469 --> 00:12:33,674
[brian]: so that i can feel free in
my acting career because what we don't want

324
00:12:33,694 --> 00:12:35,737
[brian]: this for this to the worst thing
we could do is make a business that

325
00:12:35,878 --> 00:12:38,542
[brian]: overwhelms your acting career right so that's
a huge

326
00:12:38,264 --> 00:12:38,765
[gianna_rapp]: absolutely

327

00:12:38,602 --> 00:12:38,822
[brian]: part of

328
00:12:38,845 --> 00:12:38,986
[gianna_rapp]: yeah

329
00:12:38,863 --> 00:12:42,228
[brian]: what i want to i want to
create a container for us creating that and

330
00:12:42,268 --> 00:12:46,676
[brian]: then their part is and i want
this to serve serve these people in a

331
00:12:46,776 --> 00:12:50,802
[brian]: beautiful way and like they're really booking
and they're feeling iethey'regod about their acting and

332
00:12:51,003 --> 00:12:54,108
[brian]: they're happy people walking out the door
when they finish their coaching with me or

333
00:12:54,148 --> 00:12:54,368
[brian]: whatever

334
00:12:54,360 --> 00:12:54,989
[gianna_rapp]: ye

335
00:12:54,649 --> 00:12:56,853
[brian]: right so these are the two things
where we're balancing so i don't want to

336

00:12:56,913 --> 00:13:00,920
[brian]: let go anyone who's listening who has
gotten more than one passion which is most

337
00:13:00,940 --> 00:13:05,347
[brian]: of my audiences right is this is
we're going to create a business that supports

338
00:13:06,089 --> 00:13:09,682
[brian]: unfolding of both so tell me a
little bit about just so far the marketing

339
00:13:09,762 --> 00:13:10,946
[brian]: messaging that's gone out into the world

340
00:13:12,691 --> 00:13:16,318
[gianna_rapp]: so this is something that i really
have no idea

341
00:13:17,360 --> 00:13:17,564
[brian]: great

342
00:13:18,130 --> 00:13:18,651
[gianna_rapp]: i don't know

343
00:13:18,539 --> 00:13:19,559
[brian]: oh

344
00:13:18,791 --> 00:13:20,374
[gianna_rapp]: lots of out i'm going to be
really

345

34

00:13:20,139 --> 00:13:20,301
[brian]: right

346
00:13:20,414 --> 00:13:22,096
[gianna_rapp]: honest this has been maybe

347
00:13:22,559 --> 00:13:22,820
[brian]: oh

348
00:13:23,419 --> 00:13:27,966
[gianna_rapp]: the biggest struggle that i've faced i
would say that i've used

349
00:13:27,779 --> 00:13:29,279
[brian]: yeah

350
00:13:28,247 --> 00:13:35,838
[gianna_rapp]: instagram i have my website m i
have posted on different facebook groups for

351
00:13:35,851 --> 00:13:36,056
[brian]: great

352
00:13:36,098 --> 00:13:39,157
[gianna_rapp]: actors word of mouth and then

353
00:13:39,030 --> 00:13:39,214
[brian]: right

354
00:13:39,357 --> 00:13:46,508
[gianna_rapp]: i would doe um email lass through
mail champ with a very kind of select

355
00:13:47,260 --> 00:13:48,823
[gianna_rapp]: group of people and

356
00:13:48,860 --> 00:13:49,042
[brian]: great

357
00:13:48,903 --> 00:13:58,227
[gianna_rapp]: something that i was thinking about maybe
reaching out to past teachers or coaches or

358
00:13:58,327 --> 00:14:06,604
[gianna_rapp]: programs where some like pre college programs
that i did and maybe those students are

359
00:14:07,124 --> 00:14:09,666
[gianna_rapp]: now graduated in college and might

360
00:14:09,529 --> 00:14:09,670
[brian]: yeah

361
00:14:09,726 --> 00:14:10,547
[gianna_rapp]: need coaches

362
00:14:09,972 --> 00:14:10,194
[brian]: great

363
00:14:11,047 --> 00:14:11,748
[gianna_rapp]: afterwards

364
00:14:12,329 --> 00:14:12,929

[brian]: oh

365
00:14:14,220 --> 00:14:19,535
[gianna_rapp]: i would say this is like an
area that is very new to me and

366
00:14:19,591 --> 00:14:19,835
[brian]: sure

367
00:14:19,695 --> 00:14:21,992
[gianna_rapp]: so definitely

368
00:14:21,573 --> 00:14:21,754
[brian]: yeah

369
00:14:22,173 --> 00:14:24,422
[gianna_rapp]: struggling a bit with to be honest

370
00:14:24,759 --> 00:14:27,404
[brian]: so right so this is self i
just want to make sure that that you

371
00:14:27,504 --> 00:14:31,010
[brian]: hear this back for me and listeners
here this is taking up space on instagram

372
00:14:31,070 --> 00:14:34,175
[brian]: is not a small ass saying like
i have a real studio is actually quite

373
00:14:34,195 --> 00:14:36,839
[brian]: a big thing to do and so

i want to just applaud you ike that's

374
00:14:37,080 --> 00:14:38,683
[brian]: that could take someone a year to
get comfortable with

375
00:14:38,780 --> 00:14:38,860
[gianna_rapp]: it

376
00:14:38,823 --> 00:14:38,903
[brian]: so

377
00:14:38,900 --> 00:14:39,702
[gianna_rapp]: was scary

378
00:14:39,404 --> 00:14:39,524
[brian]: yeah

379
00:14:39,842 --> 00:14:39,962
[gianna_rapp]: i'm

380
00:14:39,945 --> 00:14:40,085
[brian]: yeah

381
00:14:40,002 --> 00:14:41,164
[gianna_rapp]: not going to lie i was very

382
00:14:41,007 --> 00:14:41,147
[brian]: yeah

383
00:14:41,264 --> 00:14:42,487

[gianna_rapp]: scared the first time i

384
00:14:42,539 --> 00:14:42,640
[brian]: i'm

385
00:14:42,607 --> 00:14:43,068
[gianna_rapp]: posted

386
00:14:42,760 --> 00:14:43,221
[brian]: sure although

387
00:14:43,168 --> 00:14:43,248
[gianna_rapp]: it

388
00:14:43,241 --> 00:14:44,423
[brian]: who do i think i am voices

389
00:14:44,490 --> 00:14:44,712
[gianna_rapp]: yeah

390
00:14:44,503 --> 00:14:46,526
[brian]: were really trying to scream in the
background at that

391
00:14:46,610 --> 00:14:47,294
[gianna_rapp]: absolutely

392
00:14:46,706 --> 00:14:47,728
[brian]: yeah yeah sure

393
00:14:47,656 --> 00:14:47,736

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[gianna_rapp]: oh

394
00:14:47,808 --> 00:14:47,948
[brian]: right

395
00:14:47,817 --> 00:14:48,018
[gianna_rapp]: yeah

396
00:14:48,449 --> 00:14:50,012
[brian]: yeah and then

397
00:14:50,430 --> 00:14:51,810
[gianna_rapp]: yeah

398
00:14:50,493 --> 00:14:53,157
[brian]: also sending an email to a bunch
of people can also be scary and like

399
00:14:53,337 --> 00:14:56,723
[brian]: asking for a fire make so you've
really done some of the you've obviously done

400
00:14:56,763 --> 00:14:58,426
[brian]: some of the personal work to be
able to at

401
00:14:58,440 --> 00:14:59,190
[gianna_rapp]: oh

402
00:14:58,506 --> 00:14:59,207
[brian]: least say

40

403
00:14:59,190 --> 00:14:59,493
[gianna_rapp]: okay

404
00:14:59,227 --> 00:15:01,511
[brian]: it without throwing up right or at
least live with

405
00:15:01,510 --> 00:15:01,732
[gianna_rapp]: yeah

406
00:15:01,551 --> 00:15:02,993
[brian]: the idea that you've already said it
right

407
00:15:03,390 --> 00:15:03,672
[gianna_rapp]: oh

408
00:15:03,454 --> 00:15:06,780
[brian]: so that's the deep work is already
where it's already pook aiding on that piece

409
00:15:06,820 --> 00:15:09,625
[brian]: of it so i would love to
add some structure and some systems or think

410
00:15:09,665 --> 00:15:13,110
[brian]: that's probably what might be helpful but
before i start running running at the mouth

411
00:15:13,190 --> 00:15:14,413
[brian]: over here about what i think we
should

41

412
00:15:14,280 --> 00:15:14,421
[gianna_rapp]: yeah

413
00:15:14,453 --> 00:15:17,538
[brian]: do if you were to say brian
what i want coaching most on

414
00:15:18,420 --> 00:15:18,440
[gianna_rapp]: m

415
00:15:18,701 --> 00:15:20,546
[brian]: in the in the world of this
business

416
00:15:20,250 --> 00:15:20,270
[gianna_rapp]: m

417
00:15:21,939 --> 00:15:24,283
[brian]: it might even be the deep work
that you want some support with it might

418
00:15:24,343 --> 00:15:25,745
[brian]: not actually be this marketing piece

419
00:15:25,558 --> 00:15:26,070
[gianna_rapp]: hm

420
00:15:25,785 --> 00:15:28,831
[brian]: so this kind of just gives listeners
and me the lay of the land of

42

421
00:15:28,871 --> 00:15:31,775
[brian]: where things are and wait just one
more lay of the land question about how

422
00:15:31,816 --> 00:15:34,873
[brian]: many clients are you seeing a week
say or a month

423
00:15:36,570 --> 00:15:40,337
[gianna_rapp]: so it really depends month to month
there was a time during the summer where

424
00:15:40,417 --> 00:15:46,315
[gianna_rapp]: i had maybe like a good six
people coming in

425
00:15:46,580 --> 00:15:47,164
[brian]: wow great

426
00:15:47,060 --> 00:15:51,772
[gianna_rapp]: um but i would say now it's
a little bit closer to like two to

427
00:15:51,852 --> 00:15:57,082
[gianna_rapp]: three and so i know i've also
i haven't been putting it out there as

428
00:15:57,202 --> 00:16:05,041
[gianna_rapp]: much as i think i should be
or could be and so i know it's

429
00:16:05,121 --> 00:16:09,346

43

[gianna_rapp]: one of those things where it's like
part of it like nothing is going to

430
00:16:09,426 --> 00:16:11,228
[gianna_rapp]: happen unless i do something

431
00:16:11,929 --> 00:16:14,073
[brian]: like you got they have to put
a little vibes out for you to get

432
00:16:14,093 --> 00:16:15,575
[brian]: some back i just want to also
make sure you hear this for

433
00:16:15,570 --> 00:16:17,160
[gianna_rapp]: yeah

434
00:16:15,636 --> 00:16:18,741
[brian]: me just this is like expert moment
for you that i want to share is

435
00:16:18,961 --> 00:16:22,687
[brian]: as someone who works with the actors
there are two seasons when things contend to

436
00:16:22,727 --> 00:16:25,638
[brian]: get quiet one is june in july
so it's surprising to me that you had

437
00:16:25,658 --> 00:16:29,241
[brian]: a busy summer so congratulations on that
yeah

438
00:16:28,516 --> 00:16:28,817
[gianna_rapp]: thank you

439
00:16:29,701 --> 00:16:32,466
[brian]: and then the other so just so
part of that is because it comes a

440
00:16:32,546 --> 00:16:35,591
[brian]: surprise to me every single year and
after remember brian things are on a b

441
00:16:35,611 --> 00:16:37,034
[brian]: a little quieter in these months and
it's totally

442
00:16:36,900 --> 00:16:37,102
[gianna_rapp]: oh

443
00:16:37,074 --> 00:16:38,336
[brian]: fine like this is when you take
a vacation

444
00:16:38,140 --> 00:16:38,201
[gianna_rapp]: the

445
00:16:38,376 --> 00:16:43,701
[brian]: chill out like just f why and
then end of end of december early january

446
00:16:43,721 --> 00:16:48,028
[brian]: when we're trying to get back into
things because your business is coaching for audition

45

447
00:16:48,189 --> 00:16:50,633
[brian]: and we both know that the audition
numbers go down a little

448
00:16:50,610 --> 00:16:50,894
[gianna_rapp]: yes

449
00:16:50,653 --> 00:16:54,479
[brian]: because everybody goes le vacation you're going
to see that lull there i just want

450
00:16:54,519 --> 00:16:58,065
[brian]: to also just normalize those two seasons
for yourself so that you can relate to

451
00:16:58,085 --> 00:17:01,310
[brian]: them without a i should be as
busy as i was in february i should

452
00:17:01,331 --> 00:17:05,037
[brian]: be as busy as i was in
september relationship just kind of that piece of

453
00:17:05,117 --> 00:17:05,157
[brian]: it

454
00:17:05,220 --> 00:17:05,884
[gianna_rapp]: that's very helpful

455
00:17:05,998 --> 00:17:06,058
[brian]: go

456
00:17:06,025 --> 00:17:06,327
[gianna_rapp]: thank you

457
00:17:07,701 --> 00:17:08,563
[brian]: so so

458
00:17:08,571 --> 00:17:08,672
[gianna_rapp]: ah

459
00:17:08,943 --> 00:17:11,688
[brian]: did you like seeing about six people
a week was that a vibe you like

460
00:17:11,728 --> 00:17:13,290
[brian]: would you like to have a bit
more if you were to say that my

461
00:17:13,391 --> 00:17:19,241
[brian]: perfect week is having this many this
many sessions i'd still feel buoyant and abulliant

462
00:17:19,381 --> 00:17:21,185
[brian]: as an actor in my own career
what would that number be

463
00:17:23,015 --> 00:17:27,702
[gianna_rapp]: honestly i feel like i could do
like twenty hours a week

464
00:17:27,569 --> 00:17:28,238
[brian]: yeah

47

465
00:17:27,782 --> 00:17:30,767
[gianna_rapp]: of coaching and not feel overwhelmed

466
00:17:31,170 --> 00:17:31,313
[brian]: right

467
00:17:31,428 --> 00:17:33,011
[gianna_rapp]: by it like fifteen

468
00:17:32,691 --> 00:17:32,793
[brian]: it

469
00:17:33,071 --> 00:17:34,333
[gianna_rapp]: to twenty hours a week

470
00:17:34,331 --> 00:17:34,492
[brian]: great

471
00:17:34,814 --> 00:17:35,074
[gianna_rapp]: i think

472
00:17:35,037 --> 00:17:35,199
[brian]: great

473
00:17:35,134 --> 00:17:37,178
[gianna_rapp]: that that would be like a nice
yeah

474
00:17:37,628 --> 00:17:41,064
[brian]: m great okay so let me come

48

back to my question that's all cool i

475
00:17:41,104 --> 00:17:44,329
[brian]: want to like great we had our
technical conversation wipe that away for a second

476
00:17:44,190 --> 00:17:45,394
[gianna_rapp]: uh

477
00:17:44,450 --> 00:17:46,513
[brian]: and just be john rapp in this
moment

478
00:17:46,920 --> 00:17:47,100
[gianna_rapp]: oh

479
00:17:47,675 --> 00:17:51,221
[brian]: and if you were to say here's
where i went coaching on round this again

480
00:17:51,262 --> 00:17:54,208
[brian]: it could be emotional sensitivity stuff it
might

481
00:17:54,223 --> 00:17:54,345
[gianna_rapp]: no

482
00:17:54,288 --> 00:17:58,136
[brian]: not be structury kind of thing what
comes up for you and just take a

483
00:17:58,196 --> 00:18:02,191

49

[brian]: minute to see while we're here together
where we're gathered and know that whatever we

