

## Ep. 113 - Wanna Be a TV Host? Casting Director Sean De Simone Tell-All Interview - Transcript

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

12

00:01:26,480 --> 00:01:33,480

[brian]: Well, hello and welcome to the show. So today's guest is a casting director, but the skills he talks about in this

13

00:01:33,560 --> 00:01:42,280

[brian]: episode will help anyone who's interviewing or going out for audition, or is specifically interested in hosting. So

14

00:01:42,480 --> 00:01:50,720

[brian]: I've known Sendisemone for over two decades. He had me test for h, s, n or Q, v, C two decades ago, probably, and I

15

00:01:50,780 --> 00:01:58,540

[brian]: will say he is one of the most generous casting directors I've ever met. Like I ask One question, and this guy is off offering

16

00:01:58,960 --> 00:02:06,860

[brian]: tons and tons of tips and tricks and true lessons for how to bring yourself into the audition room specifically as

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00:02:06,920 --> 00:02:13,700

[brian]: a host, And he's worked for some of the best networks out there. An Animal Planet B, T, Bravo, Discovery Food Network

18

00:02:13,820 --> 00:02:20,240

[brian]: Fuse, H, T, V, History Channel, Lifetime, Em T V Net, Go own Oxygen Spike, I could go on and on and on, But what you

19

00:02:20,280 --> 00:02:27,440

[brian]: need to know is because I've known Shawn for so long  
He's able to really get honest and give me the net Gritty around.

20

00:02:27,880 --> 00:02:34,580

[brian]: What does it even mean to pursue hosting as a profession?  
Or how can we add this to? Are you know portfolio of things that

21

00:02:34,620 --> 00:02:40,880

[brian]: we do if you're an actor or if you're an expert in a  
specific area, what skills you need to bring into the room or

22

00:02:40,980 --> 00:02:46,800

[brian]: put on to your tape so that you can be seen as a host  
In book those jobs. What I love about this conversation is Sun

23

00:02:46,880 --> 00:02:53,500

[brian]: does not hold back. He jumps right in and he's very honest  
about what he sees that works and what doesn't work. And the

24

00:02:53,520 --> 00:02:59,360

[brian]: big surprise, I think that you'll get at the bottom line  
of all the Is you got to be you, and I think there's a lot of

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00:02:59,440 --> 00:03:06,740

[brian]: places where it's easy to slip away, slip away from our  
own authenticity, and can really speaks into skills so that you

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00:03:06,780 --> 00:03:13,580

[brian]: don't do that. All right, Let's get into this conversation.

23

00:00:58,060 --> 00:01:00,140

I'm so delighted today.

I have a dear friend,

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00:01:00,650 --> 00:01:03,340

Sean De Simone to introduce you  
to today. Hi, Sean. Welcome.

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00:01:04,020 --> 00:01:06,340

Thank you so much. I'm  
very excited. Brian.

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00:01:06,340 --> 00:01:10,300

We've known each other for a long time.  
A long time. This is really, really,

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00:01:10,300 --> 00:01:14,700

really cool to get to sit here and chat  
with you about TV hosting, etc. Uhhuh.

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00:01:14,740 --> 00:01:17,660

<Affirmative>. So, Sean, before  
we jump too far into this,

29

00:01:17,660 --> 00:01:21,180

why don't you give us a little bit of  
your story of how you got to casting

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00:01:21,420 --> 00:01:24,300

hosts. And, you know,  
I know that, you know,

31

00:01:24,300 --> 00:01:26,580

you're a New Yorker for a long  
time and now you're moving around.

32

00:01:26,580 --> 00:01:29,460

So just give us a little bit of your  
personal story and your casting story so

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00:01:29,460 --> 00:01:31,380

people know, uh, a little more about you.

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00:01:32,020 --> 00:01:36,600

Yes. I'm officially now a bicoastal, uh,  
casting director. Sh des Simon casting.

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00:01:36,600 --> 00:01:40,920

L I c is now, uh, bicoastal officially.  
Uh, I love it. I did start in New York.

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00:01:40,920 --> 00:01:44,960

Yeah. I did start in New York. I,  
I mean, I cast everything. Theater,

37

00:01:44,980 --> 00:01:49,200

commercials, uh, hosts,  
scripted, you name it.

38

00:01:49,200 --> 00:01:53,480

But my sort of like, my specialty,  
if you will, is host casting.

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00:01:53,700 --> 00:01:58,160

And then, like, my super duper specialty  
is the tv uh, home shopping space.

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00:01:58,210 --> 00:02:03,200

So I cast TV hosts across the board  
for lifestyle mostly, but game shows,

41

00:02:03,200 --> 00:02:07,360

et cetera. But, um, I also cast all of  
the QVC hosts and all the H s N hosts.

42

00:02:07,360 --> 00:02:09,560

And then I cast for all of their brands.

43

00:02:09,710 --> 00:02:14,240

I cast the experts that sell  
their products in qvc, H S N.

44

00:02:14,240 --> 00:02:18,920

And I also cast for, uh, new  
apps that QVC and H S n, uh,

45

00:02:18,920 --> 00:02:23,440

H S N Own, which are millennial and Gen

Z focus. So I cast a lot of that stuff,

46

00:02:23,460 --> 00:02:28,400

but I started casting because I  
actually wanted to get into it. Like,

47

00:02:28,400 --> 00:02:32,000

I worked in production in various  
levels, you know, film distribution.

48

00:02:32,000 --> 00:02:35,520

I was like a Sater at one point  
in New York, like crazy, crazy,

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00:02:35,520 --> 00:02:39,680

crazy stuff like back in the day.  
And I've always thought that, like,

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00:02:39,680 --> 00:02:44,560

I kind of was interested in reality  
stuff when I was watching TV shows

51

00:02:44,560 --> 00:02:48,120

and I was really more interested in  
the folks that were hosting the shows.

52

00:02:48,930 --> 00:02:52,040

So it was sort of like something  
that I sort of like sought out.

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00:02:52,740 --> 00:02:55,800

And I reached out to a  
colleague of mine, um,

54

00:02:55,860 --> 00:02:58,680

who I also do a lot of business with,  
who you and I are friends with Barbara.

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00:02:59,140 --> 00:03:03,920

And I reached out to her because I knew  
she was one of the big players in the

56

00:03:03,920 --> 00:03:08,480

space. And we had coffee  
together. And this was in 2008.

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00:03:08,480 --> 00:03:12,440

And she's like, Hey, I'm casting this fun  
show. I'm looking for a bunch of like,

58

00:03:12,500 --> 00:03:15,360

gay men to make people over, which  
was queer eye for the Straight Guy.

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00:03:15,370 --> 00:03:19,920

So then I worked with her  
for five years just doing

60

00:03:19,920 --> 00:03:22,280

lifestyle hosting and then, you know,

61

00:03:22,280 --> 00:03:27,100

moved on and launched my  
own business in 28, 14. I,

62

00:03:27,100 --> 00:03:30,980

I don't even remember. And I've been  
doing it since. So I cast everything,

63

00:03:30,980 --> 00:03:34,380

but I really love casting TV hosts  
and I feel like I know a lot about it.

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00:03:34,750 --> 00:03:36,780

So I like to do what I am really great at.

65

00:03:36,880 --> 00:03:40,020

And then I also coach TV hosts,

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00:03:40,020 --> 00:03:44,300

and then I build TV host reels and I  
consult. So like, I had this whole, like,

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00:03:44,300 --> 00:03:47,340

I'm really into TV hosting. Like, it's  
like what I love working in. It's a,

68

00:03:47,340 --> 00:03:48,940

it's a space that I just really enjoy.



69

00:03:49,250 --> 00:03:52,420

Yeah. And, and Sean, that's evident  
as soon as you start talking about it,

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00:03:52,420 --> 00:03:54,620

you get super energized. So it's  
very clear that you love doing this.

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00:03:54,620 --> 00:03:56,420

And what's unique, I  
think, you know, most,

72

00:03:56,420 --> 00:03:59,500

a lot of people listen to this podcast  
are actors or their creators or their

73

00:03:59,700 --> 00:04:01,860

creatives. And most actors, you know,

74

00:04:01,860 --> 00:04:05,020

unless somebody already knows they're  
a host and actors suddenly like,

75

00:04:05,020 --> 00:04:07,740

like their commercial agent will send  
them on a gig and they're like, oh,

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00:04:07,740 --> 00:04:09,860

you're gonna be a spokesperson  
on this commercial. Or like,

77

00:04:09,860 --> 00:04:12,300

suddenly it's a hosting gig.