484
00:18:02,271 --> 00:18:03,436
[brian]: focus on will be the right thing

485
00:18:06,511 --> 00:18:10,710
[gianna_rapp]: kay m i think

486
00:18:14,482 --> 00:18:16,128
[gianna_rapp]: okay i think

487
00:18:16,100 --> 00:18:16,361
[brian]: i kissed

488
00:18:16,248 --> 00:18:16,729
[gianna_rapp]: honestly

489
00:18:16,401 --> 00:18:16,702
[brian]: you off to

490
00:18:16,870 --> 00:18:16,950
[gianna_rapp]: one

491
00:18:17,064 --> 00:18:17,124
[brian]: go

492
00:18:17,071 --> 00:18:17,372
[gianna_rapp]: of the

493
00:18:18,199 --> 00:18:21,109

[brian]: are you like oh ship i saw
the ship face was that what that was

494
00:18:21,261 --> 00:18:24,447
[gianna_rapp]: it was like dan i was like
i guess i'll have to be vulnerable

495
00:18:24,059 --> 00:18:24,749
[brian]: oh

496
00:18:24,547 --> 00:18:24,807
[gianna_rapp]: today

497
00:18:24,749 --> 00:18:24,951
[brian]: uh

498
00:18:24,907 --> 00:18:26,149
[gianna_rapp]: that's fine it's okay i had

499
00:18:26,088 --> 00:18:26,129
[brian]: uh

500
00:18:26,250 --> 00:18:28,233
[gianna_rapp]: therapy this morning so we're good

501
00:18:28,435 --> 00:18:29,018
[brian]: you're primed

502
00:18:29,074 --> 00:18:29,335
[gianna_rapp]: um

503

00:18:29,340 --> 00:18:29,521
[brian]: okay

504
00:18:30,176 --> 00:18:31,158
[gianna_rapp]: primed exactly

505
00:18:31,529 --> 00:18:32,699
[brian]: oh

506
00:18:31,859 --> 00:18:38,087
[gianna_rapp]: i would my one of the biggest
things holding me back from really making any

507
00:18:38,228 --> 00:18:43,517
[gianna_rapp]: sort of decision on a job that
is not acting is

508
00:18:43,686 --> 00:18:44,219
[brian]: hm

509
00:18:46,260 --> 00:18:52,337
[gianna_rapp]: my feelings around doing something that's not
acting i think

510
00:18:52,222 --> 00:18:54,239
[brian]: okay yeah

511
00:18:53,501 --> 00:19:00,656
[gianna_rapp]: for so long i did so many
jobs that felt really like i did not

512
00:19:00,696 --> 00:19:02,559

[gianna_rapp]: want to commit to anything like i
didn't

513
00:19:02,489 --> 00:19:02,509
[brian]: m

514
00:19:02,599 --> 00:19:05,444
[gianna_rapp]: want to commit to a nine to
five job i didn't even want to commit

515
00:19:05,504 --> 00:19:09,631
[gianna_rapp]: to attempt job that was like three
to four months long because i was so

516
00:19:09,731 --> 00:19:12,558
[gianna_rapp]: afraid of my energy going to something
else

517
00:19:13,199 --> 00:19:13,440
[brian]: oh

518
00:19:13,950 --> 00:19:20,541
[gianna_rapp]: and so then i would end up
happening like baby sitting catering coaching i would

519
00:19:20,601 --> 00:19:25,629
[gianna_rapp]: have like four or five really really
part time jobs and it would create a

520
00:19:25,729 --> 00:19:28,534
[gianna_rapp]: lot of stress around money and then

521

00:19:28,513 --> 00:19:29,099
[brian]: hm

522
00:19:28,674 --> 00:19:34,604
[gianna_rapp]: also i was splitting my energy between
five things instead of two things so it

523
00:19:34,559 --> 00:19:35,279
[brian]: yeah

524
00:19:34,704 --> 00:19:38,933
[gianna_rapp]: really ended up just being more of
an energy suck then anything else but i

525
00:19:39,174 --> 00:19:43,809
[gianna_rapp]: created this still it's still in there
a little bit but i feel like i've

526
00:19:43,849 --> 00:19:50,664
[gianna_rapp]: done a lot of work around is
that i'm not less of an actor for

527
00:19:50,964 --> 00:19:55,702
[gianna_rapp]: doing something when i'm not doing something
else when i'm not acting um

528
00:19:55,470 --> 00:19:56,634
[brian]: say that again say that again

529
00:19:56,629 --> 00:19:56,670
[gianna_rapp]: ah

530

54

00:19:56,674 --> 00:19:57,637
[brian]: for the people in the background

531
00:19:58,470 --> 00:20:04,548
[gianna_rapp]: yeah what did i just say that
i am not let's of an actor when

532
00:20:04,628 --> 00:20:06,596
[gianna_rapp]: i am doing something else

533
00:20:07,309 --> 00:20:07,471
[brian]: yeah

534
00:20:07,830 --> 00:20:08,151
[gianna_rapp]: and

535
00:20:08,639 --> 00:20:08,841
[brian]: oh

536
00:20:09,155 --> 00:20:16,741
[gianna_rapp]: that i think has been a tricky
feeling a tricky

537
00:20:19,801 --> 00:20:20,786
[gianna_rapp]: especially because

538
00:20:21,749 --> 00:20:22,409
[brian]: ye

539
00:20:21,850 --> 00:20:25,456
[gianna_rapp]: i mean that's something that's really incredible
about being in new york city is that

55

540
00:20:25,756 --> 00:20:30,772
[gianna_rapp]: i would work shifts with other actors
who are caters and they would have nine

541
00:20:30,872 --> 00:20:34,195
[gianna_rapp]: shifts in a row and i was
like i don't know how you guys like

542
00:20:34,295 --> 00:20:37,759
[gianna_rapp]: i was like i'm usually exhausted by
that amount of time but there is this

543
00:20:37,799 --> 00:20:37,941
[brian]: oh

544
00:20:39,750 --> 00:20:45,700
[gianna_rapp]: commitment to acting that i think i
love about actors and what ultimately is why

545
00:20:45,800 --> 00:20:50,948
[gianna_rapp]: i want to do coaching as well
because i get to be in the room

546
00:20:51,469 --> 00:20:58,379
[gianna_rapp]: with people and creating something and so
i know that this is what i the

547
00:20:58,539 --> 00:21:02,165
[gianna_rapp]: path that i want to go on
but i think i am the person that

548

56

00:21:02,205 --> 00:21:06,554
[gianna_rapp]: sometimes gets in my way of putting
myself there because i'm like oh well people

549
00:21:07,175 --> 00:21:11,646
[gianna_rapp]: not think i'm good enough as an
actor because there's that whole saying which drives

550
00:21:11,706 --> 00:21:15,457
[gianna_rapp]: me crazy the people that which is
dumb

551
00:21:15,740 --> 00:21:15,881
[brian]: yeah

552
00:21:16,240 --> 00:21:16,360
[gianna_rapp]: it's

553
00:21:16,242 --> 00:21:16,463
[brian]: it's like

554
00:21:16,400 --> 00:21:16,501
[gianna_rapp]: like

555
00:21:16,503 --> 00:21:16,663
[brian]: those

556
00:21:16,621 --> 00:21:16,742
[gianna_rapp]: so

557
00:21:16,704 --> 00:21:17,065
[brian]: who can't

57

558
00:21:16,962 --> 00:21:17,344
[gianna_rapp]: stupid

559
00:21:17,145 --> 00:21:17,647
[brian]: do teach

560
00:21:17,424 --> 00:21:17,605
[gianna_rapp]: i do

561
00:21:17,727 --> 00:21:19,914
[brian]: or some yeah those who can't do
teach i think is what

562
00:21:19,901 --> 00:21:20,085
[gianna_rapp]: okay

563
00:21:19,954 --> 00:21:21,650
[brian]: it is or something like

564
00:21:21,560 --> 00:21:21,720
[gianna_rapp]: it's

565
00:21:21,691 --> 00:21:21,873
[brian]: that

566
00:21:21,860 --> 00:21:22,842
[gianna_rapp]: not true like literally

567
00:21:22,804 --> 00:21:22,946
[brian]: yeah

568
00:21:22,922 --> 00:21:23,863
[gianna_rapp]: the people that teach

569
00:21:23,789 --> 00:21:23,912
[brian]: ye

570
00:21:24,064 --> 00:21:25,366
[gianna_rapp]: are like better at the

571
00:21:25,279 --> 00:21:26,849
[brian]: yeah

572
00:21:25,426 --> 00:21:28,772
[gianna_rapp]: thing that is and it just drives
me crazy but it's like stuff

573
00:21:28,769 --> 00:21:28,870
[brian]: ye

574
00:21:28,832 --> 00:21:32,618
[gianna_rapp]: like that is like is put into
our heads at such a young age and

575
00:21:32,658 --> 00:21:34,229
[gianna_rapp]: then it's like yeah

576
00:21:34,631 --> 00:21:34,815
[brian]: six

577
00:21:34,650 --> 00:21:36,554

[gianna_rapp]: it's not it's not true but

578
00:21:36,469 --> 00:21:36,611
[brian]: yeah

579
00:21:36,695 --> 00:21:37,296
[gianna_rapp]: it sticks

580
00:21:37,369 --> 00:21:37,409
[brian]: it

581
00:21:37,437 --> 00:21:37,898
[gianna_rapp]: exactly

582
00:21:37,469 --> 00:21:38,971
[brian]: sticks so so let me pass

583
00:21:39,021 --> 00:21:39,245
[gianna_rapp]: okay

584
00:21:39,172 --> 00:21:42,317
[brian]: a little bit of what you said
to see if this sounds right it sounds

585
00:21:42,337 --> 00:21:45,142
[brian]: like coaching is still the thing the
thing that you want to do

586
00:21:45,290 --> 00:21:45,513
[gianna_rapp]: yes

587

00:21:45,482 --> 00:21:47,966
[brian]: but at the very beginning of what
you shared with me it was

588
00:21:48,141 --> 00:21:48,367
[gianna_rapp]: okay

589
00:21:48,708 --> 00:21:54,504
[brian]: i an i want to be okay
doing something that is not acting and so

590
00:21:54,564 --> 00:21:57,649
[brian]: i want to make clear when you're
sang like coaching is not acting are we

591
00:21:57,750 --> 00:21:59,432
[brian]: on the same page when weresying that
coaching we know

592
00:21:59,360 --> 00:21:59,544
[gianna_rapp]: yes

593
00:21:59,472 --> 00:22:02,097
[brian]: that it's adjacent t's in the neighborhood
you're learning more as an actor all the

594
00:22:02,137 --> 00:22:04,864
[brian]: good things are happening but it is
acting and so you're saying i like to

595
00:22:04,924 --> 00:22:06,793
[brian]: feel free as a coach

61

596
00:22:07,170 --> 00:22:07,210
[gianna_rapp]: m

597
00:22:07,649 --> 00:22:11,297
[brian]: to go whole hog into coaching and
know

598
00:22:11,559 --> 00:22:11,580
[gianna_rapp]: m

599
00:22:11,778 --> 00:22:16,127
[brian]: that it's not detrimental to my acting
career both perceived and internally

600
00:22:17,962 --> 00:22:18,405
[gianna_rapp]: exactly

601
00:22:18,999 --> 00:22:22,646
[brian]: right right so what's if we could
name the lie you tell yourself if you

602
00:22:22,672 --> 00:22:22,712
[gianna_rapp]: on

603
00:22:22,686 --> 00:22:23,007
[brian]: were like

604
00:22:23,280 --> 00:22:23,300
[gianna_rapp]: m

605
00:22:23,939 --> 00:22:25,240

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[brian]: and then all sent cylinders

606
00:22:25,380 --> 00:22:25,621
[gianna_rapp]: yeah

607
00:22:25,440 --> 00:22:29,103
[brian]: as a coach what's the lie that
you're telling what's the lie that comes up

608
00:22:29,143 --> 00:22:31,626
[brian]: that could be like this is what
i also this is the belief that comes

609
00:22:31,686 --> 00:22:34,268
[brian]: up when i think of myself as
being a successful coach

610
00:22:37,604 --> 00:22:42,285
[gianna_rapp]: m m a lie that i would
tell myself

611
00:22:42,449 --> 00:22:45,873
[brian]: yeah ight now el truth but we're
saying right

612
00:22:45,791 --> 00:22:46,051
[gianna_rapp]: yeah

613
00:22:45,893 --> 00:22:48,777
[brian]: now we know we're being scientists about
this we know here's the lie that i'd

614

00:22:48,817 --> 00:22:48,997
[brian]: start

615
00:22:48,957 --> 00:22:49,078
[gianna_rapp]: all

616
00:22:49,057 --> 00:22:49,418
[brian]: to believe

617
00:22:49,418 --> 00:22:56,391
[gianna_rapp]: the negative self talk that comes up
i would say not like either being like

618
00:22:56,992 --> 00:23:07,103
[gianna_rapp]: talented enough to be an actor or
like not um m not being like courageous

619
00:23:07,203 --> 00:23:14,432
[gianna_rapp]: enough maybe to put myself out there
feeling safer behind the scenes but like i'm

620
00:23:14,492 --> 00:23:16,014
[gianna_rapp]: saying all this right now i'm like
none of this

621
00:23:15,969 --> 00:23:16,110
[brian]: don't

622
00:23:16,094 --> 00:23:16,154
[gianna_rapp]: is

623
00:23:16,130 --> 00:23:16,351

64

[brian]: believe

624
00:23:16,254 --> 00:23:16,475
[gianna_rapp]: true

625
00:23:16,411 --> 00:23:16,451
[brian]: it

626
00:23:16,595 --> 00:23:22,087
[gianna_rapp]: but i don't believe it but there's
moments when you're like oh god like i'm

627
00:23:22,127 --> 00:23:27,726
[gianna_rapp]: going to make this decision and then
all the little voice demons come in your

628
00:23:27,766 --> 00:23:28,648
[gianna_rapp]: brain and it's just like

629
00:23:28,560 --> 00:23:29,159
[brian]: okay

630
00:23:28,749 --> 00:23:32,056
[gianna_rapp]: stop that's not true stop that's not
true stop that's not true but that is

631
00:23:32,136 --> 00:23:37,006
[gianna_rapp]: definitely i think that's part of this
career i think is a lot of the

632
00:23:37,046 --> 00:23:42,600
[gianna_rapp]: mentality that goes comes with it yeah

65

633
00:23:42,639 --> 00:23:42,779
[brian]: yeah

634
00:23:42,680 --> 00:23:42,860
[gianna_rapp]: i don't

635
00:23:42,860 --> 00:23:42,940
[brian]: and

636
00:23:42,901 --> 00:23:43,001
[gianna_rapp]: know

637
00:23:42,960 --> 00:23:43,121
[brian]: that's

638
00:23:43,041 --> 00:23:43,141
[gianna_rapp]: if i

639
00:23:43,221 --> 00:23:43,623
[brian]: wearing

640
00:23:43,241 --> 00:23:44,123
[gianna_rapp]: answered your question

641
00:23:43,703 --> 00:23:45,692
[brian]: and that could be super could yeah
yeah yeah yeah

642
00:23:47,520 --> 00:23:48,480
[gianna_rapp]: yeah

656
00:24:03,922 --> 00:24:09,766
[brian]: it takes stamina to have
that conversation with those demons every single day

657
00:24:10,949 --> 00:24:11,690
[brian]: it takes stamina

658
00:24:11,400 --> 00:24:12,985
[gianna_rapp]: oh

659
00:24:11,750 --> 00:24:15,256
[brian]: in a way that can pull away
from oh my gosh you have an audition

660
00:24:15,336 --> 00:24:17,860
[brian]: tomorrow but i have a coaching tomorrow
so i'm a jerk for canceling on my

661
00:24:17,920 --> 00:24:21,747
[brian]: coaching rafted like that is a dance
that is going to have to become normalized

662
00:24:21,947 --> 00:24:25,636
[brian]: inside of this right so if we're
going to work on this so what i

663
00:24:25,696 --> 00:24:27,641
[brian]: hear you saying is you know what
brian i think what i want to work

664
00:24:27,701 --> 00:24:31,999

[brian]: on is my relationship with myself as
a coach and an actor is what you're