And so it's a very like,

78

00:04:12,460 --> 00:04:15,060

niche part of what it

means to be a performer.

79

00:04:15,060 --> 00:04:16,780

And sometimes they're not even

what we might call like a,

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00:04:16,780 --> 00:04:18,940

and it doesn't have to be an actor,

right? It can be a journalist,

81

00:04:18,940 --> 00:04:21,260

it could be a broadcast person,

person who has a great personality.

82

00:04:21,440 --> 00:04:23,580

And so I'm curious about, you know,

83

00:04:24,390 --> 00:04:27,620

in your seat where you see tons of people

who come in for this. Is there any,

84

00:04:28,160 --> 00:04:32,100

you know, unifying factor about the

people that come in that make good hosts?

85

00:04:32,100 --> 00:04:34,420

Or are they really coming from all  
different kind of walks and different

86

00:04:34,420 --> 00:04:35,250

backgrounds?

87

00:04:35,250 --> 00:04:38,900

Well, more now than ever, they're coming  
from different walks and backgrounds.

88

00:04:39,310 --> 00:04:43,980

Uh, we used to, uh, really focus on  
people who have sort of host backgrounds.

89

00:04:44,510 --> 00:04:48,460

Um, I, I, I, I love, uh, working with, uh,

90

00:04:48,560 --> 00:04:49,540

broadcasters,

91

00:04:49,540 --> 00:04:53,060

people who come from the new space and  
helping them soften their skills to put a

92

00:04:53,060 --> 00:04:54,380

sort of into a lifestyle space.

93

00:04:54,520 --> 00:04:59,020

But then I also like working with actors  
and helping them translate with their

94

00:04:59,260 --> 00:05:00,340

skill sets,

95

00:05:00,500 --> 00:05:04,940

their ability to entertain and  
perform and how they can then sort of

96

00:05:05,180 --> 00:05:08,460

tweak that a bit to host  
because it's slightly different.

97

00:05:08,460 --> 00:05:11,300

And I think we'll talk about that  
as we go through this podcast on the

98

00:05:11,300 --> 00:05:15,220

difference. Cuz that's what I love  
talking about. Yeah. So more, but,

99

00:05:15,220 --> 00:05:19,060

but what I wanna say is more now than  
ever working in this sort of like

100

00:05:20,020 --> 00:05:24,420

millennial and really deep Nell  
into the Gen Z hosting space,

101

00:05:24,510 --> 00:05:27,780

working with clients that are looking  
to sort of reach those markets.

102

00:05:28,320 --> 00:05:30,740

The hostings, and this  
is all new for me, Brian,

103

00:05:30,740 --> 00:05:34,220

like this is all within like the past  
like maybe like four or five months that

104

00:05:34,220 --> 00:05:36,300

I've been working in that  
space. Cuz I, you know,

105

00:05:36,300 --> 00:05:38,660

I'm known to cast like  
traditional hosts. Yeah.

106

00:05:38,660 --> 00:05:43,420

But the idea by traditional host  
doesn't exist anymore because of so many

107

00:05:43,420 --> 00:05:46,140

different reasons. TikTok  
one of them and, you know,

108

00:05:46,140 --> 00:05:48,860

influencer another and  
content creator or another,

109

00:05:48,860 --> 00:05:53,020

which also those words are starting to  
become like taboo. When I'm casting,

110

00:05:53,020 --> 00:05:55,100

nobody wants to call it  
an influencer anymore.

111

00:05:55,100 --> 00:05:57,140

Nobody wants to call it a content creator.

112

00:05:57,320 --> 00:06:01,480

So like they're trying to come up with  
these new, new ways of describing host,

113

00:06:01,840 --> 00:06:05,120

although the job is still the  
same. Got it. But it's like,

114

00:06:05,120 --> 00:06:08,680

the title has to be different because  
we're trying to reach new people.

115

00:06:08,770 --> 00:06:12,720

So I'm now working with  
performers mm-hmm. <affirmative>,

116

00:06:12,720 --> 00:06:15,280

I'm now working with, like  
you mentioned, journalists,

117

00:06:16,060 --> 00:06:17,960  
mmj like multimedia journalists,

118

00:06:17,960 --> 00:06:22,480  
like people who have like  
skill sets that they can then

119

00:06:22,880 --> 00:06:26,800  
bring into the space. Like mmj know how  
to shoot, they know how to edit, right?

120

00:06:26,800 --> 00:06:28,280  
Mm-hmm. <affirmative> and  
multimedia journalists mm-hmm.

121

00:06:28,280 --> 00:06:29,680  
Journalists know how to write.

122

00:06:29,810 --> 00:06:33,880  
So all those skill sets are really great  
because a lot of these clients of mine

123

00:06:34,310 --> 00:06:37,600  
want their hosts. I mean, I don't even  
know if we can use this word anymore,

124

00:06:37,630 --> 00:06:39,080  
just like the craziest thing, <laugh>,

125

00:06:39,080 --> 00:06:43,880

they want their host to have  
more skillsets than just  
walking on camera. Right.

126

00:06:44,390 --> 00:06:48,960

Speaking and then leaving. And we could  
talk through that because, you know,

127

00:06:48,960 --> 00:06:53,160

everybody has to wear many hats these  
days. So now the on-camera talent,

128

00:06:53,160 --> 00:06:57,520

which is another term we're  
using on-camera talent, are also,

129

00:06:57,700 --> 00:06:58,533

you know,

130

00:06:58,560 --> 00:07:02,440

shooting their own content that's gonna  
supplement the gig that I'm casting them

131

00:07:02,440 --> 00:07:04,720

for. We might give them a camera  
and then when you go home,

132

00:07:04,730 --> 00:07:06,400

we want you to shoot, you know,

133



00:07:06,400 --> 00:07:08,760

your weekend and then we're  
gonna include that in whatever,

134

00:07:08,760 --> 00:07:12,480

you know what I mean? Like Yeah.  
It's like the world is like evolving.

135

00:07:12,480 --> 00:07:14,600

And so TV hosting has to evolve.

136

00:07:14,990 --> 00:07:19,160

I also still do very traditional host  
casting. I will be honest with you.

137

00:07:19,320 --> 00:07:23,920

Those are fewer and far between and it's  
cuz it, the, the landscape is tweaking,

138

00:07:24,180 --> 00:07:27,120

but it's also so challenging  
and interesting for me.

139

00:07:27,520 --> 00:07:31,040

Interesting and challenging as the casting  
director dealing with the agents and

140

00:07:31,040 --> 00:07:34,000

managers saying like, listen, your  
client's gonna come in the room.

141

00:07:34,060 --> 00:07:36,520

But the note is tell them not to host,

142

00:07:36,820 --> 00:07:41,240

but they're coming into the host  
like, it's, oh my gosh, Brian,

143

00:07:41,240 --> 00:07:44,680

you have no idea. It's like, I'm  
literally a psychiatrist. I'm a,

144

00:07:44,980 --> 00:07:47,920

I'm a director, I'm a produ.  
Like, there's so many,

145

00:07:48,180 --> 00:07:53,000

but I have to constantly evolve the  
way the industry does and the way that

146

00:07:53,000 --> 00:07:55,680

talent has to evolve. You and I were  
just chatting before we hopped on here.

147

00:07:55,790 --> 00:07:57,960

Like you and I've known each  
other for a million years.

148

00:07:58,120 --> 00:08:00,880

You were actually the first one  
to hire me to teach classes.

149

00:08:01,070 --> 00:08:03,520

That's right. Oh my God,  
I forgot that. Yeah. Such.

150

00:08:03,520 --> 00:08:04,440

A look over. Yeah. You were the,

151

00:08:04,620 --> 00:08:09,280

and you also had a lot of influence on  
like my gig that I've been working with

152

00:08:09,280 --> 00:08:10,240

for 14 years. Like,

153

00:08:10,240 --> 00:08:13,680

you and I had dinner one night and you  
like explained what the gig was before I

154

00:08:13,680 --> 00:08:14,880

even the gig was, but.