665
00:24:32,003 --> 00:24:32,670
[gianna_rapp]: hm

666
00:24:32,059 --> 00:24:33,521
[brian]: kind of saying to day that would
help me feel the

667
00:24:33,495 --> 00:24:34,470
[gianna_rapp]: yeah

668
00:24:33,561 --> 00:24:35,144
[brian]: most free you're like i don't want

669
00:24:35,070 --> 00:24:35,090
[gianna_rapp]: i

670
00:24:35,184 --> 00:24:35,244
[brian]: to

671
00:24:35,230 --> 00:24:35,430
[gianna_rapp]: think

672
00:24:35,284 --> 00:24:35,724
[brian]: but i feel like

673
00:24:35,691 --> 00:24:35,851
[gianna_rapp]: so

674

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00:24:35,764 --> 00:24:37,887
[brian]: i have to as when i hear
say i have to face

675
00:24:37,814 --> 00:24:37,934
[gianna_rapp]: like

676
00:24:37,987 --> 00:24:38,108
[brian]: that

677
00:24:37,995 --> 00:24:39,297
[gianna_rapp]: that's the scariest

678
00:24:38,759 --> 00:24:39,599
[brian]: yeah

679
00:24:39,377 --> 00:24:39,577
[gianna_rapp]: thing

680
00:24:39,659 --> 00:24:39,800
[brian]: yeah

681
00:24:39,717 --> 00:24:40,479
[gianna_rapp]: to go into

682
00:24:40,323 --> 00:24:40,464
[brian]: yeah

683
00:24:40,659 --> 00:24:44,726
[gianna_rapp]: but i mean like because yes i
mean there are a lot of things marketing

69

684
00:24:44,786 --> 00:24:49,950
[gianna_rapp]: wise that i think i don't know
what doing but i think it ties i

685
00:24:50,070 --> 00:24:50,231
[gianna_rapp]: think

686
00:24:50,210 --> 00:24:50,511
[brian]: yes

687
00:24:50,291 --> 00:24:51,714
[gianna_rapp]: that this is the this

688
00:24:51,776 --> 00:24:51,936
[brian]: yeah

689
00:24:51,795 --> 00:24:54,661
[gianna_rapp]: is where it's coming from i think
i would know a little bit more how

690
00:24:54,701 --> 00:24:57,748
[gianna_rapp]: to market myself if this wasn't what
i was fighting with

691
00:24:58,129 --> 00:24:58,530
[brian]: yeah and so

692
00:24:58,501 --> 00:24:58,642
[gianna_rapp]: ah

693
00:24:58,570 --> 00:25:01,896

70

[brian]: what so what i want to say
is like as coaching number one in this

694
00:25:01,956 --> 00:25:04,860
[brian]: conversation like this feels like the right
coaching number one tht feels like coaching number

695
00:25:04,921 --> 00:25:07,705
[brian]: two is or three is like let's
get in clear on the marketing or the

696
00:25:07,745 --> 00:25:11,110
[brian]: funnel or that can be a but
right now let's get really clear and who

697
00:25:11,190 --> 00:25:14,553
[brian]: i want to be in my life
so that i can do both of these

698
00:25:14,593 --> 00:25:19,096
[brian]: things and feel free to go whole
heartedly into both of them so let's

699
00:25:19,090 --> 00:25:19,295
[gianna_rapp]: yes

700
00:25:19,136 --> 00:25:20,578
[brian]: go over to the acting side for
a second

701
00:25:21,660 --> 00:25:21,680
[gianna_rapp]: m

702
00:25:22,239 --> 00:25:25,431
[brian]: hey and smile comes across your face
if you're watching this on your tube

703
00:25:26,460 --> 00:25:26,802
[gianna_rapp]: oh

704
00:25:28,309 --> 00:25:28,469
[brian]: what

705
00:25:28,380 --> 00:25:29,640
[gianna_rapp]: yeah

706
00:25:28,629 --> 00:25:32,734
[brian]: do you if you were able to
wave a magic wand or and you could

707
00:25:32,794 --> 00:25:35,738
[brian]: say this is the impact that i'd
like my acting to have when someone sees

708
00:25:35,838 --> 00:25:35,898
[brian]: it

709
00:25:37,260 --> 00:25:37,280
[gianna_rapp]: m

710
00:25:37,429 --> 00:25:39,957
[brian]: the shift i'd like to have in
them comes up for you

711

72

00:25:43,800 --> 00:25:44,162
[gianna_rapp]: oh

712
00:25:48,950 --> 00:25:56,364
[gianna_rapp]: i think it would be for someone
to maybe feel less alone or to feel

713
00:25:56,505 --> 00:25:57,510
[gianna_rapp]: hurt in some way

714
00:26:01,220 --> 00:26:11,404
[gianna_rapp]: i think whatso powerful about acting is
that it allows the audience to have an

715
00:26:11,564 --> 00:26:16,132
[gianna_rapp]: experience together but then also an experience
on their own and i know there's been

716
00:26:16,172 --> 00:26:21,582
[gianna_rapp]: so many times where i've seen a
performance that has made me feel like les

717
00:26:22,866 --> 00:26:32,266
[gianna_rapp]: um sword less crazy is not the
great most articulate word to use but there's

718
00:26:32,050 --> 00:26:32,192
[brian]: yeah

719
00:26:32,306 --> 00:26:36,433
[gianna_rapp]: just like oh wow i've had experience
like that and i feel less alone in

720
00:26:36,473 --> 00:26:38,837
[gianna_rapp]: this moment or i feel inspired by

721
00:26:38,861 --> 00:26:38,942
[brian]: it

722
00:26:39,158 --> 00:26:39,318
[gianna_rapp]: this

723
00:26:39,359 --> 00:26:39,740
[brian]: oh

724
00:26:39,438 --> 00:26:42,463
[gianna_rapp]: character's journey and i think there's just
this

725
00:26:42,449 --> 00:26:42,791
[brian]: my

726
00:26:42,604 --> 00:26:43,627
[gianna_rapp]: closeness that we

727
00:26:44,189 --> 00:26:44,495
[brian]: oh

728
00:26:44,610 --> 00:26:48,676
[gianna_rapp]: at least i have when i watch
shows and scenes that i really connect with

729
00:26:48,757 --> 00:26:51,401
[gianna_rapp]: it's like you almost feel like they're

74

your friends in some way

730
00:26:51,389 --> 00:26:51,409
[brian]: m

731
00:26:51,461 --> 00:26:56,915
[gianna_rapp]: and you really care about them and
it creates i think a closeness that have

732
00:26:56,997 --> 00:27:02,746
[gianna_rapp]: with ourselves the people around us that
we're sharing watching what were whether that's live

733
00:27:02,806 --> 00:27:09,162
[gianna_rapp]: thet or a t v show and
so yeah i really do agree with a

734
00:27:09,202 --> 00:27:12,528
[gianna_rapp]: lot of actors when they talk about
it being a service i really do think

735
00:27:13,491 --> 00:27:20,286
[gianna_rapp]: acting is a way of helping this
world digest what's going on

736
00:27:20,960 --> 00:27:21,185
[brian]: right

737
00:27:21,500 --> 00:27:21,780
[gianna_rapp]: um

738
00:27:21,911 --> 00:27:22,013

[brian]: it

739
00:27:22,682 --> 00:27:25,186
[gianna_rapp]: and and that could be in like
a silly set come that

740
00:27:25,139 --> 00:27:25,523
[brian]: totally

741
00:27:25,246 --> 00:27:25,526
[gianna_rapp]: could be

742
00:27:25,705 --> 00:27:25,887
[brian]: yeah

743
00:27:25,887 --> 00:27:29,193
[gianna_rapp]: in like it doesn't have to be
the most dramatic thing ever but i think

744
00:27:29,233 --> 00:27:33,219
[gianna_rapp]: that there's you know there is an
escape that happens where we get to be

745
00:27:33,500 --> 00:27:37,629
[gianna_rapp]: someone else's shoes but i think at
the end of the day we also learn

746
00:27:37,689 --> 00:27:38,712
[gianna_rapp]: a lot about ourselves

747
00:27:39,259 --> 00:27:39,421
[brian]: yeah

748
00:27:39,453 --> 00:27:41,478
[gianna_rapp]: and i think that's really cool i
think

749
00:27:41,400 --> 00:27:41,603
[brian]: yeah

750
00:27:41,518 --> 00:27:47,605
[gianna_rapp]: that's honestly makes me like the most
excited about man acting in the first place

751
00:27:48,192 --> 00:27:50,280
[brian]: i love that john i love what
you said because i almost when you said

752
00:27:50,320 --> 00:27:54,471
[brian]: that what i'm hearing back is yes
we get to go into someone else's shoes

753
00:27:54,511 --> 00:27:57,857
[brian]: but what i think it does is
it returns our audience and it returns us

754
00:27:58,358 --> 00:28:02,985
[brian]: to our own shoes a little changed
return us to our own shoes a little

755
00:28:03,666 --> 00:28:06,992
[brian]: differently approaching the world and one thing
that you said so beautifully about television shows

756

77

00:28:07,032 --> 00:28:10,818
[brian]: is television shows you know we had
mike garver who is an experiential theater director

757
00:28:10,878 --> 00:28:14,905
[brian]: and she talked about t v shows
are serialized relationships we have with people in

758
00:28:14,945 --> 00:28:18,431
[brian]: the show and we do feel like
that part of our family they do come

759
00:28:18,491 --> 00:28:21,837
[brian]: into our house and when breaking bed
ended i was like my family's gone

760
00:28:21,610 --> 00:28:21,770
[gianna_rapp]: yeah

761
00:28:22,398 --> 00:28:24,060
[brian]: like how can this be you can't

762
00:28:24,239 --> 00:28:24,399
[gianna_rapp]: yeah

763
00:28:24,782 --> 00:28:25,303
[brian]: spoiler alert

764
00:28:25,221 --> 00:28:25,282
[gianna_rapp]: it

765
00:28:25,363 --> 00:28:25,443

[brian]: you

766
00:28:25,482 --> 00:28:25,984
[gianna_rapp]: hurts

767
00:28:25,503 --> 00:28:25,703
[brian]: can't

768
00:28:26,165 --> 00:28:26,325
[gianna_rapp]: like

769
00:28:26,244 --> 00:28:26,665
[brian]: you can't

770
00:28:26,526 --> 00:28:26,566
[gianna_rapp]: i

771
00:28:26,745 --> 00:28:27,085
[brian]: die

772
00:28:26,827 --> 00:28:27,068
[gianna_rapp]: feel

773
00:28:27,186 --> 00:28:27,646
[brian]: yeah

774
00:28:27,208 --> 00:28:27,328
[gianna_rapp]: it

775
00:28:28,147 --> 00:28:30,451
[brian]: yeah yeah right and so

776
00:28:30,871 --> 00:28:31,053
[gianna_rapp]: eh

777
00:28:30,992 --> 00:28:34,559
[brian]: because you're the storyteller i've welcome to
my house or for hours and hours and

778
00:28:34,619 --> 00:28:36,342
[brian]: hours so i just i love the
way yu said at one of the things

779
00:28:36,362 --> 00:28:39,287
[brian]: i want to come back to is
this feeling of not being alone and being

780
00:28:39,387 --> 00:28:39,627
[brian]: seen

781
00:28:39,900 --> 00:28:39,920
[gianna_rapp]: m

782
00:28:40,829 --> 00:28:41,031
[brian]: yeah

783
00:28:41,253 --> 00:28:41,273
[gianna_rapp]: h

784
00:28:42,359 --> 00:28:46,205
[brian]: and i want to come back over
to your acting studio which is things you

785
00:28:46,245 --> 00:28:50,592
[brian]: have to be perfect have to get
it right and who you are is enough

786
00:28:50,933 --> 00:28:53,016
[brian]: can you kind of make a bridge
here for us do

787
00:28:52,940 --> 00:28:53,183
[gianna_rapp]: woe

788
00:28:53,076 --> 00:28:54,278
[brian]: you see the relation

789
00:28:54,990 --> 00:28:55,233
[gianna_rapp]: yah

790
00:28:56,349 --> 00:28:56,872
[brian]: she's laughing

791
00:28:57,281 --> 00:28:57,741
[gianna_rapp]: oh boy

792
00:28:58,640 --> 00:28:58,762
[brian]: uh

793
00:28:59,843 --> 00:28:59,863
[gianna_rapp]: i

794
00:28:59,918 --> 00:28:59,939
[brian]: h

81

795
00:29:00,864 --> 00:29:08,031
[gianna_rapp]: think about my my fears and my
stuff coming up i think being seen in

796
00:29:08,132 --> 00:29:11,659
[gianna_rapp]: general is terrifying which is really funny
because i want to be an actor which

797
00:29:11,739 --> 00:29:11,839
[gianna_rapp]: is

798
00:29:11,870 --> 00:29:13,854
[brian]: i yes

799
00:29:13,843 --> 00:29:15,146
[gianna_rapp]: but i think that there

800
00:29:19,441 --> 00:29:23,949
[gianna_rapp]: i could i could be getting this
this this is when my therapist would help

801
00:29:24,049 --> 00:29:24,710
[gianna_rapp]: me out because

802
00:29:24,509 --> 00:29:24,691
[brian]: yeah

803
00:29:24,810 --> 00:29:25,612
[gianna_rapp]: i m

804

00:29:25,609 --> 00:29:25,869
[brian]: i'm goin t

805
00:29:25,872 --> 00:29:26,273
[gianna_rapp]: struggling

806
00:29:25,909 --> 00:29:26,450
[brian]: let you sit there

807
00:29:26,333 --> 00:29:26,493
[gianna_rapp]: now

808
00:29:26,470 --> 00:29:26,550
[brian]: and

809
00:29:26,573 --> 00:29:26,733
[gianna_rapp]: but

810
00:29:26,650 --> 00:29:29,814
[brian]: so because you're doing great i like
to i like to live in the pause

811
00:29:29,854 --> 00:29:30,615
[brian]: and then the silence

812
00:29:30,360 --> 00:29:31,889
[gianna_rapp]: oh

813
00:29:31,216 --> 00:29:32,097
[brian]: so go ahead

814

00:29:34,270 --> 00:29:45,567
[gianna_rapp]: i would say there's a fear of
in both coaching and acting of assertively putting

815
00:29:45,667 --> 00:29:51,582
[gianna_rapp]: myself out there as an this is
what i am doing like even calling myself

816
00:29:51,642 --> 00:29:55,167
[gianna_rapp]: an actor or even talking about acting
in this way that i just did felt

817
00:29:55,247 --> 00:30:01,617
[gianna_rapp]: incredibly vulnerable um and so i think
there might be a belief in there somewhere

818
00:30:01,798 --> 00:30:03,000
[gianna_rapp]: still that i got

819
00:30:02,957 --> 00:30:03,509
[brian]: hm

820
00:30:03,280 --> 00:30:07,587
[gianna_rapp]: when i was a kid that like
acting isn't for me or that

821
00:30:07,469 --> 00:30:08,279
[brian]: yeah

822
00:30:07,788 --> 00:30:08,489
[gianna_rapp]: acting is

823

00:30:10,209 --> 00:30:10,770
[brian]: for other people

824
00:30:10,661 --> 00:30:10,782
[gianna_rapp]: it's

825
00:30:10,830 --> 00:30:10,950
[brian]: yeah

826
00:30:10,842 --> 00:30:11,404
[gianna_rapp]: like once again

827
00:30:11,190 --> 00:30:12,272
[brian]: before before we go

828
00:30:12,306 --> 00:30:12,406
[gianna_rapp]: you

829
00:30:12,332 --> 00:30:12,432
[brian]: there

830
00:30:12,467 --> 00:30:12,627
[gianna_rapp]: know

831
00:30:12,472 --> 00:30:14,656
[brian]: her i want to come back i
want to bridge something different though that you

832
00:30:14,696 --> 00:30:16,680
[brian]: answered a different question for me i
want to bring it back to this question

833
00:30:17,160 --> 00:30:19,805
[brian]: can you bridge the impact you want
to have as an actor to the bridge

834
00:30:20,105 --> 00:30:21,348
[brian]: the impact you want to have as
a coach

835
00:30:23,366 --> 00:30:33,228
[gianna_rapp]: yes i would love to help actors
find a way to bring their authentic selves

836
00:30:34,120 --> 00:30:40,206
[gianna_rapp]: to the character that they're playing and
so the performance is that we see that

837
00:30:40,307 --> 00:30:44,832
[gianna_rapp]: make us feel like oh this is
family member of this is a close

838
00:30:44,729 --> 00:30:44,749
[brian]: m

839
00:30:44,892 --> 00:30:48,999
[gianna_rapp]: friend or this is someone that like
i really care about their journey i think

840
00:30:49,039 --> 00:30:56,682
[gianna_rapp]: it's when we ourselves are allowing to
be our messiest grounded genuine weird

841
00:30:57,989 --> 00:30:58,232

86

[brian]: oh

842
00:30:58,250 --> 00:31:03,694
[gianna_rapp]: selves but it's scary to actually let
people see that because we're like oh no

843
00:31:03,795 --> 00:31:06,056
[gianna_rapp]: is someone not going to like me
is this gonna am i going to get

844
00:31:06,097 --> 00:31:11,198
[gianna_rapp]: rejected all this stuff comes up and
so i think i would love to help

845
00:31:11,460 --> 00:31:17,208
[gianna_rapp]: actors find those moments of being their
most authentic selves

846
00:31:17,399 --> 00:31:17,642
[brian]: oh

847
00:31:18,070 --> 00:31:23,086
[gianna_rapp]: in auditioning which doesn't doesn't always feel
super authentic it feels especially if you know

848
00:31:23,146 --> 00:31:28,551
[gianna_rapp]: if you have like a few lines
taught to just like you know throw them

849
00:31:28,611 --> 00:31:33,036
[gianna_rapp]: away which i think there's a lot
to that but it's also finding who i

87

850
00:31:33,276 --> 00:31:38,764
[gianna_rapp]: am inside while i am doing can
i pass the salt or something

851
00:31:38,419 --> 00:31:38,559
[brian]: it

852
00:31:38,804 --> 00:31:39,024
[gianna_rapp]: you know

853
00:31:39,020 --> 00:31:39,180
[brian]: right

854
00:31:39,124 --> 00:31:40,006
[gianna_rapp]: like i don't know i

855
00:31:40,142 --> 00:31:44,068
[brian]: yeah yeah so what i'm hearing back
is i want actors to be able to

856
00:31:44,689 --> 00:31:48,976
[brian]: find their mess and embrace their mess
and if sometimes the work doesn't call for

857
00:31:49,016 --> 00:31:53,364
[brian]: that still they're the messy human inside
even if this if the scene is not

858
00:31:53,404 --> 00:31:56,589
[brian]: a scene where the the mess is
necessarily the headline of the moment there like

88

859
00:31:57,090 --> 00:31:57,571
[brian]: they also do

860
00:31:57,550 --> 00:31:58,113
[gianna_rapp]: absolutely

861
00:31:57,631 --> 00:31:59,374
[brian]: have a night that day they have
to go have a fight with their mome

862
00:31:59,414 --> 00:32:02,238
[brian]: on the phone and they just got
like their life is full there's a full

863
00:32:02,359 --> 00:32:03,581
[brian]: expression of this human being right

864
00:32:03,931 --> 00:32:04,533
[gianna_rapp]: exactly

865
00:32:04,262 --> 00:32:08,088
[brian]: and what i hear saying around your
own acting career is i don't have the

866
00:32:08,128 --> 00:32:12,355
[brian]: freedom to be in this mess in
this strive while i'm coaching while i'm building

867
00:32:12,395 --> 00:32:12,836
[brian]: this coaching

868

00:32:13,144 --> 00:32:13,770
[gianna_rapp]: hm

869
00:32:13,197 --> 00:32:16,248
[brian]: business so what to me now and
i wonder if you can try this on

870
00:32:16,309 --> 00:32:17,776
[brian]: for a minute try this perspective on

871
00:32:17,974 --> 00:32:18,750
[gianna_rapp]: h m

872
00:32:19,713 --> 00:32:26,151
[brian]: i am allowed to be messy in
the creation of my studio what comes up

873
00:32:26,192 --> 00:32:26,835
[brian]: when i say that

874
00:32:28,530 --> 00:32:29,850
[gianna_rapp]: yeah

875
00:32:28,799 --> 00:32:30,021
[brian]: she might not be the right word
let's

876
00:32:29,970 --> 00:32:30,173
[gianna_rapp]: oh

877
00:32:30,081 --> 00:32:32,687
[brian]: use a different word so maybe it's

like i'm allowed to not be perfect might

878
00:32:32,727 --> 00:32:34,932
[brian]: be better or like i'm allowed to

879
00:32:34,876 --> 00:32:35,239
[gianna_rapp]: i like

880
00:32:35,072 --> 00:32:35,373
[brian]: try

881
00:32:35,320 --> 00:32:35,723
[gianna_rapp]: messy

882
00:32:35,573 --> 00:32:37,497
[brian]: yeah yeah you great tell me what
comes

883
00:32:37,470 --> 00:32:37,510
[gianna_rapp]: i

884
00:32:37,557 --> 00:32:37,637
[brian]: up

885
00:32:37,670 --> 00:32:42,899
[gianna_rapp]: like messy i think there was almost
like a heavy blanket one of those things

886
00:32:42,959 --> 00:32:43,640
[gianna_rapp]: called that just fell

887

91

00:32:43,589 --> 00:32:43,871
[brian]: weighted

888
00:32:43,680 --> 00:32:43,941
[gianna_rapp]: like it was

889
00:32:43,931 --> 00:32:44,273
[brian]: blanket

890
00:32:44,001 --> 00:32:46,024
[gianna_rapp]: kind of lifted off a weighted blanket

891
00:32:45,979 --> 00:32:48,689
[brian]: yeah

892
00:32:46,445 --> 00:32:52,115
[gianna_rapp]: because i think some of the coaching
is like i get very weird about like

893
00:32:53,016 --> 00:32:55,961
[gianna_rapp]: the copy writing i'm putting out to
where i'm like oh gosh like this is

894
00:32:56,021 --> 00:32:59,026
[gianna_rapp]: gonna sound really stupid or like am
i like making it like does

895
00:32:58,979 --> 00:32:59,308
[brian]: my

896
00:32:59,086 --> 00:33:04,027
[gianna_rapp]: this what i'm offering sound like it

92

coming across the way i wanted to

914
00:33:31,220 --> 00:33:36,208
[gianna_rapp]: i think that would allow me to
put myself out there more because i don't

915
00:33:36,248 --> 00:33:39,453
[gianna_rapp]: have to worry on it being perfect
and i think that's what happens with the

916
00:33:39,493 --> 00:33:42,959
[gianna_rapp]: copy writing is i'm like okay this
post has to be perfect like this writing

917
00:33:43,220 --> 00:33:45,167
[gianna_rapp]: it's to be exactly what i'm offering
or like

918
00:33:46,240 --> 00:33:46,382
[brian]: yeah

919
00:33:46,290 --> 00:33:49,742
[gianna_rapp]: really like no one everyone's just scrawling
really quickly and no one's thinking about as

920
00:33:49,802 --> 00:33:51,247
[gianna_rapp]: much as i am thinking about it

921
00:33:51,929 --> 00:33:52,455
[brian]: oh

922
00:33:52,230 --> 00:33:57,515

93

[gianna_rapp]: and so i think allowing myself also
to fail within the coaching studio like

923
00:33:57,689 --> 00:33:57,932
[brian]: yes

924
00:33:58,216 --> 00:34:02,770
[gianna_rapp]: sending something out and it's just not
working and like moving on with my life

925
00:34:03,051 --> 00:34:03,531
[gianna_rapp]: you know just

926
00:34:03,450 --> 00:34:03,653
[brian]: yeah

927
00:34:03,571 --> 00:34:08,896
[gianna_rapp]: being like that doesn't have like not
taking things personally i think would is what

928
00:34:09,236 --> 00:34:11,418
[gianna_rapp]: being messier also i feel like

929
00:34:11,370 --> 00:34:11,494
[brian]: right

930
00:34:11,778 --> 00:34:12,259
[gianna_rapp]: can mean

931
00:34:13,159 --> 00:34:14,140
[brian]: yeah yeah and so what i

94

932
00:34:14,120 --> 00:34:14,261
[gianna_rapp]: yeah

933
00:34:14,160 --> 00:34:17,245
[brian]: want to just kind of narrow for
everyone so when we're talking so i think

934
00:34:17,265 --> 00:34:18,728
[brian]: we're arriving in terms of like an
action

935
00:34:18,661 --> 00:34:18,742
[gianna_rapp]: ah

936
00:34:18,768 --> 00:34:22,334
[brian]: step or where to go next is
you're not going to be messy when you're

937
00:34:22,374 --> 00:34:24,578
[brian]: coaching i mean you might bring some
mess because you want to try a new

938
00:34:24,618 --> 00:34:27,583
[brian]: modality i don't know but this isn't
gonabyo'renot on a be like hey our coaching

939
00:34:27,623 --> 00:34:30,948
[brian]: starts at three i'll see at three
forty five like that's not the mess that's

940
00:34:30,968 --> 00:34:34,194
[brian]: not the message time right so they'renotgonna

95

be like suddenly a poor deliverer of coaching

941
00:34:34,254 --> 00:34:39,282
[brian]: but like some mess in the like
hey trying you know friday i've got four

942
00:34:39,342 --> 00:34:42,307
[brian]: spots on my list anybody want to
take one of them on instagram i'm like

943
00:34:42,407 --> 00:34:46,554
[brian]: not getting it perfect right and i'm
not saying the perfect thing and what if

944
00:34:46,614 --> 00:34:52,643
[brian]: the metric for you to measure yourself
by wasn't let's say either number of clients

945
00:34:52,683 --> 00:34:56,231
[brian]: but what's what's the mess metric or
what's the success metric

946
00:34:55,950 --> 00:34:55,970
[gianna_rapp]: m

947
00:34:56,311 --> 00:34:58,375
[brian]: we could use that would newly

948
00:34:58,320 --> 00:34:58,681
[gianna_rapp]: oh

949
00:34:58,476 --> 00:35:07,297

[brian]: become i'm making steps in this direction
i'm giving someone space to see me without

950
00:35:07,357 --> 00:35:09,581
[brian]: being perfect what could be

951
00:35:09,630 --> 00:35:10,560
[gianna_rapp]: yeah

952
00:35:09,641 --> 00:35:12,355
[brian]: a metric we would use would it
be like what comes up for you before

953
00:35:12,395 --> 00:35:14,335
[brian]: i spit ball here with you

954
00:35:20,390 --> 00:35:25,217
[gianna_rapp]: i would say i do like the
messiness i think i like that just like

955
00:35:30,080 --> 00:35:33,105
[gianna_rapp]: the amount i don't know what this
word would be but

956
00:35:33,159 --> 00:35:33,320
[brian]: yeah

957
00:35:33,165 --> 00:35:40,818
[gianna_rapp]: just like being more like active being
more aggressive in not in like man way

958
00:35:40,934 --> 00:35:41,135

97

[brian]: we know

959
00:35:41,118 --> 00:35:41,218
[gianna_rapp]: but

960
00:35:41,155 --> 00:35:41,356
[brian]: what your

961
00:35:41,278 --> 00:35:41,459
[gianna_rapp]: just

962
00:35:41,397 --> 00:35:41,718
[brian]: aggressive

963
00:35:41,579 --> 00:35:41,819
[gianna_rapp]: more

964
00:35:41,759 --> 00:35:42,825
[brian]: means yet yeah

965
00:35:43,162 --> 00:35:47,409
[gianna_rapp]: having more of a i'm going to
put this out here it would be great

966
00:35:47,449 --> 00:35:51,576
[gianna_rapp]: if it worked if it doesn't i'm
going to do it again and having that

967
00:35:51,616 --> 00:35:52,958
[gianna_rapp]: kind of momentum

968

00:35:52,539 --> 00:35:53,829
[brian]: yeah great so

969
00:35:53,910 --> 00:35:53,930
[gianna_rapp]: i

970
00:35:53,929 --> 00:35:54,090
[brian]: here's

971
00:35:53,971 --> 00:35:54,152
[gianna_rapp]: don't

972
00:35:54,110 --> 00:35:54,210
[brian]: what

973
00:35:54,172 --> 00:35:54,313
[gianna_rapp]: know

974
00:35:54,390 --> 00:35:54,510
[brian]: yeah

975
00:35:54,393 --> 00:35:54,654
[gianna_rapp]: if that

976
00:35:54,651 --> 00:35:54,771
[brian]: yeah

977
00:35:54,735 --> 00:35:54,996
[gianna_rapp]: is like

978
00:35:55,131 --> 00:35:55,572

99

[brian]: i have a bunch of

979
00:35:55,620 --> 00:35:55,781
[gianna_rapp]: yeah

980
00:35:55,632 --> 00:35:57,395
[brian]: ideas kind of gie s so i
love what oure saying so

981
00:35:57,430 --> 00:35:57,731
[gianna_rapp]: please

982
00:35:57,515 --> 00:35:57,856
[brian]: gress i

983
00:35:57,871 --> 00:35:58,112
[gianna_rapp]: please

984
00:35:57,896 --> 00:36:00,821
[brian]: think it's numbers i think it's around
numbers what if you made a metric which

985
00:36:00,881 --> 00:36:00,981
[brian]: like

986
00:36:00,884 --> 00:36:01,006
[gianna_rapp]: one

987
00:36:01,362 --> 00:36:05,569
[brian]: my goal i must post i must
as a strong word using at tention trying

100

988
00:36:05,630 --> 00:36:08,039
[brian]: to stretch here so the must is
intentional right i

989
00:36:08,116 --> 00:36:08,730
[gianna_rapp]: hm

990
00:36:08,200 --> 00:36:12,009
[brian]: must post four times a week or

991
00:36:12,160 --> 00:36:12,180
[gianna_rapp]: i

992
00:36:12,209 --> 00:36:12,249
[brian]: i

993
00:36:12,241 --> 00:36:12,382
[gianna_rapp]: love

994
00:36:12,390 --> 00:36:12,590
[brian]: must

995
00:36:12,443 --> 00:36:12,523
[gianna_rapp]: it

996
00:36:12,710 --> 00:36:18,179
[brian]: post three times what number feels enough
stretch for you that would actually feel like

997
00:36:18,199 --> 00:36:21,965
[brian]: you're stretching but isn't like going to

101

never get done because it's too big what's

998
00:36:22,006 --> 00:36:24,351
[brian]: a good number there is it three
is it four is it five is it

999
00:36:24,451 --> 00:36:27,804
[brian]: seven you know is it twenty four
i imagine it's not twenty four but like

1000
00:36:27,964 --> 00:36:29,572
[brian]: yeah yeah

1001
00:36:30,306 --> 00:36:30,587
[gianna_rapp]: i would

1002
00:36:30,747 --> 00:36:30,869
[brian]: yeah

1003
00:36:30,767 --> 00:36:35,968
[gianna_rapp]: say four or five i feel

1004
00:36:35,902 --> 00:36:35,963
[brian]: in

1005
00:36:36,008 --> 00:36:37,955
[gianna_rapp]: like three would be playing it safe

1006
00:36:38,109 --> 00:36:38,291
[brian]: okay

1007

00:36:38,216 --> 00:36:38,537
[gianna_rapp]: for me

1008
00:36:39,710 --> 00:36:42,657
[brian]: so four is it and five is
a wow four is four is

1009
00:36:42,653 --> 00:36:42,735
[gianna_rapp]: he

1010
00:36:42,757 --> 00:36:47,207
[brian]: a yes hell yes i did it
in five is a wow i went overboard