155

00:08:14,880 --> 00:08:16,480

Because they reached out to  
you right? They were like,

156

00:08:16,480 --> 00:08:20,040

do you wanna host our home shopping  
network or qvc I think was first. No.

157

00:08:20,040 --> 00:08:24,240

No, no. Gosh. Oh god, no, no,

no, no, no, no, no, no. They,

158

00:08:24,240 --> 00:08:25,360

I was never gonna be a host.

159

00:08:25,650 --> 00:08:28,040

No, no, no. Did they know, I mean,  
do you wanna be, I'm sorry. Did you,

160

00:08:28,040 --> 00:08:30,160

will you cast our host? They  
came to you, didn't they?

161

00:08:30,160 --> 00:08:32,000

They came to you looking  
for you to cast their host.

162

00:08:32,310 --> 00:08:33,600

Yeah, yeah, yeah. I mean they were,

163

00:08:33,600 --> 00:08:36,680

well me and a handful of other folks  
had interviewed for the opportunity and

164

00:08:36,680 --> 00:08:40,960

then I, I I did a trial  
run and 14 years later,

165

00:08:40,960 --> 00:08:43,760

51 hosts later I'm  
still in that space. Ah.

166  
00:08:43,900 --> 00:08:47,280  
But what I was saying is like I have, uh,

167  
00:08:47,280 --> 00:08:52,280  
the way I am casting TV hosts is very  
different than I was what I was doing 14

168  
00:08:52,280 --> 00:08:54,840  
years ago. Because the talent  
is different. I am different.

169  
00:08:55,040 --> 00:08:57,560  
The technology is different,  
the clients are different.

170  
00:08:57,560 --> 00:09:00,800  
The way we view content is different  
things are now on your phone.

171  
00:09:00,800 --> 00:09:03,520  
They're not on big screen.  
So host are not big anymore.

172  
00:09:03,660 --> 00:09:08,600  
Now host are intimate and like, you know,  
do we want you to say, Hey guys, no,

173

00:09:08,600 --> 00:09:11,760

because your audience is different,  
but maybe you are saying, Hey guys,

174

00:09:11,760 --> 00:09:15,400

we're a different, it's it,  
there's so much to know. Yeah.

175

00:09:15,400 --> 00:09:17,400

And I think like the biggest,

176

00:09:17,930 --> 00:09:22,640

if I could just give any advice on why I  
love coaching so much is I love working

177

00:09:22,640 --> 00:09:26,760

with actors and I love working with news  
reporters and journalists and I love

178

00:09:26,760 --> 00:09:30,520

working with personalities. What do  
they be? Chefs or interior designers.

179

00:09:30,520 --> 00:09:35,520

I love working with all these people  
because what I can do for you is help you

180

00:09:35,520 --> 00:09:39,680

understand the difference when you come  
in the room and the difference of the

181

00:09:39,680 --> 00:09:41,600

job when you're an actor  
or when you're a host.

182

00:09:41,600 --> 00:09:46,160

Because I can work with an actor and  
help them in their audition process and

183

00:09:46,160 --> 00:09:49,040

even the submission process because it  
starts way before you even walk in the

184

00:09:49,040 --> 00:09:53,880

room. The difference between auditioning  
to be as an actor to play a role and

185

00:09:54,160 --> 00:09:57,680

auditioning to be a host, which you  
are never supposed to play the role of.

186

00:09:57,680 --> 00:09:59,200

Right. And that's the biggest mistake.

187

00:09:59,200 --> 00:10:03,360

Well that's the biggest mistake  
people make is I gotta tell you, like,

188

00:10:03,360 --> 00:10:06,120

if I could like preach this from

the mountaintops, I would like,

189

00:10:06,260 --> 00:10:10,800

the way you're going to win in  
an audition is to know how that

190

00:10:10,800 --> 00:10:15,640

casting director or that genre  
that you're auditioning for,

191

00:10:15,740 --> 00:10:17,560

how that audition is supposed to go.

192

00:10:17,810 --> 00:10:20,320

Because when you go into  
audition for a commercial,

193

00:10:20,320 --> 00:10:23,720

it is very different than when  
you go to audition for a comedy,

194

00:10:23,720 --> 00:10:28,720

which is very audition to go different  
than go into audition for a TV host and a

195

00:10:28,720 --> 00:10:32,280

TV host for QVC versus a TV host for a  
history channel. Cause I do both of them.

196



00:10:32,470 --> 00:10:35,080

Yeah. But I'm the same  
guy. Right. So it's like,

197

00:10:35,080 --> 00:10:40,080

that's what I love sharing with people  
is knowing what you're coming in

198

00:10:40,080 --> 00:10:43,680

the room for and tailor that audition.

199

00:10:43,680 --> 00:10:47,680

Cuz what I think the biggest mistake  
people make when you are a talent or a

200

00:10:47,680 --> 00:10:52,480

performer is having this sort of  
templated audition that you think

201

00:10:52,480 --> 00:10:56,880

works every time you go in the  
room. And it should not. Mm.

212

00:11:24,070 --> 00:11:26,710

what you're saying is it's almost  
like the way an actor thinks about,

213

00:11:26,710 --> 00:11:29,230

I'm going in for a comedy, I'm  
going in for a single camera comedy,

214

00:11:29,230 --> 00:11:31,670

I'm going for a multi-cam  
comedy, I'm going in for a drama.

215

00:11:31,670 --> 00:11:35,030

Like we have to change within  
the genre of what we're doing.

216

00:11:35,030 --> 00:11:37,870

So if the work is history channel is  
different than home shopping network,

217

00:11:37,870 --> 00:11:40,590

if it's different than  
like, these are all, uh,

218

00:11:40,590 --> 00:11:44,270

different ways I need to bring myself  
into the room, but it's not a template.

219

00:11:44,270 --> 00:11:46,710

Like I need to react to what  
it's gonna be in the room.

220

00:11:46,710 --> 00:11:50,830

So when I boil this  
down, is personality,

221

00:11:50,830 --> 00:11:51,790

the answer to all this.

222

00:11:52,990 --> 00:11:55,410

The biggest factor in this up? Yeah. Yeah.

223

00:11:55,410 --> 00:11:57,850

But let me explain what personality  
means cuz it's such a generic,

224

00:11:57,850 --> 00:12:00,410

overused term, which I use  
every single day, <laugh>.

225

00:12:00,410 --> 00:12:04,290

So I would love to explain what that  
means to your audience because like when

226

00:12:04,290 --> 00:12:06,930

you, again, like the  
more you know, so yes,

227

00:12:06,930 --> 00:12:09,490

you change for the genre,

228

00:12:09,510 --> 00:12:13,850

but you go even more than  
that Brian per project. Hmm.

229

00:12:13,850 --> 00:12:18,170

If it's a show about music for history or

230

00:12:19,450 --> 00:12:23,170

M T V or it's a show about relationships  
for M T V, that's what I mean. Like,

231

00:12:23,170 --> 00:12:27,290

you even go deeper. Like if it's a show  
about music when you walk in the room,

232

00:12:27,620 --> 00:12:32,130

we wanna talk about what  
you were listening to on the  
way to the audition. Hmm.

233

00:12:32,130 --> 00:12:35,810

You know, like that's how deep  
we go with people. But yes.

234

00:12:36,270 --> 00:12:39,690

Personality, like the most generic  
term ever. Uhhuh <affirmative>.

235

00:12:39,690 --> 00:12:43,250

But it is literally the first thing you  
will see on any casting notice that they

236

00:12:43,250 --> 00:12:44,010

put out there. <laugh>.

237

00:12:44,010 --> 00:12:46,010

But what I wanna explain to  
you what that means and when,

238  
00:12:46,010 --> 00:12:48,170  
when we say we're looking  
for your personality, Brian,

239  
00:12:48,170 --> 00:12:52,090  
we're looking for something  
that we can't teach you.

240  
00:12:52,420 --> 00:12:53,770  
Because here's the deal.

241  
00:12:53,770 --> 00:12:57,930  
I can teach you a lot and I can share  
skillsets with you. Like cuz um,

242  
00:12:58,450 --> 00:13:02,730  
remember you're coming in to audition  
to be a host and we have not described

243  
00:13:02,730 --> 00:13:06,930  
what you look like because yes,  
networks have demographics, but like,

244  
00:13:06,930 --> 00:13:10,250  
if I'm looking for a host, it doesn't  
describe height, weight, hair color,

245

00:13:10,560 --> 00:13:14,170  
body type, uh, anything.

246  
00:13:14,460 --> 00:13:16,890  
It just says we're looking for people  
who have great personalities. Well,

247  
00:13:16,890 --> 00:13:19,090  
like I have a great personality.  
I wanna go in and audition.

248  
00:13:19,120 --> 00:13:21,290  
I have a fantastic personality  
<laugh>. But what that is,

249  
00:13:21,290 --> 00:13:26,050  
is like what we're looking for is  
like something that like we connect to

250  
00:13:26,630 --> 00:13:30,850  
and what is it uniquely about  
you that I can't teach you?

251  
00:13:31,040 --> 00:13:34,930  
Like I know what my skillsets are as a  
person. I knew what my superpowers are,

252  
00:13:35,160 --> 00:13:38,290  
I know how to use them. I'm not gonna  
tell you because it's my secret,

253

00:13:38,390 --> 00:13:42,690  
but I know, I know how to walk  
in a room and, and own the room,

254  
00:13:42,690 --> 00:13:44,730  
set the temperature in the room.  
Like I know how to do that.

255  
00:13:44,780 --> 00:13:48,330  
So when we're looking for  
personality, we're looking for like,

256  
00:13:48,760 --> 00:13:53,730  
just like something that the person  
before you and the person after you,

257  
00:13:53,730 --> 00:13:55,010  
when they walk in the room,

258  
00:13:55,120 --> 00:13:59,610  
they did not bring in the room because  
it's supposed to be so specific to you.

259  
00:13:59,610 --> 00:14:02,050  
And that's where the  
authenticity part comes in.

260  
00:14:02,050 --> 00:14:06,090  
That's when we can start to tell Brian  
is coming in and he's playing the role

261  
00:14:06,100 --> 00:14:09,210

of, you know, midday, you know,

262

00:14:09,350 --> 00:14:13,010

QVC host or he is playing the role of  
like history channel traveler because

263

00:14:13,010 --> 00:14:15,850

people do come in the  
room and they play uhhuh,

264

00:14:15,890 --> 00:14:18,650

<affirmative> what you think  
they think you want to see,

265

00:14:18,820 --> 00:14:21,970

or they try to fill a bucket.  
We're not filling buckets here.

266

00:14:22,460 --> 00:14:26,330

We have a space available and we're  
trying to figure out who goes into that

267

00:14:26,330 --> 00:14:30,250

space. So I need to spend a lot of  
time with you in the room. So yes,

268

00:14:30,250 --> 00:14:32,090

personality is key. When  
you walk in the room,

269

00:14:32,090 --> 00:14:33,770



you are showing off your personality,

270

00:14:33,770 --> 00:14:38,210

but like figure out what your  
personality traits are that are great.

271

00:14:38,770 --> 00:14:42,250

Hmm. And that relate to that  
project. That's what I mean. Like,

272

00:14:42,250 --> 00:14:45,610

don't just try to come in and be like  
a charismatic guy for the hell of it.

273

00:14:45,670 --> 00:14:48,490

Cuz that's not gonna work. Like,  
that's all I'm trying to say.

274

00:14:48,490 --> 00:14:51,800

Like when you said personality, it's  
like, oh God, we Oh yeah. Personality.

275

00:14:51,800 --> 00:14:55,360

Sure. But like Right. What is,  
what makes Brian different?

276

00:14:55,470 --> 00:14:58,640

What makes Sean different? Right.  
You know, because we're both men,

277

00:14:58,960 --> 00:15:01,720

we're both around the same age, right? Uh,

278

00:15:01,720 --> 00:15:04,560

we both lived in New York at the same  
time. We both live in California.

279

00:15:04,750 --> 00:15:07,720

You're from Ohio, I'm from Pennsylvania.  
That's kind of close. So like,

280

00:15:07,720 --> 00:15:10,520

there's a lot of similarities,  
right? But like, what, what,

281

00:15:10,520 --> 00:15:11,680

what's the differences?

282

00:15:11,820 --> 00:15:14,080

And Sean, what I'm also hearing  
inside of that is, you know,

283

00:15:14,080 --> 00:15:15,280

when someone hears that,  
they might be like,

284

00:15:15,310 --> 00:15:16,920

I don't know how to find  
what's different about me,

285

00:15:16,920 --> 00:15:20,360

but there's also a skill that

we're talking about here. So it's,

286

00:15:20,360 --> 00:15:22,160

what's the differences  
that like if you do,

287

00:15:22,160 --> 00:15:24,760

if you separate your personality  
from just personality to what are the

288

00:15:24,760 --> 00:15:27,040

differences? Like what are  
the unique things about you?

289

00:15:27,040 --> 00:15:28,600

That doesn't mean they're the  
most unique thing in the world.

290

00:15:28,600 --> 00:15:31,600

Just it's unique to you is what  
I, I wanna say there, right? Yeah.

291

00:15:31,600 --> 00:15:32,600

Yeah, yeah, yeah. To.

292

00:15:32,600 --> 00:15:34,360

You. Yeah. And then the  
other part of it is,

293

00:15:34,560 --> 00:15:37,360

remember we're not talking about you  
just standing in a room and doing it.

294

00:15:37,360 --> 00:15:40,840

So how do you bring that which is  
unique to you, to conveying information.

295

00:15:40,840 --> 00:15:43,440

So no matter what host is  
conveying some kind of information,

296

00:15:43,440 --> 00:15:46,680

whether it's they're doing it soft and  
easy or they're doing it very directly

297

00:15:46,680 --> 00:15:49,080

like a, you know, broadcaster,  
they're, you know,

298

00:15:49,080 --> 00:15:51,040

how do you bring that to  
how you share information?

299

00:15:51,040 --> 00:15:54,920

I'm imagining is also part of the skill  
here is how do you make sure you don't

300

00:15:54,920 --> 00:15:58,280

leave yourself behind and make it  
center stage the information that you're

301

00:15:58,280 --> 00:16:00,880

delivering, which is what a  
newscaster's job is, right?

302

00:16:01,420 --> 00:16:04,760

Yes, yes. Yeah. I love how you just  
reference center stage. Cause a lot.

303

00:16:04,760 --> 00:16:05,960

So as they performer,

304

00:16:05,960 --> 00:16:09,720

I'm sure a lot of people want to do  
the best job that they can and they get

305

00:16:09,720 --> 00:16:14,480

hyper focused on the performance. I  
always tell people this, number one,

306

00:16:14,960 --> 00:16:19,360

whatever the job is, if it's qvc, HSN  
shop, NBC History Channel, lifetime,

307

00:16:19,360 --> 00:16:21,280

oxygen, mtv, I don't, whatever it is,

308

00:16:21,790 --> 00:16:26,680

they will teach you or show  
you what they want when you're

309

00:16:27,360 --> 00:16:29,320

shooting pre-production,  
whatever it might be.

310

00:16:29,430 --> 00:16:31,280

What we're looking for is the true,

311

00:16:31,480 --> 00:16:35,600

authentic you and are you a match for  
that job. So when you walk in the room,

312

00:16:35,800 --> 00:16:36,600

basically,

313

00:16:36,600 --> 00:16:39,440

I tell people it's just like walking in  
the room like you would at a cocktail

314

00:16:39,440 --> 00:16:42,280

party. So yes, you do need to perform.

315

00:16:42,280 --> 00:16:44,880

So that's where the entertainment  
factor comes in. Because if you,

316

00:16:44,880 --> 00:16:49,240

if you ask me the two most important  
things that a TV host must be able to do,

317

00:16:49,490 --> 00:16:52,960

it is inform and entertain or you  
could flip it. It's entertaining and,

318  
00:16:52,980 --> 00:16:56,400  
and informed to me like they're,  
they're, they're the same thing. I don't,

319  
00:16:56,400 --> 00:16:59,320  
that one is more important.  
You must be able to inform,

320  
00:16:59,660 --> 00:17:01,720  
you must be able to share information,

321  
00:17:01,860 --> 00:17:04,800  
but you gotta be  
entertaining while you do it.