1011
00:36:48,149 --> 00:36:48,549
[brian]: we do that

1012
00:36:48,550 --> 00:36:48,792
[gianna_rapp]: yes

1013
00:36:49,190 --> 00:36:49,251
[brian]: and

1014
00:36:49,275 --> 00:36:49,859
[gianna_rapp]: absolutely

1015
00:36:49,331 --> 00:36:49,992
[brian]: for for it's a

1016
00:36:50,081 --> 00:36:50,121
[gianna_rapp]: i

1017
00:36:50,092 --> 00:36:50,573
[brian]: quality

1018
00:36:50,182 --> 00:36:50,584
[gianna_rapp]: love that

1019
00:36:50,873 --> 00:36:53,698
[brian]: great so want everyone to just happen
to somthing that i want ever to notice

1020
00:36:53,718 --> 00:36:56,723
[brian]: this i'm going to just narrate my
coaching here for one second for everyone

1021
00:36:56,902 --> 00:36:56,943
[gianna_rapp]: hm

1022
00:36:57,204 --> 00:37:01,271
[brian]: which is you want to pick the
goal that feels stretchy it still will happen

1023
00:37:01,992 --> 00:37:03,795
[brian]: so that you can start that cycle
of i'm

1024
00:37:03,999 --> 00:37:04,020
[gianna_rapp]: m

1025
00:37:04,256 --> 00:37:06,519
[brian]: being who i say i want to
be but it still was a little bit

1026
00:37:06,559 --> 00:37:09,284
[brian]: of a stretch so it's a hell
yes if you got four it's not like

1027
00:37:09,304 --> 00:37:12,609
[brian]: a failure you think but if you
get five it's like a holy ship overboard

1028
00:37:12,649 --> 00:37:13,030
[brian]: like it's like

1029
00:37:13,190 --> 00:37:13,271
[gianna_rapp]: he

1030
00:37:13,210 --> 00:37:15,192
[brian]: this is icing it isn't you had

1031
00:37:15,180 --> 00:37:15,360
[gianna_rapp]: yeah

1032
00:37:15,212 --> 00:37:17,855
[brian]: you you're not secretly trying to make
yourself do five the five is

1033
00:37:17,850 --> 00:37:18,570
[gianna_rapp]: my

1034
00:37:17,936 --> 00:37:19,377
[brian]: total bonus does that make sense

1035
00:37:20,365 --> 00:37:20,589

[gianna_rapp]: yes

1036
00:37:21,029 --> 00:37:23,814
[brian]: and when you're doing this john i
want to check are is there anything for

1037
00:37:23,894 --> 00:37:27,560
[brian]: it to truly count as a post
is there anything that has to be inside

1038
00:37:27,600 --> 00:37:29,463
[brian]: those posts there might not be i'm
just checking for you

1039
00:37:30,172 --> 00:37:30,232
[gianna_rapp]: h

1040
00:37:30,565 --> 00:37:31,727
[brian]: to to check

1041
00:37:31,599 --> 00:37:31,620
[gianna_rapp]: m

1042
00:37:31,827 --> 00:37:35,093
[brian]: in like does there have to be
like for it to really count as one

1043
00:37:35,133 --> 00:37:39,420
[brian]: of those four posts i have to
have a call to action of some kind

1044
00:37:39,500 --> 00:37:42,806

[brian]: in the caption or i don't or
one of them has to have a call

1045
00:37:42,846 --> 00:37:45,430
[brian]: to action because one just have you
worked on here and career today it could

1046
00:37:45,450 --> 00:37:46,692
[brian]: be like a thoughtful question it doesn't

1047
00:37:46,581 --> 00:37:46,662
[gianna_rapp]: ah

1048
00:37:46,712 --> 00:37:50,158
[brian]: even have to be a call to
action so for you to feel it i

1049
00:37:50,198 --> 00:37:53,964
[brian]: wouldn't know for you to feel like
those four posts meant something or you can

1050
00:37:54,305 --> 00:37:57,551
[brian]: get to be crossed off as one
two or three or or is there anything

1051
00:37:57,591 --> 00:37:59,597
[brian]: that must be there or is it
pretty easy

1052
00:38:01,083 --> 00:38:07,213
[gianna_rapp]: a i think i call the action
would be would be smart because i think

107

1053
00:38:07,253 --> 00:38:13,824
[gianna_rapp]: that's the final of like actually putting
myself out there something that is like here

1054
00:38:14,105 --> 00:38:18,232
[gianna_rapp]: is the link to where you can
click to find and all of the information

1055
00:38:18,853 --> 00:38:24,081
[gianna_rapp]: i think honestly for me going into
more depth about what i am offering and

1056
00:38:24,202 --> 00:38:29,030
[gianna_rapp]: what my studio even is i think
i'm a little i think i've been a

1057
00:38:29,211 --> 00:38:34,472
[gianna_rapp]: vague in that way and so i
think putting more time

1058
00:38:34,191 --> 00:38:34,333
[brian]: yeah

1059
00:38:34,793 --> 00:38:38,699
[gianna_rapp]: into the posts because i think something
i do is like i'm like okay like

1060
00:38:38,739 --> 00:38:41,203
[gianna_rapp]: i will write a few words and
like i did it and so i think

1061
00:38:41,303 --> 00:38:47,216

[gianna_rapp]: i actually feel like putting more thought
into it because it is going to feel

1062
00:38:47,276 --> 00:38:52,404
[gianna_rapp]: more vulnerable i think for me but
i think that that would be the line

1063
00:38:52,665 --> 00:39:00,104
[gianna_rapp]: of actually taking some time to write
something that isn't just catch or pierce this

1064
00:39:00,204 --> 00:39:04,110
[gianna_rapp]: link but to actually articulate what i
am offering that's not

1065
00:39:04,049 --> 00:39:04,149
[brian]: eat

1066
00:39:04,171 --> 00:39:05,733
[gianna_rapp]: just like self tape coaching

1067
00:39:06,192 --> 00:39:09,177
[brian]: right so maybe there's kind of a
there's a dual kind of goal here which

1068
00:39:09,217 --> 00:39:13,384
[brian]: is like i put four things out
and i and i spent two hours on

1069
00:39:14,005 --> 00:39:17,131
[brian]: those things or this amount of time
that know that that will be i've achieved

1070
00:39:17,171 --> 00:39:19,855
[brian]: it and i just want to advocate
i'm gonna so this might be this might

1071
00:39:19,895 --> 00:39:22,540
[brian]: be more for coaching two three four
down the line but i wanted to plant

1072
00:39:22,600 --> 00:39:23,661
[brian]: a seed here around

1073
00:39:23,243 --> 00:39:23,790
[gianna_rapp]: hm

1074
00:39:24,122 --> 00:39:28,290
[brian]: where you're going with this because i
do think of those four posts one them

1075
00:39:28,512 --> 00:39:34,773
[brian]: could just be get to know me
post i started my studio because

1076
00:39:34,472 --> 00:39:35,340
[gianna_rapp]: hm

1077
00:39:35,254 --> 00:39:38,271
[brian]: what you said to me today i
had teachers in

1078
00:39:38,290 --> 00:39:38,451
[gianna_rapp]: yeah

1079
00:39:38,291 --> 00:39:41,296
[brian]: the past that were really well intentioned
but i had a the vibe that i

1080
00:39:41,356 --> 00:39:44,060
[brian]: picked up in the room was i
had to get it right and because i

1081
00:39:44,141 --> 00:39:44,621
[brian]: kept picking up

1082
00:39:44,615 --> 00:39:44,635
[gianna_rapp]: m

1083
00:39:44,661 --> 00:39:47,286
[brian]: that vibe i wasn't showing up the
way that i wanted to how open to

1084
00:39:47,346 --> 00:39:50,651
[brian]: that work and not till i shook
that off years later having done work been

1085
00:39:50,712 --> 00:39:53,636
[brian]: in multiple stewards where i put on
a ton of money and i got oh

1086
00:39:53,757 --> 00:39:58,184
[brian]: wait this is about play this is
about my natural instincts this is about presents

1087
00:39:58,885 --> 00:40:02,071
[brian]: and then i realized oh that's the

111

kind of stud o that i want that's

1088
00:40:02,091 --> 00:40:04,755
[brian]: the kind of space that i want
to create for an actor so if you're

1089
00:40:04,775 --> 00:40:07,620
[brian]: the actor out there whether you had
a dramatic teacher or not like if you're

1090
00:40:07,640 --> 00:40:07,700
[brian]: the

1091
00:40:07,673 --> 00:40:07,836
[gianna_rapp]: yeah

1092
00:40:07,720 --> 00:40:11,506
[brian]: kind of actor wants to have freedom
in your work then the coaching with me

1093
00:40:11,546 --> 00:40:14,752
[brian]: is probably a good place start could
be a good place to start put the

1094
00:40:14,792 --> 00:40:16,935
[brian]: link in my bo if you want
to set up a coaching with me so

1095
00:40:16,975 --> 00:40:18,939
[brian]: you can try we can try it
for the first time or when you want

1096

00:40:18,979 --> 00:40:21,443
[brian]: to set up a coach so maybe
there's like one of them that has that

1097
00:40:21,503 --> 00:40:22,825
[brian]: did have a sneaky little call to
action

1098
00:40:22,751 --> 00:40:22,791
[gianna_rapp]: i

1099
00:40:22,845 --> 00:40:22,905
[brian]: at

1100
00:40:22,891 --> 00:40:23,072
[gianna_rapp]: love

1101
00:40:22,925 --> 00:40:23,086
[brian]: the end

1102
00:40:23,112 --> 00:40:23,273
[gianna_rapp]: that

1103
00:40:23,126 --> 00:40:25,310
[brian]: but i could have not have one
i could have not had one right it

1104
00:40:25,330 --> 00:40:26,492
[brian]: could have just ended like so

1105
00:40:26,460 --> 00:40:26,642
[gianna_rapp]: yeah

113

1106
00:40:26,552 --> 00:40:32,811
[brian]: now your little bit more about you
know grs john rapstogus right

1107
00:40:33,293 --> 00:40:33,593
[gianna_rapp]: i love

1108
00:40:33,593 --> 00:40:33,633
[brian]: so

1109
00:40:33,613 --> 00:40:33,694
[gianna_rapp]: the

1110
00:40:33,653 --> 00:40:33,793
[brian]: that's

1111
00:40:33,754 --> 00:40:34,375
[gianna_rapp]: abbreviation

1112
00:40:33,813 --> 00:40:37,118
[brian]: a little bit more right right so
i would i would think of allowing one

1113
00:40:37,138 --> 00:40:40,564
[brian]: of them to be get to know
me which may feel vulnerable but remember i'm

1114
00:40:40,624 --> 00:40:40,825
[brian]: going to

1115

00:40:41,190 --> 00:40:41,210
[gianna_rapp]: m

1116
00:40:41,426 --> 00:40:45,593
[brian]: this is a one on one relationship
that i need to have with you in

1117
00:40:45,653 --> 00:40:50,681
[brian]: a room whether it's a zoomoom or
real life room where i'm i'm afraid m

1118
00:40:50,761 --> 00:40:53,225
[brian]: questioning whether i should be an actor
i'm scared of the money that i'm spending

1119
00:40:53,285 --> 00:40:53,466
[brian]: on you

1120
00:40:53,490 --> 00:40:53,671
[gianna_rapp]: oh

1121
00:40:53,526 --> 00:40:55,169
[brian]: i don't know if i'm right for
the scene they went

1122
00:40:55,260 --> 00:40:55,280
[gianna_rapp]: m

1123
00:40:55,329 --> 00:40:58,053
[brian]: as an older actor they say it's
blond i have dark hair i'm coming with

1124

115

00:40:58,113 --> 00:41:01,619
[brian]: all my stuff to you so i
need to feel safety so even you know

1125
00:41:01,639 --> 00:41:05,365
[brian]: you mentioned your therapist a few times
but i'm sure in the beginning creating safety

1126
00:41:05,446 --> 00:41:06,247
[brian]: with that person

1127
00:41:06,390 --> 00:41:07,080
[gianna_rapp]: oh

1128
00:41:06,888 --> 00:41:09,952
[brian]: came out little bit over time so
you're trying to give the safety before they've

1129
00:41:09,992 --> 00:41:13,577
[brian]: even booked in some way so they
can identify who i could sit across from

1130
00:41:13,617 --> 00:41:15,989
[brian]: that person and feel it could be
bad

1131
00:41:15,870 --> 00:41:16,150
[gianna_rapp]: oh

1132
00:41:17,541 --> 00:41:18,188
[brian]: it could be wrong

1133

116

00:41:18,236 --> 00:41:18,858
[gianna_rapp]: absolutely

1134
00:41:20,162 --> 00:41:20,804
[brian]: right does

1135
00:41:20,740 --> 00:41:20,960
[gianna_rapp]: yeah

1136
00:41:20,844 --> 00:41:21,366
[brian]: that make sense

1137
00:41:21,341 --> 00:41:26,288
[gianna_rapp]: i think also yeah it does i
think i love the about me i also

1138
00:41:27,310 --> 00:41:33,400
[gianna_rapp]: something that i was playing with was
actually like putting video content of me talking

1139
00:41:33,460 --> 00:41:34,782
[gianna_rapp]: which scares me so

1140
00:41:34,741 --> 00:41:34,883
[brian]: eh

1141
00:41:34,842 --> 00:41:42,174
[gianna_rapp]: much but i think that that is
also how i will help with my personality

1142
00:41:41,729 --> 00:41:41,990
[brian]: oh

117

1143
00:41:42,295 --> 00:41:44,158
[gianna_rapp]: what i what i'm like

1144
00:41:43,949 --> 00:41:45,029
[brian]: yeah

1145
00:41:44,298 --> 00:41:47,884
[gianna_rapp]: if that is a good fit for
someone so it's not just words but that

1146
00:41:48,064 --> 00:41:50,348
[gianna_rapp]: really scares me but that is something
that i've

1147
00:41:50,219 --> 00:41:50,559
[brian]: messy

1148
00:41:50,408 --> 00:41:51,029
[gianna_rapp]: been playing

1149
00:41:50,840 --> 00:41:51,441
[brian]: but wait but john

1150
00:41:51,491 --> 00:41:51,552
[gianna_rapp]: in

1151
00:41:51,561 --> 00:41:51,701
[brian]: here's

1152
00:41:51,632 --> 00:41:51,713

118

[gianna_rapp]: my

1153
00:41:51,721 --> 00:41:51,821
[brian]: your

1154
00:41:51,793 --> 00:41:52,035
[gianna_rapp]: brain

1155
00:41:51,861 --> 00:41:54,906
[brian]: freedom yeah so john of the permission
to appear is it messy or not so

1156
00:41:54,987 --> 00:41:58,913
[brian]: i would say on a scale of
one to four before you tape what's the

1157
00:41:58,953 --> 00:42:01,658
[brian]: messiest version of this and what scale
do i want to be one being the

1158
00:42:01,678 --> 00:42:04,745
[brian]: least messy i've planned it out i've
got bullet points i want to say this

1159
00:42:04,765 --> 00:42:08,093
[brian]: this and this for being i have
a little bit of an idea of what

1160
00:42:08,133 --> 00:42:13,162
[brian]: i want to say i want to
talk about vulnerability and self teams great that's

1161

119

00:42:13,182 --> 00:42:13,922
[brian]: gonna super messy

1162
00:42:13,950 --> 00:42:13,970
[gianna_rapp]: m

1163
00:42:14,022 --> 00:42:15,144
[brian]: one so there's a permission

1164
00:42:15,180 --> 00:42:15,503
[gianna_rapp]: oh

1165
00:42:15,244 --> 00:42:19,008
[brian]: slip i'm aiming for a four the
most messy i can be so i'm okay

1166
00:42:20,099 --> 00:42:24,811
[brian]: it doesn't have to land so maybe
this is more like a scaling situation as

1167
00:42:24,851 --> 00:42:27,177
[brian]: opposed to even time with it does
that make sense

1168
00:42:28,640 --> 00:42:30,071
[gianna_rapp]: yeah i love that that's great

1169
00:42:30,359 --> 00:42:32,362
[brian]: because what i don't want to do
is create a bunch of metrics that you're

1170
00:42:32,402 --> 00:42:35,187

120

[brian]: tracking for no good reason but i
want you to have the freedom of like

1171
00:42:35,227 --> 00:42:35,447
[brian]: i've got

1172
00:42:35,393 --> 00:42:36,180
[gianna_rapp]: hm

1173
00:42:35,487 --> 00:42:38,452
[brian]: four posts on this is this is
this is a one on the scale this

1174
00:42:38,512 --> 00:42:41,117
[brian]: is a clear call to action i'm
onto be really clear in what i'm saying

1175
00:42:42,118 --> 00:42:45,142
[brian]: this feels a little bit like a
two okay we're going to go forward with

1176
00:42:45,202 --> 00:42:47,926
[brian]: it to what does it to feel
like so does that does that rating scale

1177
00:42:47,966 --> 00:42:49,127
[brian]: kind of make sense to you

1178
00:42:50,750 --> 00:42:58,105
[gianna_rapp]: yes because i think of it also
give me permission to like just like talk

1179

00:42:58,525 --> 00:43:02,791
[gianna_rapp]: and not to as because i think
that's also something it's like you get into

1180
00:43:02,851 --> 00:43:07,279
[gianna_rapp]: your hibrary like everything has to sound
perfect that have to sound smart twenty four

1181
00:43:07,399 --> 00:43:08,921
[gianna_rapp]: seven it's like that's just not going
to happen

1182
00:43:08,999 --> 00:43:09,225
[brian]: yeah

1183
00:43:09,262 --> 00:43:14,631
[gianna_rapp]: so i think the messingness would be
really helpful i mean like at this podcast

1184
00:43:14,651 --> 00:43:16,814
[gianna_rapp]: today i was super nervous that i
didn't have anything

1185
00:43:17,039 --> 00:43:17,729
[brian]: yeah

1186
00:43:17,195 --> 00:43:18,377
[gianna_rapp]: to plan like

1187
00:43:18,310 --> 00:43:18,451
[brian]: yeah

1188

00:43:18,397 --> 00:43:22,985
[gianna_rapp]: there was nothing i had to do
but show up and that was absolutely terrifying

1189
00:43:23,025 --> 00:43:24,968
[gianna_rapp]: to because i was ike what do
you mean i don't have home work so

1190
00:43:25,028 --> 00:43:25,269
[gianna_rapp]: that i

1191
00:43:25,281 --> 00:43:25,445
[brian]: yeah

1192
00:43:25,329 --> 00:43:28,558
[gianna_rapp]: could make you script for myself to
make sure that i sound this way

1193
00:43:29,039 --> 00:43:29,400
[brian]: well yes

1194
00:43:29,320 --> 00:43:29,601
[gianna_rapp]: and so

1195
00:43:29,540 --> 00:43:29,760
[brian]: john

1196
00:43:29,721 --> 00:43:29,761
[gianna_rapp]: i

1197
00:43:29,821 --> 00:43:29,941
[brian]: wait

123

1198
00:43:29,942 --> 00:43:30,123
[gianna_rapp]: think

1199
00:43:29,981 --> 00:43:30,281
[brian]: you're the

1200
00:43:30,243 --> 00:43:30,423
[gianna_rapp]: that

1201
00:43:30,482 --> 00:43:33,326
[brian]: you're the only person who wrote me
emil said wait what should i have prepared

1202
00:43:33,366 --> 00:43:36,992
[brian]: before i come and i was like
oh i love her so much and nothing

1203
00:43:37,193 --> 00:43:40,078
[brian]: and i knew it i was like
make her feel as safe as you can

1204
00:43:40,178 --> 00:43:41,261
[brian]: but that i really appreciate

1205
00:43:41,180 --> 00:43:41,361
[gianna_rapp]: oh

1206
00:43:41,281 --> 00:43:45,174
[brian]: your honest here and jana this is
what you are being right now is what

124

1207
00:43:45,274 --> 00:43:48,513
[brian]: you want your people to see am
i right

1208
00:43:50,330 --> 00:43:50,531
[gianna_rapp]: yeah

1209
00:43:50,519 --> 00:43:51,480
[brian]: as much as you don't want them
to

1210
00:43:51,436 --> 00:43:51,617
[gianna_rapp]: yeah

1211
00:43:51,500 --> 00:43:51,801
[brian]: see it you

1212
00:43:51,758 --> 00:43:51,999
[gianna_rapp]: your

1213
00:43:51,861 --> 00:43:54,786
[brian]: also it's like i do and i
don't now at the same time right like

1214
00:43:54,780 --> 00:43:55,282
[gianna_rapp]: oh

1215
00:43:54,826 --> 00:43:58,071
[brian]: this is why we all love this
is why we love flea bag right the

1216

00:43:58,111 --> 00:43:58,452
[brian]: show we

1217
00:43:58,410 --> 00:43:58,792
[gianna_rapp]: yeah

1218
00:43:58,512 --> 00:43:59,814
[brian]: love it because it is like i

1219
00:43:59,778 --> 00:44:00,382
[gianna_rapp]: absolutely

1220
00:44:00,515 --> 00:44:03,565
[brian]: am unabashedly showing you i'm not always
a good persons are put together person

1221
00:44:05,140 --> 00:44:05,340
[gianna_rapp]: yeah

1222
00:44:05,429 --> 00:44:05,611
[brian]: right

1223
00:44:05,500 --> 00:44:07,863
[gianna_rapp]: i'm sure not i'm sure not but

1224
00:44:07,760 --> 00:44:07,881
[brian]: yeah

1225
00:44:08,404 --> 00:44:10,247
[gianna_rapp]: i think that that the more

1226

00:44:10,139 --> 00:44:10,799
[brian]: yeah

1227
00:44:10,788 --> 00:44:16,522
[gianna_rapp]: i don't know i think i think
that's something that i would really like to

1228
00:44:16,582 --> 00:44:17,923
[gianna_rapp]: work on this year

1229
00:44:18,510 --> 00:44:18,695
[brian]: great

1230
00:44:18,544 --> 00:44:22,888
[gianna_rapp]: is putting myself out there on social
media in a way that doesn't doesn't need

1231
00:44:22,968 --> 00:44:24,049
[gianna_rapp]: to be perfect

1232
00:44:24,559 --> 00:44:24,702
[brian]: yeah

1233
00:44:25,031 --> 00:44:26,190
[gianna_rapp]: um m

1234
00:44:27,079 --> 00:44:29,884
[brian]: and john i'll just add this to
this conversation because everyone listening is like yeah

1235
00:44:29,924 --> 00:44:32,348
[brian]: but i don't want to go to

127

some acting coach is just like a freak

1236
00:44:32,428 --> 00:44:33,610
[brian]: ing wax job and i can't even

1237
00:44:33,690 --> 00:44:33,951
[gianna_rapp]: oh

1238
00:44:33,871 --> 00:44:36,736
[brian]: like the super like that i want
to make sure we're like we're talking about

1239
00:44:36,796 --> 00:44:37,216
[brian]: messy in

1240
00:44:37,230 --> 00:44:37,950
[gianna_rapp]: yeah

1241
00:44:37,256 --> 00:44:40,543
[brian]: the way that here's what no my
coach taught me this and it's been omthigtathas

1242
00:44:40,563 --> 00:44:47,077
[brian]: given me tremendous freedom and permission people
respond to your striving not to your getting

1243
00:44:47,117 --> 00:44:49,659
[brian]: it right say that

1244
00:44:49,557 --> 00:44:49,659
[gianna_rapp]: no

1245
00:44:49,699 --> 00:44:54,527
[brian]: again people respond to your striving not
to your getting it right so people respond

1246
00:44:54,647 --> 00:44:58,774
[brian]: more to your saying i started my
studio exactly six months ago since then twenty

1247
00:44:58,814 --> 00:45:03,122
[brian]: four students have come through my self
tape coaching my goal has always been for

1248
00:45:03,142 --> 00:45:06,407
[brian]: them to feel more empowered and free
in their work that's what the studio is

1249
00:45:06,427 --> 00:45:09,913
[brian]: all about that includes me which means
i'm going to be coming on here trying

1250
00:45:09,953 --> 00:45:12,738
[brian]: to say things that hopefully will inspire
you lift you up or just make you

1251
00:45:12,798 --> 00:45:16,845
[brian]: chuckle but it's not always going to
be perfect because it's my belief that perfection

1252
00:45:16,906 --> 00:45:20,421
[brian]: does not exist in acting i'm going
to try to walk my walk this is

1253

00:45:20,481 --> 00:45:24,128
[brian]: vulnerable is how scare is how if
you got something to say in the comments

1254
00:45:24,328 --> 00:45:26,792
[brian]: please make sure it's positive because that's
about all i have to room for right

1255
00:45:26,852 --> 00:45:27,914
[brian]: now thank you like

1256
00:45:27,900 --> 00:45:30,614
[gianna_rapp]: yeah

1257
00:45:28,054 --> 00:45:33,123
[brian]: some right like right some version there
was no call to action in that right

1258
00:45:33,223 --> 00:45:34,104
[brian]: it was just saying like

1259
00:45:34,470 --> 00:45:34,973
[gianna_rapp]: totally

1260
00:45:34,505 --> 00:45:39,333
[brian]: be your imperfect bring your imperfect self
to the screen right like there's your online

1261
00:45:39,373 --> 00:45:42,678
[brian]: course that we'll create together one day
by the way so that

1262

00:45:42,690 --> 00:45:43,152
[gianna_rapp]: i love it

1263
00:45:43,460 --> 00:45:46,204
[brian]: right right right so to kind of
round us out to

1264
00:45:46,200 --> 00:45:46,423
[gianna_rapp]: yeah

1265
00:45:46,264 --> 00:45:48,228
[brian]: wrap us to wrap us up to
day i want to be clear in our

1266
00:45:48,248 --> 00:45:49,229
[brian]: accountability and i want to see

1267
00:45:49,230 --> 00:45:50,070
[gianna_rapp]: yeah

1268
00:45:49,249 --> 00:45:52,495
[brian]: what you're saying yes too so it's
not great it's important to me that accountability

1269
00:45:52,555 --> 00:45:56,747
[brian]: is clear for postings away and these
are specifically

1270
00:45:56,540 --> 00:45:56,722
[gianna_rapp]: yes

1271
00:45:56,787 --> 00:45:57,393

[brian]: about the studio

1272
00:45:59,060 --> 00:45:59,242
[gianna_rapp]: yes

1273
00:45:59,859 --> 00:46:04,026
[brian]: and you and you and u s
a coach and do right and five is

1274
00:46:04,587 --> 00:46:07,692
[brian]: gravy amazing awesome you went above and
beyond if you do a fifth

1275
00:46:08,730 --> 00:46:08,912
[gianna_rapp]: yeah

1276
00:46:08,954 --> 00:46:11,399
[brian]: one of them is probably one of
them at least in some kind of get

1277
00:46:11,499 --> 00:46:13,742
[brian]: no you they're probably all gonna up
and get to know you but freedom

1278
00:46:13,463 --> 00:46:14,190
[gianna_rapp]: hm

1279
00:46:13,803 --> 00:46:17,188
[brian]: to have one that literally is just
no call to action we said that they're

1280
00:46:17,208 --> 00:46:20,073

[brian]: going to be rated on the scale
of one for for you that scales not

1281
00:46:20,534 --> 00:46:22,697
[brian]: you can make that scale public but
i think that's mostly for you to have

1282
00:46:22,757 --> 00:46:25,502
[brian]: permission this is or a mess i'm
gonna just go for putting

1283
00:46:25,500 --> 00:46:25,700
[gianna_rapp]: yeah

1284
00:46:25,522 --> 00:46:28,087
[brian]: the camera and we'll see what happens
right i just said and

1285
00:46:28,108 --> 00:46:28,329
[gianna_rapp]: right

1286
00:46:28,127 --> 00:46:30,832
[brian]: i would just encourage you john a
the moment someone leaves your studio or leave

1287
00:46:30,852 --> 00:46:34,969
[brian]: your online studio that that is the
time you flip on that camera my client

1288
00:46:35,009 --> 00:46:35,330
[brian]: just laughed

1289

00:46:35,250 --> 00:46:35,270
[gianna_rapp]: m

1290
00:46:35,350 --> 00:46:38,255
[brian]: here's what happened that i loved here's
one of the transformation that i saw her

1291
00:46:38,335 --> 00:46:39,657
[brian]: go through and if it helps you
to

1292
00:46:39,660 --> 00:46:39,840
[gianna_rapp]: yeah

1293
00:46:39,677 --> 00:46:42,622
[brian]: protect their identity you could change the
pronoun so that they're

1294
00:46:42,429 --> 00:46:42,549
[gianna_rapp]: yeah

1295
00:46:42,642 --> 00:46:44,345
[brian]: not like us yo're not on a
use their name or whatever

1296
00:46:44,450 --> 00:46:44,510
[gianna_rapp]: of

1297
00:46:44,545 --> 00:46:44,585
[brian]: so

1298
00:46:44,571 --> 00:46:44,912

[gianna_rapp]: course

1299
00:46:44,625 --> 00:46:47,310
[brian]: that you can really make them feel
safe right because it's not but you're no

1300
00:46:47,330 --> 00:46:47,430
[brian]: going

1301
00:46:47,440 --> 00:46:47,642
[gianna_rapp]: yeah

1302
00:46:47,470 --> 00:46:51,416
[brian]: to talk about their life story or
who use their it's about the transformation you

1303
00:46:51,497 --> 00:46:54,341
[brian]: got to see or what they arrived
at while you were together right i would

1304
00:46:54,381 --> 00:46:55,143
[brian]: encourage that to be a

1305
00:46:55,140 --> 00:46:55,724
[gianna_rapp]: absolutely

1306
00:46:55,223 --> 00:46:58,949
[brian]: place that's not part of the accountability
though four spots one that's about you and

1307
00:46:58,990 --> 00:47:03,103
[brian]: then you're using the ranking system and

135

then do you want that two hour thing

1308
00:47:03,143 --> 00:47:04,427
[brian]: is that necessary or cumbersome

1309
00:47:06,180 --> 00:47:07,190
[gianna_rapp]: oh i

1310
00:47:07,208 --> 00:47:07,229
[brian]: m

1311
00:47:07,271 --> 00:47:13,322
[gianna_rapp]: think i think i'll probably end up
spending two hours

1312
00:47:13,559 --> 00:47:14,159
[brian]: yeah

1313
00:47:13,642 --> 00:47:16,024
[gianna_rapp]: whether or not i make it a
rule

1314
00:47:16,361 --> 00:47:16,525
[brian]: great

1315
00:47:16,765 --> 00:47:17,085
[gianna_rapp]: um

1316
00:47:17,329 --> 00:47:17,749
[brian]: at's what i thought

1317

00:47:17,586 --> 00:47:17,786
[gianna_rapp]: but i

1318
00:47:17,789 --> 00:47:17,869
[brian]: too

1319
00:47:17,866 --> 00:47:18,026
[gianna_rapp]: think

1320
00:47:17,930 --> 00:47:18,090
[brian]: i feel

1321
00:47:18,086 --> 00:47:18,226
[gianna_rapp]: it's

1322
00:47:18,130 --> 00:47:18,310
[brian]: like it's

1323
00:47:18,286 --> 00:47:18,326
[gianna_rapp]: a

1324
00:47:18,350 --> 00:47:18,470
[brian]: like

1325
00:47:18,407 --> 00:47:18,747
[gianna_rapp]: nice

1326
00:47:19,192 --> 00:47:19,713
[brian]: good idea

1327
00:47:19,467 --> 00:47:19,688

137

[gianna_rapp]: yeah

1328
00:47:19,953 --> 00:47:22,397
[brian]: like it's it's like in the world
of the container but we don't need to