322  
00:17:04,820 --> 00:17:08,680  
And that's where a lot of  
people lack is where they,

323  
00:17:08,680 --> 00:17:11,160  
they get focused on the job.

324  
00:17:11,590 --> 00:17:14,800  
I always tell people I don't  
even work there. Right.

325  
00:17:14,800 --> 00:17:17,720  
I cast 51 hosts for QVC

and I do not work there.

326

00:17:18,190 --> 00:17:21,080

They go and they train and they do  
their thing and they work there.

327

00:17:21,230 --> 00:17:25,080

I don't have anything to do with it, but  
I certainly know what works over there.

328

00:17:25,080 --> 00:17:25,480

Right.

329

00:17:25,480 --> 00:17:28,680

So Sean, I wanna relate to  
this is, you're like the,

330

00:17:28,680 --> 00:17:31,040

so when you say what I wanna make  
sure everyone's not missing this,

331

00:17:31,040 --> 00:17:33,680

cuz I think it's an important distinction.  
I don't wanna rush by to fact Sean,

332

00:17:33,680 --> 00:17:35,280

is, when you're coming in to meet Sean,

333

00:17:35,280 --> 00:17:37,720

you're coming to meet the casting



director, let's say in, in your positions.

334

00:17:37,720 --> 00:17:41,640

Particularly, I'm not putting you  
on front of a script and saying,

335

00:17:41,640 --> 00:17:44,040

this is exactly how I want you to  
do this and try to say that a little

336

00:17:44,040 --> 00:17:46,720

differently and da da. I am saying,  
what do you like as a person?

337

00:17:46,720 --> 00:17:50,000

Let's see how you do. Let's see. Sure.  
Try, try talking to me about this,

338

00:17:50,280 --> 00:17:53,240

whatever it is. But I wanna see you more  
than anything. When you get the job,

339

00:17:53,240 --> 00:17:54,720

they'll talk about what they want.

340

00:17:55,110 --> 00:17:59,520

When you get the job, they'll show  
you how to do the freaking job. Mm.

341

00:17:59,770 --> 00:18:03,240

As I always tell people, also, this is just like an interesting, uh, just,

342

00:18:03,240 --> 00:18:05,800

you know, something the sharer, you know, with, with, with talent.

343

00:18:05,800 --> 00:18:08,040

Like that's also what a callback is for.

344

00:18:08,720 --> 00:18:13,570

A callback in keeping hosting is really more focused on skillset for me

345

00:18:13,570 --> 00:18:17,050

at least. Uh, and probably for a lot of my, uh, casting colleagues,

346

00:18:17,440 --> 00:18:20,730

I feel like the callback is really where you show more of the skillset.

347

00:18:20,990 --> 00:18:24,410

The audition, audition number one, or the tape request.

348

00:18:24,740 --> 00:18:28,010

We could talk about how frustrated people are about making self-tapes these

349

00:18:28,210 --> 00:18:31,130  
days, but it's the way of the, the  
world we live in at this point.

350

00:18:31,470 --> 00:18:35,170  
But like that callbacks,  
I feel are more detailed.

351

00:18:36,490 --> 00:18:40,090  
Audition tape. It's like, let's  
hang out, let's just hang out. Mm.

352

00:18:40,090 --> 00:18:42,330  
And then here's a little,  
here's a little secret, Brian,

353

00:18:42,330 --> 00:18:44,610  
is when you go into  
audition for a commercial,

354

00:18:44,840 --> 00:18:49,340  
they probably schedule  
people every two. Admit that.

355

00:18:49,340 --> 00:18:52,260  
So 2, 4, 6, 8. Sure. Yeah.  
25, 30 people in an hour.

356

00:18:52,510 --> 00:18:54,340  
If you're in the room for a

minute and a half to two minutes,

357

00:18:54,340 --> 00:18:58,740

you're lucky TV host casting. I  
schedule you for 15 minutes. Mm.

358

00:18:59,070 --> 00:19:02,660

So if you now know you have  
15 minutes in the room,

359

00:19:02,660 --> 00:19:05,020

what do you think is gonna happen?  
Because the script's only three.

360

00:19:05,170 --> 00:19:07,340

What's gonna happen for  
12 minutes? Oh my gosh.

361

00:19:07,340 --> 00:19:12,140

Sean's gotta get to know me as a person.  
Oh my gosh. Game changer. So like,

362

00:19:12,140 --> 00:19:15,100

I'm not saying come prepared  
to do like a marvelous Mrs.

363

00:19:15,100 --> 00:19:17,420

Maisel standup routine <laugh>, but like,

364

00:19:17,710 --> 00:19:21,940

do come into the room  
ready to engage, connect,

365  
00:19:21,940 --> 00:19:26,900  
and talk and more specifically specific  
to what you're in the room for,

366  
00:19:26,900 --> 00:19:31,140  
to back it up. And you say genre.  
Yes. But like, MTV is a genre,

367  
00:19:31,140 --> 00:19:34,020  
but MTV has dating, it has  
finance. And uh, so like,

368  
00:19:34,020 --> 00:19:37,340  
what are you in the room for? Like, if  
this is, you know, a show about movies,

369  
00:19:37,340 --> 00:19:41,500  
I want to hear like how excited you are  
about the Oscars coming up and what was

370  
00:19:41,500 --> 00:19:44,220  
your favorite, did you understand  
everything? Everybody. Anywhere. Anywhere?

371  
00:19:44,220 --> 00:19:46,420  
Because I don't know, what was it about  
after I watched it? <laugh>? Like,

372

00:19:46,420 --> 00:19:51,180

I wanna know, I wanna know,  
like if you are coming in for a,

373

00:19:51,370 --> 00:19:54,740

a culinary project, like yes, I  
wanna know that you can, you know,

374

00:19:54,740 --> 00:19:57,380

stand and stir, but I  
also wanna really know.

375

00:19:57,460 --> 00:19:58,540

<Laugh> stand and stir. I love.

376

00:19:58,540 --> 00:20:02,660

It. Yeah. I really, I really, really  
wanna know that you love, you know,

377

00:20:02,860 --> 00:20:04,340

shake Shack or you hate it.

378

00:20:04,830 --> 00:20:08,020

Mm mm-hmm. <affirmative>.

Mm-hmm. <affirmative>. And  
this is where people think,

379

00:20:08,020 --> 00:20:09,620

well, I think, so I w I'm a,

380

00:20:09,620 --> 00:20:13,540

I'm imagining it's the  
same for journalists cuz  
journalists are not centering

381

00:20:13,540 --> 00:20:14,940

themselves. They're centering the news.

382

00:20:14,970 --> 00:20:18,140

Performers are centering the script or  
the character more than they're centering

383

00:20:18,140 --> 00:20:18,740

themselves. Mm-hmm. <affirmative>.

384

00:20:18,740 --> 00:20:21,500

And so when an actor comes  
in or a journalist comes  
in and they're coming like,

385

00:20:21,500 --> 00:20:24,180

oh wait, you, you wanna  
know about this here?

386

00:20:24,370 --> 00:20:28,340

That's not where you've spent four years  
in a conservatory training to know how

387

00:20:28,340 --> 00:20:30,740

to do. Nor is it what you turn to.

Mm-hmm. <affirmative> a journalism school,

388

00:20:30,740 --> 00:20:32,420

what you spent all that

time learning how to do.

389

00:20:32,420 --> 00:20:33,900

And which is why I would sometimes think,

390

00:20:33,900 --> 00:20:36,220

I don't know if this is

true for your influencers,

391

00:20:36,220 --> 00:20:37,740

even though they're not allowed to

say it, but like, the people who.

392

00:20:37,740 --> 00:20:38,860

Are creating content, no. Yeah, yeah.

393

00:20:38,860 --> 00:20:39,440

Yeah, yeah.

394

00:20:39,440 --> 00:20:43,820

The people who are creating content on

their own are often driving from their

395



00:20:43,820 --> 00:20:45,420  
personality. They're driving from,

396  
00:20:45,420 --> 00:20:47,640  
this is what I did to my house and I  
bought these things, things on Amazon.

397  
00:20:47,640 --> 00:20:48,840  
Cuz like they are,

398  
00:20:49,070 --> 00:20:52,200  
that's why like that can may come more  
naturally for the people who've made

399  
00:20:52,200 --> 00:20:54,080  
their own content in some ways.  
Do you find that to be true?

400  
00:20:54,080 --> 00:20:55,240  
Or is it a little bit of a mix?

401  
00:20:56,110 --> 00:20:59,680  
It's a, it's, it's, well,  
number one is, I don't just to,

402  
00:20:59,680 --> 00:21:00,720  
just so we can be clear.

403  
00:21:00,720 --> 00:21:04,480  
Like I don't want people to throw

away what they already know.

404

00:21:04,950 --> 00:21:09,840

Just bring that along with what  
we now what we'll share today.

405

00:21:10,310 --> 00:21:13,400

What you should be bringing in the room  
when you're auditioning for a TV host.

406

00:21:13,400 --> 00:21:16,320

I don't ever want you to throw  
away your journalism skillsets.

407

00:21:16,320 --> 00:21:17,800

They're like insanely good.

408

00:21:17,950 --> 00:21:21,240

I don't ever want you to throw  
away being a performer and,

409

00:21:21,240 --> 00:21:24,040

and entertainer cuz I need the  
skillsets that I need. All of that.

410

00:21:24,310 --> 00:21:27,360

I just need you to sort of like  
presented in a different way.

411

00:21:27,660 --> 00:21:32,040

Add to scale back, pump up. You

know what I mean? Like there's a,

412

00:21:32,860 --> 00:21:35,760

and it's so case by case.

Sure. And that's why.

413

00:21:35,860 --> 00:21:37,640

But that's why I love doing what I do.

414

00:21:37,640 --> 00:21:41,960

And I love coaching and I love casting

and I love sitting in auditions to this

415

00:21:41,960 --> 00:21:46,480

day. Like, I enjoy sitting in an audition  
room or on a Zoom audition these days.

416

00:21:47,160 --> 00:21:51,720

Ed actually truly directing the session  
because you will get notes. Hmm.

417

00:21:51,720 --> 00:21:54,000

You know, and that's also that  
I'd like to share with, with,

418

00:21:54,000 --> 00:21:56,800

with performers and hosts and actors or  
whatever you might be like when you come

419

00:21:56,800 --> 00:21:59,760

into audition for a TV  
host, um, roll. Like,

420  
00:21:59,800 --> 00:22:03,960  
don't expect one thing over the, the next.  
Like, it's always gonna change. Like,

421  
00:22:03,980 --> 00:22:07,880  
you can get notes, you can do it again.  
There's lots of ways to play with it.

422  
00:22:07,930 --> 00:22:12,510  
So, you know, it's not,  
it's not so, you know,

423  
00:22:13,440 --> 00:22:17,820  
set in stone. I, I guess  
what I'm stressing is like,  
don't throw away anything.

424  
00:22:18,240 --> 00:22:20,580  
Got it. Yeah. Yeah. I hear what you're  
saying. That's great. It's really great.

425  
00:22:20,580 --> 00:22:21,460  
So here's a question.

426  
00:22:21,460 --> 00:22:24,260  
So there may be simple list some people  
listening and like I've said, you know,

427

00:22:24,260 --> 00:22:27,140

a lot of times an actor will fall into  
hosting accidentally because all of a

428

00:22:27,140 --> 00:22:29,540

sudden they're submitted for some job  
and you have to be host at this. Like,

429

00:22:29,540 --> 00:22:31,900

I sucked at that. I didn't know  
what I was doing or whatever. Um,

430

00:22:31,930 --> 00:22:35,100

what would you say if someone's listening  
like, I really wanna do hosting,

431

00:22:35,100 --> 00:22:38,620

I wanna get started. What would be  
your first piece of advice to them?

432

00:22:39,540 --> 00:22:41,430

I remember what you told me.  
I can tell you what told me.

433

00:22:41,460 --> 00:22:43,190

What? Well, no, you tell me what you.

434

00:22:43,190 --> 00:22:44,790

Said. Go out and do it. Go shoot,

435

00:22:45,000 --> 00:22:47,990

go out on the street and  
start interviewing people  
on the street and start

436

00:22:47,990 --> 00:22:50,150

making a reel of you doing that.

437

00:22:50,150 --> 00:22:51,710

That might not be the same  
advice you'd give me anymore.

438

00:22:51,710 --> 00:22:54,910

We didn't have all the fabulous Instagram  
and all the things that we have now,

439

00:22:54,910 --> 00:22:56,670

but it was like, and I  
remember like, oh wow,

440

00:22:56,670 --> 00:23:00,230

I learned real quick what worked and  
what didn't when you're trying to talk to

441

00:23:00,430 --> 00:23:00,990

strangers on the street.

442

00:23:00,990 --> 00:23:03,110

But that might not be the same  
skill you'd offer to people today.

443

00:23:03,780 --> 00:23:05,110

Well, um,

444

00:23:05,110 --> 00:23:08,590

number one is I like to tell people to  
be patient and understand that it takes

445

00:23:08,830 --> 00:23:12,910

time. Cuz a lot of people want to  
just like, oh my God, I'm an actor.

446

00:23:13,010 --> 00:23:17,430

I'm a journalist. I could do this  
with my eyes shut. Maybe you can,

447

00:23:17,430 --> 00:23:21,470

but understanding that it's, it's not  
as you don't just jump into it. Um,

448

00:23:21,470 --> 00:23:23,430

I don't think it, I don't  
think it's brain surgery.

449

00:23:23,500 --> 00:23:27,310

I will tell you that I don't think you  
need a master's degree or a PhD in it.

450

00:23:27,310 --> 00:23:31,430

I will tell you that. But I, I think  
what you need to, number one, okay,

451

00:23:31,430 --> 00:23:32,990

so if you want to be a host,

452

00:23:33,100 --> 00:23:37,910

like understand what it is and  
the difference between being an

453

00:23:37,910 --> 00:23:40,310

actor, a performer, or a  
journalist. So like, get,

454

00:23:40,410 --> 00:23:43,870

get a sort of concept of like, okay,  
it's different and this is how,

455

00:23:43,870 --> 00:23:47,480

and this is why. Also get to  
know who the players are. Mm.

456

00:23:47,480 --> 00:23:52,080

Because that's where you're gonna  
get your most, um, advice, support,

457

00:23:52,730 --> 00:23:56,440

uh, like, know who we are. You  
know, there's me, there's, you know,

458

00:23:56,440 --> 00:23:59,240



you know who we are. Yeah. Um, I dunno  
if you want me to shout out names,

459  
00:23:59,240 --> 00:23:59,800  
but Sure.

460  
00:23:59,800 --> 00:24:01,920  
Shout out names who will be very happy  
to hear your shout out names to it.

461  
00:24:01,920 --> 00:24:05,240  
There, there's Cal Barlow in  
la there's Mark Costello on a,

462  
00:24:05,290 --> 00:24:09,440  
in LA there's Barbara Barna,  
Abel, there's myself. I mean,

463  
00:24:09,440 --> 00:24:13,760  
understand who, who's casting TV  
host, who are coaching TV host,

464  
00:24:13,900 --> 00:24:17,560  
who are, who are helping TV host  
put together their reels. Um,

465  
00:24:17,670 --> 00:24:20,920  
like not saying like bombarded  
these people Right. But like,

466

00:24:20,920 --> 00:24:24,920

get to know who we are because  
like, there's not a ton of us.

467

00:24:25,340 --> 00:24:28,880

And I mean, there's people who, who  
dip in and out of it. Yeah. Like,

468

00:24:28,880 --> 00:24:30,440

as far as like, people  
who really, you know,

469

00:24:30,440 --> 00:24:34,040

know this space for a really long time  
and there's room for more. You know,

470

00:24:34,360 --> 00:24:37,800

trust me. Um, but like,  
get to know who we are.

471

00:24:38,310 --> 00:24:42,920

Understand what you're getting yourself  
into. Like, you know, maybe it is just,

472

00:24:42,930 --> 00:24:47,800

oh my gosh, I get to go talk and be with  
be be be myself on a really great day.

473

00:24:47,830 --> 00:24:51,400

Yeah. That's what it is. But as long as

you know that, then it might then Great.