1329
00:47:22,417 --> 00:47:24,280
[brian]: talk about it that much okay so

1330
00:47:24,516 --> 00:47:24,697
[gianna_rapp]: yeah

1331
00:47:24,741 --> 00:47:27,806
[brian]: how can i hold you accountable how
can i hold you accountable for the four

1332
00:47:28,267 --> 00:47:29,529
[brian]: so we want to reate this but

1333
00:47:30,510 --> 00:47:30,530
[gianna_rapp]: m

1334
00:47:30,650 --> 00:47:33,794
[brian]: let's just decide that this habit might
change it might stick for forever but for

1335
00:47:33,854 --> 00:47:36,277
[brian]: now i'm doing four posts a week
when do you want to check in on

1336
00:47:36,297 --> 00:47:40,031
[brian]: this habit here's what i want to

138

say you're not allowed to check in on

1337
00:47:40,071 --> 00:47:43,135
[brian]: the effectiveness of this habit until what's
the date you want to say today is

1338
00:47:43,195 --> 00:47:44,457
[brian]: what january fourth

1339
00:47:46,901 --> 00:47:49,830
[gianna_rapp]: the effectiveness as in that i'm doing

1340
00:47:49,739 --> 00:47:49,859
[brian]: how

1341
00:47:49,930 --> 00:47:49,990
[gianna_rapp]: it

1342
00:47:49,959 --> 00:47:50,660
[brian]: it feels

1343
00:47:50,451 --> 00:47:50,993
[gianna_rapp]: every single

1344
00:47:50,981 --> 00:47:51,121
[brian]: how

1345
00:47:51,093 --> 00:47:51,254
[gianna_rapp]: week

1346
00:47:51,241 --> 00:47:51,281

[brian]: it

1347
00:47:51,414 --> 00:47:51,695
[gianna_rapp]: or how

1348
00:47:51,702 --> 00:47:51,922
[brian]: first

1349
00:47:51,796 --> 00:47:52,437
[gianna_rapp]: it feels

1350
00:47:52,483 --> 00:47:53,385
[brian]: it's a combat can be how

1351
00:47:53,351 --> 00:47:53,576
[gianna_rapp]: okay

1352
00:47:53,465 --> 00:47:56,270
[brian]: it feels and what are you seeing
in your business we can we're not what

1353
00:47:56,310 --> 00:47:57,472
[brian]: i want to this is really

1354
00:47:57,309 --> 00:47:57,329
[gianna_rapp]: a

1355
00:47:57,512 --> 00:47:57,832
[brian]: important

1356
00:47:57,957 --> 00:47:58,241

[gianna_rapp]: okay

1357
00:47:58,433 --> 00:48:02,460
[brian]: you're not looking back to see how
this is working until whatever

1358
00:48:02,432 --> 00:48:02,636
[gianna_rapp]: yeah

1359
00:48:02,560 --> 00:48:06,406
[brian]: date we decide right now because during
the time period it's about establishing this raking

1360
00:48:06,467 --> 00:48:09,432
[brian]: habit i just want to establish that
habit so if one week you got three

1361
00:48:10,173 --> 00:48:12,937
[brian]: cool there's no beating yourself up for
that week cool i got three that week

1362
00:48:13,078 --> 00:48:15,965
[brian]: maybe i'll do i have this week
to make up for it because my goal

1363
00:48:16,046 --> 00:48:18,934
[brian]: here is to get the four out
my goal is to get the four out

1364
00:48:19,195 --> 00:48:21,349
[brian]: end of goal end of

1365

141

00:48:21,410 --> 00:48:21,652
[gianna_rapp]: okay

1366
00:48:21,429 --> 00:48:22,871
[brian]: goal right so

1367
00:48:22,861 --> 00:48:23,126
[gianna_rapp]: okay

1368
00:48:22,971 --> 00:48:25,554
[brian]: when would you like to take a
moment

1369
00:48:25,560 --> 00:48:25,580
[gianna_rapp]: m

1370
00:48:25,594 --> 00:48:28,117
[brian]: to look back on it to just
have like okay let's look back and see

1371
00:48:28,137 --> 00:48:30,470
[brian]: how this went to me this wants

1372
00:48:30,460 --> 00:48:30,921
[gianna_rapp]: january

1373
00:48:30,791 --> 00:48:31,714
[brian]: i'll give you i can gve you
the vote

1374
00:48:31,682 --> 00:48:32,003
[gianna_rapp]: march

1375
00:48:31,814 --> 00:48:33,037
[brian]: my vote and you can tell me
what you think

1376
00:48:33,767 --> 00:48:34,509
[gianna_rapp]: april

1377
00:48:34,669 --> 00:48:34,811
[brian]: yeah

1378
00:48:35,250 --> 00:48:36,333
[gianna_rapp]: counting the months on my

1379
00:48:36,312 --> 00:48:36,809
[brian]: right

1380
00:48:36,413 --> 00:48:40,333
[gianna_rapp]: hand may too much

1381
00:48:40,230 --> 00:48:40,433
[brian]: sure

1382
00:48:40,413 --> 00:48:40,715
[gianna_rapp]: time

1383
00:48:41,571 --> 00:48:42,014
[brian]: here's what i

1384
00:48:42,030 --> 00:48:42,191
[gianna_rapp]: you're

143

1385
00:48:42,114 --> 00:48:42,296
[brian]: think

1386
00:48:42,251 --> 00:48:43,074
[gianna_rapp]: like yea it is

1387
00:48:43,189 --> 00:48:47,015
[brian]: like that's a long time here's why
here's why here's why here why i love

1388
00:48:47,055 --> 00:48:50,721
[brian]: that you're that ambitious about how much
time to do it i think the

1389
00:48:50,726 --> 00:48:51,420
[gianna_rapp]: hm

1390
00:48:50,821 --> 00:48:53,987
[brian]: business side of you were think i
can give you some expert some advice he

1391
00:48:54,047 --> 00:48:54,628
[brian]: kind of coaching

1392
00:48:54,730 --> 00:48:55,051
[gianna_rapp]: please

1393
00:48:54,748 --> 00:48:58,054
[brian]: is i think it's going to be
worth it to you as a business person

144

1394
00:48:58,554 --> 00:49:01,559
[brian]: to take a look back a little
bit sooner because the tweaks that you might

1395
00:49:01,599 --> 00:49:04,825
[brian]: make to this habit may be very
tiny for it to have more payoff

1396
00:49:04,680 --> 00:49:05,587
[gianna_rapp]: uh

1397
00:49:05,846 --> 00:49:06,628
[brian]: so what i would say

1398
00:49:06,535 --> 00:49:07,140
[gianna_rapp]: huh

1399
00:49:06,768 --> 00:49:11,116
[brian]: is if you said it's let's let's
say six weeks is so at the end

1400
00:49:11,176 --> 00:49:15,995
[brian]: of february say february twenty eighth is
what i'm going to kind of create my

1401
00:49:16,095 --> 00:49:17,177
[brian]: report of how did this

1402
00:49:17,079 --> 00:49:17,100
[gianna_rapp]: m

1403

00:49:17,237 --> 00:49:19,880
[brian]: go i'm going to start

1404
00:49:19,793 --> 00:49:19,834
[gianna_rapp]: hm

1405
00:49:19,920 --> 00:49:23,003
[brian]: with me personally what does it feel
like to have posted if you post every

1406
00:49:23,043 --> 00:49:25,185
[brian]: single week for six weeks that does
a little more han six weeks but no

1407
00:49:25,265 --> 00:49:28,188
[brian]: post four times for six weesthat's twenty
four posts that are out in the world

1408
00:49:29,799 --> 00:49:32,864
[brian]: look at that face i love the
yanks right good good that's exactly

1409
00:49:32,652 --> 00:49:32,853
[gianna_rapp]: yeah

1410
00:49:32,925 --> 00:49:36,411
[brian]: the vine we want when we're creating
accountability right what did it feel like to

1411
00:49:36,471 --> 00:49:41,350
[brian]: do that what worked in what didn't
just on the personal level four was actually

1412
00:49:41,363 --> 00:49:42,090
[gianna_rapp]: hm

1413
00:49:41,530 --> 00:49:44,555
[brian]: really harder i turned out that the
five was actually easier than i thought like

1414
00:49:45,577 --> 00:49:48,282
[brian]: i found that these ones were always
easier for me the number three were always

1415
00:49:48,322 --> 00:49:51,327
[brian]: the easiest or like what are the
answers around this right you might decide that

1416
00:49:51,387 --> 00:49:53,470
[brian]: four is too much of a scale
i went to one two and three like

1417
00:49:53,831 --> 00:49:56,876
[brian]: totally put together a little messy or
fully messy might be a one two three

1418
00:49:56,936 --> 00:49:59,440
[brian]: kind of scale for you so that
could also be right the threes were the

1419
00:49:59,480 --> 00:50:02,185
[brian]: easiest or i kind of like to
hybrid just like you're going to report on

1420
00:50:02,225 --> 00:50:04,188

147

[brian]: yourself and then the secondary

1421
00:50:03,920 --> 00:50:04,223
[gianna_rapp]: okay

1422
00:50:04,288 --> 00:50:08,236
[brian]: part okay business wise what did it
generate how many clients did i see over

1423
00:50:08,276 --> 00:50:10,339
[brian]: the past twenty ight weeks for six

1424
00:50:10,290 --> 00:50:10,310
[gianna_rapp]: m

1425
00:50:10,399 --> 00:50:11,440
[brian]: weeks six weeks is right

1426
00:50:11,516 --> 00:50:12,180
[gianna_rapp]: hm

1427
00:50:12,041 --> 00:50:14,965
[brian]: you know like and like also maybe
i want to check like how many comments

1428
00:50:15,205 --> 00:50:21,683
[brian]: did i get just to notice oh
posts that were one where i was really

1429
00:50:21,723 --> 00:50:26,202
[brian]: put together got less engagement than posts
that were messy wouldn't that be some cool

148

1430
00:50:26,282 --> 00:50:26,823
[brian]: learning or like

1431
00:50:26,971 --> 00:50:27,192
[gianna_rapp]: that's

1432
00:50:27,184 --> 00:50:27,385
[brian]: oh my

1433
00:50:27,312 --> 00:50:28,054
[gianna_rapp]: interesting

1434
00:50:27,465 --> 00:50:31,095
[brian]: gosh my three posts where i was
the messiest were the one that were the

1435
00:50:31,135 --> 00:50:34,121
[brian]: viewed most often there's a lot of
things that could go into that in terms

1436
00:50:34,161 --> 00:50:36,445
[brian]: of algorithm and data but like be
cool like what's the

1437
00:50:36,490 --> 00:50:36,913
[gianna_rapp]: totally

1438
00:50:36,565 --> 00:50:39,750
[brian]: trend we could we can't accept it
as a verifiable data but we could say

1439
00:50:39,830 --> 00:50:44,538
[brian]: what's the trend so when it comes
to social media understanding and how you're showing

1440
00:50:44,578 --> 00:50:48,353
[brian]: up this is where we get to
merge those two pieces makes sense

1441
00:50:48,380 --> 00:50:48,881
[gianna_rapp]: i love that

1442
00:50:49,239 --> 00:50:49,403
[brian]: great

1443
00:50:49,442 --> 00:50:49,803
[gianna_rapp]: this is

1444
00:50:50,190 --> 00:50:50,333
[brian]: right

1445
00:50:50,344 --> 00:50:51,145
[gianna_rapp]: very good

1446
00:50:51,719 --> 00:50:56,155
[brian]: so let's you and i decide that
february twenty eighth you're going to share with

1447
00:50:56,256 --> 00:50:58,050
[brian]: me like a report

1448
00:50:58,050 --> 00:50:58,292

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[gianna_rapp]: okay

1449
00:50:58,130 --> 00:51:00,715
[brian]: of some kind so what i'd love
to do to create some even more fierce

1450
00:51:00,755 --> 00:51:05,704
[brian]: accountability around this is what are the
questions that i want to ask in this

1451
00:51:05,764 --> 00:51:07,529
[brian]: report that's an

1452
00:51:07,560 --> 00:51:07,580
[gianna_rapp]: m

1453
00:51:07,589 --> 00:51:10,195
[brian]: assignment that i'd love to give you
for a week so like next wednesday when

1454
00:51:10,236 --> 00:51:10,616
[brian]: you send me an

1455
00:51:10,560 --> 00:51:10,762
[gianna_rapp]: okay

1456
00:51:10,677 --> 00:51:13,944
[brian]: email that just says here's the questions
i'll ask on the twenty eighth i ain't

1457
00:51:14,004 --> 00:51:15,327
[brian]: asking any of those questions now

151

1458
00:51:16,860 --> 00:51:18,000
[gianna_rapp]: yeah

1459
00:51:17,124 --> 00:51:21,099
[brian]: did i get the question now is
did i get it done that makes

1460
00:51:21,082 --> 00:51:21,243
[gianna_rapp]: yeah

1461
00:51:21,139 --> 00:51:23,744
[brian]: sense great i ant o be i

1462
00:51:23,727 --> 00:51:24,292
[gianna_rapp]: absolutely

1463
00:51:23,804 --> 00:51:26,688
[brian]: want to be super respectful of your
time and leave you kind of with this

1464
00:51:26,729 --> 00:51:30,335
[brian]: and one of the things that i
believe whole heartedly and and i believe this

1465
00:51:30,375 --> 00:51:30,956
[brian]: as a client and

1466
00:51:30,963 --> 00:51:30,984
[gianna_rapp]: o

1467

152

00:51:31,036 --> 00:51:33,100
[brian]: as a coach is coaching happens between
the coachings

1468
00:51:33,390 --> 00:51:33,410
[gianna_rapp]: m

1469
00:51:33,662 --> 00:51:37,482
[brian]: so we've stirred the pot things have
stirred up it's on the stove right now

1470
00:51:37,682 --> 00:51:41,268
[brian]: it's simmering and rather than be tying
this in a bow and making it all

1471
00:51:41,388 --> 00:51:45,395
[brian]: easy it's more important that i leave
the top off and things are stirring so

1472
00:51:45,435 --> 00:51:47,842
[brian]: i want to leave you in a
place where new ideas come you so for

1473
00:51:47,862 --> 00:51:53,143
[brian]: the next couple of weeks see thing
allow yourself to see things differently allow yourself

1474
00:51:53,204 --> 00:51:55,928
[brian]: to imagine differently if the accountability around
this

1475
00:51:55,903 --> 00:51:55,923
[gianna_rapp]: m

1476
00:51:55,988 --> 00:51:56,870
[brian]: needs to change

1477
00:51:56,730 --> 00:51:57,990
[gianna_rapp]: yeah

1478
00:51:57,751 --> 00:51:58,012
[brian]: let me

1479
00:51:58,020 --> 00:51:58,223
[gianna_rapp]: oh

1480
00:51:58,092 --> 00:51:59,875
[brian]: know but every wednesday i'm

1481
00:51:59,860 --> 00:52:00,062
[gianna_rapp]: okay

1482
00:51:59,915 --> 00:52:03,284
[brian]: going to expect to hear from you
that says i did our post you want

1483
00:52:03,304 --> 00:52:05,254
[brian]: to do that in an email and
a d m what's the way you want

1484
00:52:05,274 --> 00:52:05,576
[brian]: to tell me

1485
00:52:06,570 --> 00:52:09,286

[gianna_rapp]: yeah i could do

1486
00:52:09,659 --> 00:52:10,662
[brian]: you can also tak me on every

1487
00:52:10,564 --> 00:52:10,706
[gianna_rapp]: i'll

1488
00:52:10,702 --> 00:52:10,903
[brian]: single

1489
00:52:10,746 --> 00:52:10,990
[gianna_rapp]: do it

1490
00:52:10,943 --> 00:52:11,164
[brian]: post

1491
00:52:11,980 --> 00:52:13,262
[gianna_rapp]: that's true i could do

1492
00:52:13,169 --> 00:52:13,979
[brian]: yeah

1493
00:52:13,643 --> 00:52:16,689
[gianna_rapp]: i'll do i'll do that in a
d m because i should already be on