474

00:24:51,400 --> 00:24:54,520

Doesn't sound that hard. But a lot of people come into hosting thinking like,

475

00:24:54,650 --> 00:24:56,960

oh, okay, I think it's this thing. Or it's, it's that,

476

00:24:56,960 --> 00:25:00,890

or this is what I want out of it. Like, just like, kind of get,

477

00:25:00,890 --> 00:25:04,290

I have a reason to wanna do it. I always talk about purpose. Mm-hmm.

478

00:25:04,330 --> 00:25:06,050

<affirmative> when it comes to TV hosting, when I tell people,

479

00:25:06,050 --> 00:25:10,770

when you come in the room to audition for me, I would like you to have, um,

480

00:25:10,980 --> 00:25:14,330

in the back of your head or whatever, wherever, like,

481

00:25:14,330 --> 00:25:18,170  
have a reason to be there. Mm-hmm.  
<affirmative>. Because if you don't, it,

482  
00:25:18,170 --> 00:25:21,410  
it just doesn't feel right because  
like, you're not playing a character.

483  
00:25:21,410 --> 00:25:23,610  
You're not playing a role. So  
like, I'm not telling you like,

484  
00:25:23,610 --> 00:25:26,730  
we're not like talking about Meisner  
here. Like I don't need, like,

485  
00:25:27,040 --> 00:25:29,770  
I don't need backstory. Yeah.  
But like, you know what,

486  
00:25:29,870 --> 00:25:32,730  
I'm auditioning for this  
movie, this show that like,

487  
00:25:32,730 --> 00:25:36,250  
does like this movie Countdown  
show and I love movies or like,

488  
00:25:36,250 --> 00:25:40,810  
I love fashion or I, I mean  
for qvc, H s n it is mandatory.

489

00:25:42,090 --> 00:25:44,290

Mandatory that you like  
to shop. Yeah. Like,

490

00:25:44,300 --> 00:25:48,290

so like you have to have a reason in the,

491

00:25:48,470 --> 00:25:50,730

for whatever the job is  
that you're applying for.

492

00:25:50,730 --> 00:25:55,090

So get to know who the players are,  
have a purpose and like, you know,

493

00:25:55,090 --> 00:26:00,010

be patient. Yeah. And have stamina  
because it's not gonna happen like that.

494

00:26:00,020 --> 00:26:03,450

Because here's the deal. Not that it's,  
it could happen like that, but like,

495

00:26:03,760 --> 00:26:08,210

I think it's, it's a, it is a fact.  
Like not beating around the bush.

496

00:26:08,210 --> 00:26:11,810

It is a fact. It's like one  
to a thousand auditions,

497  
00:26:12,000 --> 00:26:15,890  
like commercial theater,  
1,000,001 auditions upright down.

498  
00:26:15,890 --> 00:26:19,570  
There's like one every day every other  
day hosting maybe if you're lucky.

499  
00:26:19,880 --> 00:26:22,530  
I mean, and people get frustrated.  
Yeah, yeah, yeah, yeah, yeah.

500  
00:26:22,530 --> 00:26:25,410  
People get frustrated. People get  
frustrated for a lot of reasons. Like,

501  
00:26:25,410 --> 00:26:30,050  
I think people get frustrated as talent  
because they're submitting for the wrong

502  
00:26:30,050 --> 00:26:33,850  
things. They're over submitting, I mean,  
I could talk about this for days. Like,

503  
00:26:33,880 --> 00:26:34,970  
stop hitting the,

504

00:26:34,970 --> 00:26:38,250

the submit button on breakdown services  
if you don't think you're right.

505

00:26:38,250 --> 00:26:41,250

Because then you're just chalk that  
up to another job that you didn't get.

506

00:26:41,250 --> 00:26:43,560

But number one, you weren't right for  
it. And number two, you didn't want it.

507

00:26:43,560 --> 00:26:46,720

Yeah. So why are you submitting it for  
it? And now it's a part of your check of,

508

00:26:46,720 --> 00:26:49,880

okay, another one I didn't get. Which  
I'm sure you deal with all day. Yeah.

509

00:26:49,880 --> 00:26:52,040

Yeah. Sure, sure, sure, sure, sure.  
Yeah, I hear what you're saying. And so,

510

00:26:52,410 --> 00:26:54,680

so the, one of the things I want  
everyone to take away who's like,

511

00:26:54,680 --> 00:26:56,760

I think I wanna get into hosting,  
I wanna do a little bit more.

512

00:26:56,760 --> 00:26:58,720

One of the first things I  
heard you say is, first of all,

513

00:26:58,720 --> 00:27:02,440

check yourself because there's not a  
million hosting jobs out every single day.

514

00:27:02,900 --> 00:27:05,360

And be patient with that.  
And then number three,

515

00:27:05,360 --> 00:27:08,000

one of the things you others said was  
that was really helpful is there's not

516

00:27:08,000 --> 00:27:09,480

that many players doing this.

517

00:27:09,480 --> 00:27:14,040

And almost all of them make themselves  
accessible to teach and to coach. Mm-hmm.

518

00:27:14,080 --> 00:27:16,560

<affirmative>. So that would be a  
great first step is to go there.

519

00:27:16,560 --> 00:27:19,700

And then I'm wondering also,



Sean, like I would think like,

520

00:27:19,910 --> 00:27:24,820

go watch some hosts on tv. Notice what they're doing. Notice what is like, oh,

521

00:27:24,820 --> 00:27:29,180

that's a, I fit into that quote unquote genre because I can see how like, I,

522

00:27:29,180 --> 00:27:31,460

like nothing need to mimic these people. But like,

523

00:27:31,460 --> 00:27:33,780

when you're thinking about host genre, there's certain ones you think like,

524

00:27:34,260 --> 00:27:37,300

hands down, this person is brilliant. Has anybody come to mind when I say that?

525

00:27:37,300 --> 00:27:38,100

That you look to.

526

00:27:38,100 --> 00:27:39,460

Tom, Tom Bergeron.

527

00:27:39,820 --> 00:27:41,060

Great. Great.

528

00:27:41,270 --> 00:27:45,500

So I love how I said, so Brian, I,  
I will coach people and I'll say,

529

00:27:45,550 --> 00:27:47,660

so who's your favorite  
TV host? I don't know.

530

00:27:47,660 --> 00:27:49,940

Kelly Rippa. Mine's always Kelly Rippa.

531

00:27:50,380 --> 00:27:52,580

<Laugh>. So why is Kelly  
Rippa your favorite TV host?

532

00:27:52,750 --> 00:27:55,820

Because she has the gift of  
gab. She organizes her stories.

533

00:27:55,820 --> 00:27:59,620

This is all my, which is my checklist  
of things that you must have. Right.

534

00:27:59,680 --> 00:28:02,500

You and you gift of gab. But she has an,

535

00:28:02,500 --> 00:28:05,540

she tells her stories in an organized  
way. So there's a beginning, middle,

536

00:28:05,540 --> 00:28:05,820

and end.

537

00:28:05,820 --> 00:28:09,020

If she's telling a story and she's not  
afraid to have an opinion about anything

538

00:28:09,020 --> 00:28:11,820

she's talking about, even if it's  
not the popular one in the room.

539

00:28:12,480 --> 00:28:16,820

And she does not take time to  
like, let me segue from each thing.

540

00:28:16,820 --> 00:28:19,260

I'm telling you, she just goes into the  
next thing. There's really effortless.

541

00:28:19,260 --> 00:28:20,900

Like, I'm talking about this now,  
now I'm talking about this now.

542

00:28:20,920 --> 00:28:22,700

And I think that's really  
attractive. And like,

543

00:28:22,700 --> 00:28:24,180

she's not afraid to make fun of herself.

544

00:28:24,180 --> 00:28:26,780

I feel like I'm a little bit like I'm  
watching a standup at the same time,

545

00:28:27,040 --> 00:28:30,060

but there's a vulnerability the  
whole time. This is really who I am.

546

00:28:30,060 --> 00:28:33,500

I'm not being somebody else the  
whole time. Also, I think I have,

547

00:28:33,530 --> 00:28:35,740

I think I have the metabolism  
of Kelly Ripa too. Like,

548

00:28:36,000 --> 00:28:38,820

I'm like that kind of person. So that  
makes sense to me that I would like her.

549

00:28:39,790 --> 00:28:41,420

So when you watch Kelly,

550

00:28:41,480 --> 00:28:46,140

you truly believe like that she's being  
a hundred percent authentically Kelly?