1494
00:52:16,749 --> 00:52:17,491
[gianna_rapp]: instagram so

1495
00:52:17,452 --> 00:52:17,834

[brian]: there you go

1496
00:52:18,212 --> 00:52:18,874
[gianna_rapp]: during my post

1497
00:52:19,049 --> 00:52:22,354
[brian]: there you go perfect perfect perfect and
just letting me know it's getting done and

1498
00:52:22,434 --> 00:52:23,115
[brian]: one of the things i always

1499
00:52:23,100 --> 00:52:23,363
[gianna_rapp]: yeah

1500
00:52:23,135 --> 00:52:25,980
[brian]: say about acountability it's a present tense
of what did i get done in a

1501
00:52:26,060 --> 00:52:27,803
[brian]: forecasting of what's next so it can
look like

1502
00:52:28,551 --> 00:52:28,793
[gianna_rapp]: okay

1503
00:52:29,085 --> 00:52:32,110
[brian]: that why you're sending me every wednesday
i got three this week i know i

1504
00:52:32,170 --> 00:52:34,454
[brian]: can get four done next week or

156

i'm only going a b able to three

1505
00:52:34,494 --> 00:52:36,958
[brian]: done next we cause i've looked at
my calendar or i'm going to try to

1506
00:52:36,999 --> 00:52:40,484
[brian]: do like you take a moment to
take stock and like i'm going away for

1507
00:52:40,524 --> 00:52:44,661
[brian]: a wedding my mom's coming to town
like there's no like take a moment to

1508
00:52:44,762 --> 00:52:48,671
[brian]: look at your calendar and forecast your
acountability for the following instead of feeling like

1509
00:52:48,691 --> 00:52:50,936
[brian]: you're coming up short when it would
have been impossible

1510
00:52:50,700 --> 00:52:50,921
[gianna_rapp]: oh

1511
00:52:51,317 --> 00:52:53,349
[brian]: anyway that makes sense

1512
00:52:53,441 --> 00:52:55,013
[gianna_rapp]: absolutely yes

1513
00:52:54,839 --> 00:52:56,862

[brian]: so here's i want to just really
i want to d then i want leave

1514
00:52:56,882 --> 00:52:59,426
[brian]: ou with this so so wait i
got a yes from you didn't i get

1515
00:52:59,466 --> 00:53:00,908
[brian]: a yes from you doing this accountability

1516
00:53:01,432 --> 00:53:02,135
[gianna_rapp]: you got a guess

1517
00:53:01,870 --> 00:53:02,392
[brian]: okay okay

1518
00:53:02,215 --> 00:53:02,818
[gianna_rapp]: you got a guess

1519
00:53:02,975 --> 00:53:05,004
[brian]: and then to i want to leave
you with this

1534
00:53:28,533 --> 00:53:33,232
[brian]: so i want to acknowledge

1535
00:53:33,272 --> 00:53:36,798
[brian]: we didn't really get super deep into
how this is connecting to your acting career

1536
00:53:36,818 --> 00:53:39,683
[brian]: and i want to make sure that

158

you and i know that that's the conversation

1537
00:53:39,723 --> 00:53:40,004
[brian]: we still

1538
00:53:39,849 --> 00:53:39,870
[gianna_rapp]: m

1539
00:53:40,044 --> 00:53:46,069
[brian]: need to have inside of this container
what i will a is this habit while

1540
00:53:46,129 --> 00:53:51,276
[brian]: your acting career continues to happen is
going to start to shift this relationship so

1541
00:53:51,356 --> 00:53:57,256
[brian]: just be open to that conversation has
started and the conversations answers might come through

1542
00:53:57,296 --> 00:54:01,913
[brian]: this behavior through your habit and though
you're willing to be messy and be seen

1543
00:54:01,953 --> 00:54:04,738
[brian]: in this way you might start to
get some of your answers i just want

1544
00:54:04,778 --> 00:54:07,923
[brian]: to be open to that knowing we
should probably dig in a little deeper in

1545

159

00:54:07,963 --> 00:54:11,268
[brian]: their next came but for now let's
leave this starting in this place is that

1546
00:54:11,390 --> 00:54:11,656
[brian]: i'm good

1547
00:54:13,130 --> 00:54:13,714
[gianna_rapp]: that sounds great

1548
00:54:14,429 --> 00:54:14,629
[brian]: great

1549
00:54:14,550 --> 00:54:15,033
[gianna_rapp]: absolutely

1550
00:54:15,431 --> 00:54:18,355
[brian]: john any questions for me before i
send you off into the wild

1551
00:54:18,160 --> 00:54:18,363
[gianna_rapp]: okay

1552
00:54:18,395 --> 00:54:19,236
[brian]: blue instagram yonder

1553
00:54:20,664 --> 00:54:21,408
[gianna_rapp]: oh boy

1554
00:54:21,119 --> 00:54:21,959
[brian]: yeah

1555
00:54:25,160 --> 00:54:28,465
[gianna_rapp]: you do use campa is that what
you use for your post brian

1556
00:54:28,591 --> 00:54:31,904
[brian]: yeah i'll tell you a couple of
things you remember scale of one

1557
00:54:31,850 --> 00:54:31,971
[gianna_rapp]: ah

1558
00:54:31,944 --> 00:54:34,152
[brian]: to three cava one two or three
for you

1559
00:54:34,392 --> 00:54:38,090
[gianna_rapp]: yeah and as super easy for

1560
00:54:38,109 --> 00:54:38,209
[brian]: for

1561
00:54:38,150 --> 00:54:38,251
[gianna_rapp]: me

1562
00:54:38,249 --> 00:54:38,349
[brian]: you

1563
00:54:38,392 --> 00:54:38,633
[gianna_rapp]: i would

1564
00:54:38,610 --> 00:54:38,770

[brian]: okay

1565
00:54:38,714 --> 00:54:38,875
[gianna_rapp]: say

1566
00:54:38,810 --> 00:54:42,596
[brian]: great great so if you're allowing yourself
to be messy in camera then it still

1567
00:54:42,636 --> 00:54:44,620
[brian]: gets to be in one two three
rank for me i'd have to be a

1568
00:54:44,760 --> 00:54:47,444
[brian]: one for a camera because i'm like
have to make it look exactly perfect and

1569
00:54:47,464 --> 00:54:48,526
[brian]: beautiful and makes me

1570
00:54:48,710 --> 00:54:48,932
[gianna_rapp]: okay

1571
00:54:48,947 --> 00:54:49,888
[brian]: a little coo right right

1572
00:54:50,010 --> 00:54:50,652
[gianna_rapp]: oh

1573
00:54:50,229 --> 00:54:53,981
[brian]: so what i will say for you
is um you can totally use camera i

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1574
00:54:54,041 --> 00:54:57,610
[brian]: also want to encourage you to think
about your the way your grit if you

1575
00:54:57,651 --> 00:54:58,973
[brian]: want to get a little social media

1576
00:54:59,190 --> 00:54:59,210
[gianna_rapp]: m

1577
00:54:59,354 --> 00:55:03,221
[brian]: for a second the way your grid
will eventually look right so i have a

1578
00:55:03,261 --> 00:55:07,669
[brian]: real resistance to grid where it's all
supercurated for me that's a brand attack taste

1579
00:55:08,150 --> 00:55:08,591
[brian]: so i

1580
00:55:09,194 --> 00:55:09,215
[gianna_rapp]: h

1581
00:55:09,432 --> 00:55:10,193
[brian]: picture of my dog

1582
00:55:10,089 --> 00:55:10,110
[gianna_rapp]: m

1583

00:55:10,414 --> 00:55:13,899
[brian]: but there's kind of a cool interesting
caption about whatever the capture still is talking

1584
00:55:14,000 --> 00:55:16,584
[brian]: the language that i speak to my
clients but it's a picture my dog right

1585
00:55:17,085 --> 00:55:18,106
[brian]: or you know i love

1586
00:55:18,046 --> 00:55:18,750
[gianna_rapp]: hm

1587
00:55:18,146 --> 00:55:21,913
[brian]: to do those things where i take
a blnchtskae blanchet's face and it's my face

1588
00:55:22,013 --> 00:55:24,818
[brian]: right and so like i like to
do that and so that i'm mixing up

1589
00:55:25,318 --> 00:55:25,759
[brian]: curate

1590
00:55:25,436 --> 00:55:25,639
[gianna_rapp]: yes

1591
00:55:25,839 --> 00:55:30,968
[brian]: images with the thing so allow yourself
during this eight weeks to find what you

1592

164

00:55:31,048 --> 00:55:33,680
[brian]: like right and remember

1593
00:55:33,680 --> 00:55:33,961
[gianna_rapp]: awesome

1594
00:55:33,760 --> 00:55:34,321
[brian]: for you what you

1595
00:55:34,343 --> 00:55:34,363
[gianna_rapp]: i

1596
00:55:34,421 --> 00:55:34,602
[brian]: like

1597
00:55:34,443 --> 00:55:34,765
[gianna_rapp]: love it

1598
00:55:34,722 --> 00:55:37,246
[brian]: is what am i goin to eel
good about putting out there and i'm allowing

1599
00:55:37,266 --> 00:55:37,446
[brian]: myself

1600
00:55:37,320 --> 00:55:37,581
[gianna_rapp]: yah

1601
00:55:37,507 --> 00:55:39,209
[brian]: to be little bit messy so right
now is discovery

165

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1602
00:55:39,129 --> 00:55:39,150
[gianna_rapp]: h

1603
00:55:39,289 --> 00:55:42,635
[brian]: zone so it might look like your
first three weeks look like one thing the

1604
00:55:42,675 --> 00:55:46,419
[brian]: next look like no one cares they
moved on to your neck post and so

1605
00:55:46,499 --> 00:55:46,579
[brian]: have

1606
00:55:46,531 --> 00:55:46,734
[gianna_rapp]: okay

1607
00:55:46,639 --> 00:55:49,462
[brian]: you this is your you're gonna by
that might be one of the questions you

1608
00:55:49,502 --> 00:55:52,705
[brian]: want to ask what does my grid
have a shape what s the shape of

1609
00:55:52,765 --> 00:55:55,227
[brian]: my grid and febriewhat is the shade
that i've settled

1610
00:55:55,063 --> 00:55:55,164
[gianna_rapp]: one

1611
00:55:55,287 --> 00:55:58,213
[brian]: on what did i like so maybe
that's maybe you're only

1612
00:55:58,200 --> 00:55:58,442
[gianna_rapp]: okay

1613
00:55:58,233 --> 00:56:01,484
[brian]: allowed to be on the adventure of
that for right now not allowed to settle

1614
00:56:03,069 --> 00:56:03,254
[brian]: cool

1615
00:56:04,321 --> 00:56:05,506
[gianna_rapp]: i love it i'm excited

1616
00:56:05,852 --> 00:56:06,134
[brian]: great

1617
00:56:06,109 --> 00:56:06,952
[gianna_rapp]: i'm very nervous but

1618
00:56:06,962 --> 00:56:07,147
[brian]: yeah

1619
00:56:06,993 --> 00:56:07,776
[gianna_rapp]: i'm excited so

1620
00:56:08,089 --> 00:56:08,811
[brian]: that's exactly what i want

1621
00:56:08,850 --> 00:56:09,171
[gianna_rapp]: oh

1622
00:56:08,851 --> 00:56:11,898
[brian]: to leave you okay thank you so
much jana today we will link

1623
00:56:11,819 --> 00:56:11,880
[gianna_rapp]: ah

1624
00:56:11,978 --> 00:56:12,679
[brian]: to your instagam

1625
00:56:12,540 --> 00:56:12,868
[gianna_rapp]: yeh

1626
00:56:12,719 --> 00:56:14,864
[brian]: tell everybody what it is bcause they
might be listening and already being like i

1627
00:56:14,910 --> 00:56:15,156
[gianna_rapp]: yeah

1628
00:56:14,944 --> 00:56:15,666
[brian]: got a head over there now

1629
00:56:17,070 --> 00:56:22,836
[gianna_rapp]: it is at john dot com g
a n n a last name p p

1630

00:56:23,117 --> 00:56:23,637
[gianna_rapp]: very easy

1631
00:56:24,311 --> 00:56:25,961
[brian]: and is that the same as your
instagram

1632
00:56:27,780 --> 00:56:30,467
[gianna_rapp]: that is my instagram my website everything

1633
00:56:30,290 --> 00:56:30,431
[brian]: great

1634
00:56:30,548 --> 00:56:31,661
[gianna_rapp]: is if you

1635
00:56:31,721 --> 00:56:31,883
[brian]: great

1636
00:56:31,742 --> 00:56:33,435
[gianna_rapp]: just look at my name it will
all come up

1637
00:56:33,769 --> 00:56:34,370
[brian]: right and we will

1638
00:56:34,320 --> 00:56:35,025
[gianna_rapp]: yah

1639
00:56:34,390 --> 00:56:37,616
[brian]: put that right in the show note
so you all can start following along on

169

1640
00:56:37,676 --> 00:56:40,670
[brian]: your accountability journey right

1641
00:56:40,882 --> 00:56:41,063
[gianna_rapp]: thank

1642
00:56:41,012 --> 00:56:41,213
[brian]: thank

1643
00:56:41,124 --> 00:56:41,224
[gianna_rapp]: you

1644
00:56:41,273 --> 00:56:41,374
[brian]: you

1645
00:56:41,304 --> 00:56:42,369
[gianna_rapp]: so much brian this was

1646
00:56:42,419 --> 00:56:42,560
[brian]: thank

1647
00:56:42,469 --> 00:56:42,590
[gianna_rapp]: so

1648
00:56:42,601 --> 00:56:42,682
[brian]: you

1649
00:56:42,690 --> 00:56:43,032
[gianna_rapp]: helpful

1650
00:56:43,669 --> 00:56:45,893
[brian]: thanks for making the time for me
today i really loved being with you in

1651
00:56:45,933 --> 00:56:47,716
[brian]: this way and thanks for bringing the
true

1652
00:56:48,002 --> 00:56:48,125
[gianna_rapp]: or

1653
00:56:48,477 --> 00:56:52,223
[brian]: story here you know sometimes in a
coaching like you reached out to when you

1654
00:56:52,303 --> 00:56:56,851
[brian]: said like what i need to prepare
and we can want to i put together

1655
00:56:56,931 --> 00:56:57,212
[brian]: story

1656
00:56:57,300 --> 00:56:57,604
[gianna_rapp]: oh

1657
00:56:57,492 --> 00:57:00,818
[brian]: and so just it's a little meta
to talk about this but you're willingness

1658
00:57:00,570 --> 00:57:00,811
[gianna_rapp]: oh

1659
00:57:00,898 --> 00:57:04,343
[brian]: to bring kind of the mess or
the uncertainty is

1660
00:57:04,770 --> 00:57:05,018
[gianna_rapp]: yeah

1661
00:57:04,824 --> 00:57:06,267
[brian]: the better place to start a coaching

1662
00:57:06,090 --> 00:57:06,110
[gianna_rapp]: m

1663
00:57:06,327 --> 00:57:09,031
[brian]: from because then we get to get
under the hood

1664
00:57:09,129 --> 00:57:09,150
[gianna_rapp]: m

1665
00:57:09,172 --> 00:57:11,656
[brian]: and so i just appreciate your showing
up in that way it's a joy to

1666
00:57:11,696 --> 00:57:14,362
[brian]: coach it is a better way to
say that a

1667
00:57:14,758 --> 00:57:15,158
[gianna_rapp]: thank you

1668

172

00:57:15,202 --> 00:57:15,325
[brian]: you

1669
00:57:15,218 --> 00:57:17,282
[gianna_rapp]: brian well i love being coached by
you so

1670
00:57:17,349 --> 00:57:20,734
[brian]: great thank you so much Gianna and
we will see you very soon all right

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