551

00:28:46,170 --> 00:28:48,020

Well, I think there's  
more that we're, I mean,

552

00:28:48,020 --> 00:28:50,940

I'm sure she's not telling me like the intimate conversation she has with her

553

00:28:50,940 --> 00:28:51,860

husband, but I don't.

554

00:28:51,860 --> 00:28:55,060

Feel like she'll starting next season when the first they're together. Right.

555

00:28:55,060 --> 00:28:59,290

Right, right. But I, but I never feel like I'm, uh, you know,

556

00:28:59,610 --> 00:29:01,810

watching like a pageant girl from the nineties. Mm-hmm.

557

00:29:01,850 --> 00:29:01,890

<Affirmative>.

558

00:29:01,890 --> 00:29:04,170

I don't feel like I'm watching hiding. You know what I mean?

559

00:29:04,170 --> 00:29:04,920

I feel like I'm really.

560

00:29:04,920 --> 00:29:09,370

I was think, yeah, the hosting has changed  
so much dramatically since like you,

561

00:29:09,370 --> 00:29:13,050

when you were auditioning for me as a  
host and when I started casting TV host.

562

00:29:13,220 --> 00:29:15,610

So it's, it's cha cuz you're  
talking about the, the,

563

00:29:15,710 --> 00:29:19,490

the the old school style host.  
So Tom, okay, so with the, the,

564

00:29:19,950 --> 00:29:22,450

the descriptions that you were, uh,

565

00:29:22,450 --> 00:29:27,330

applying to Kelly are on  
my list of things that I

566

00:29:27,330 --> 00:29:31,330

share with people, what I'm looking  
for when it comes to TV hosting.

567

00:29:31,550 --> 00:29:35,290

And then also for my example, Tom  
Bergeron. The reason why I like Tom Berg,

568

00:29:35,290 --> 00:29:36,490  
if anybody doesn't know who he is,

569  
00:29:36,540 --> 00:29:39,810  
he hosted Dancing With the Stars for  
many years. America's Funnies of Videos.

570  
00:29:39,950 --> 00:29:43,320  
Tom Bergeron is authentically, he is, uh,

571  
00:29:43,430 --> 00:29:48,080  
unedited and unpredictable for me.  
And that's, as a casting director,

572  
00:29:48,190 --> 00:29:50,520  
what I really wanna see most in the room,

573  
00:29:50,650 --> 00:29:55,040  
we could talk about the gifted gab and  
we could talk about the, you know, the,

574  
00:29:55,040 --> 00:29:57,600  
the structuring and et  
cetera, et cetera. But like,

575  
00:29:57,860 --> 00:30:02,160  
the fact that somebody can  
be unpredictable and just not

576  
00:30:02,250 --> 00:30:05,560  
perfect and, you know, self-deprecating,

577

00:30:05,560 --> 00:30:09,880

like you said and makes a mistake but  
puts it picks it back up. Like you might,

578

00:30:09,880 --> 00:30:10,800

believe it or not,

579

00:30:10,800 --> 00:30:14,560

you might have to have your hand  
really close to the beeper button.

580

00:30:14,870 --> 00:30:19,000

Like that's to me is what, that's what  
I look, that's what I like in a TV host,

581

00:30:19,000 --> 00:30:23,080

is somebody who doesn't  
take it too seriously. Um,

582

00:30:24,000 --> 00:30:24,570

I was gonna say.

583

00:30:24,570 --> 00:30:26,730

And also doesn't take center. So  
here's what also interesting me, Sean.

584

00:30:26,730 --> 00:30:30,770

So like on a show when it's called  
Kelly and whoever Kelly is the,



585

00:30:30,910 --> 00:30:32,730

the star of the show that's put unquote,

586

00:30:32,930 --> 00:30:35,330

although their guests are really the star  
on a show like Dancing With the Stars,

587

00:30:35,330 --> 00:30:38,930

the host is not the star in centers,  
the what's going on in front of it.

588

00:30:38,930 --> 00:30:41,490

So the space that you're containing  
is those host is so different.

589

00:30:41,490 --> 00:30:43,810

And so part of what I  
imagine you have to see,

590

00:30:43,810 --> 00:30:46,450

can this person do this when they're  
in the room? Cuz even the host of like,

591

00:30:46,990 --> 00:30:50,050

qvc, you're not the star actually.  
The the clothes are the star.

592

00:30:50,050 --> 00:30:53,170

But we have to feel like we're there  
with you in real life talking about these

593

00:30:53,170 --> 00:30:54,450

things and being with you in your house.

594

00:30:54,660 --> 00:30:58,410

Is that kind of like you're having to  
see if they can carry that journey for

595

00:30:58,410 --> 00:30:58,530

people?

596

00:30:58,530 --> 00:31:00,730

Yeah, well, yeah, I, that's a  
good point. Like, I think every,

597

00:31:01,290 --> 00:31:05,050

every project that I get hired  
to cast requires a different, uh,

598

00:31:05,070 --> 00:31:06,570

I'm looking for something  
a little bit different.

599

00:31:06,570 --> 00:31:11,170

If I'm casting a talk show and I'm  
looking to partner people up and I'm doing

600

00:31:11,170 --> 00:31:13,250

chemistry tests, I'm looking  
for two people who get along.

601

00:31:13,250 --> 00:31:16,570

Or I'm looking for somebody like  
Kelly who is the star of the show.

602

00:31:16,580 --> 00:31:20,010

If I'm looking for somebody who's just  
sharing information in between commercial

603

00:31:20,010 --> 00:31:22,690

breaks, that's a very different vibe.

604

00:31:22,690 --> 00:31:25,690

It's a very different mindset  
that my head is in. Keep in mind,

605

00:31:25,690 --> 00:31:29,490

I have to literally adjust to the  
client. Mm-hmm. <affirmative>,

606

00:31:29,490 --> 00:31:32,970

like I get hired for my, for my,  
I get hired for numerous things.

607

00:31:32,970 --> 00:31:35,970

I get hired for my outreach because  
Right. People know who I am.

608

00:31:36,070 --> 00:31:39,210

And I could get the word out for you a  
lot quicker than a lot of other people.

609

00:31:39,210 --> 00:31:43,850

Can I get hired for my  
opinion? Yeah. The taste,

610

00:31:43,900 --> 00:31:48,530

of course. My taste, my sort of gut  
reaction. I get hired for my skillsets,

611

00:31:48,530 --> 00:31:50,890

like my organa, like I  
know how to run a session.

612

00:31:51,360 --> 00:31:55,690

I know like today the comment was,  
oh, this is going really good.

613

00:31:56,380 --> 00:32:00,170

Um, and she said, you know,  
because it was expertly, you know,

614

00:32:00,330 --> 00:32:04,490

scheduled by Shonti Simone, like, I  
can hire for so many different reasons,

615

00:32:04,590 --> 00:32:09,210

but I also have to tweak and  
switch and based on the project.

616

00:32:09,630 --> 00:32:12,610

But, um, I also wanna share quickly,

617

00:32:12,900 --> 00:32:15,730

so we're talking about every  
host is different, right?

618

00:32:15,730 --> 00:32:17,970

Every host should be  
different. You should,

619

00:32:17,970 --> 00:32:21,570

we're never looking to replace  
Tom Bergon, but guess what we did?

620

00:32:21,580 --> 00:32:25,490

We have Tyra Banks now Tyra and Tom Tom

621

00:32:26,000 --> 00:32:30,630

hosted, or Tyra's hosting Tom  
did. Same exact show. I mean,

622

00:32:30,630 --> 00:32:32,910

this show is different now that it's  
on Disney Plus, et cetera, et cetera.

623

00:32:32,910 --> 00:32:35,310

Same exact show. But they both are,

624

00:32:35,580 --> 00:32:38,190

I think Tyra's doing a great job  
hosting Dancing with the Tyrus.

625

00:32:38,190 --> 00:32:40,560

I love Tom Burman and I was upset when it,

626

00:32:40,560 --> 00:32:43,640

when they were not gonna have 'em any longer. But I was like, you know what?

627

00:32:43,640 --> 00:32:45,960

Like, so this is a great example. Like, you,

628

00:32:45,960 --> 00:32:48,520

you could still even host the same show and do it differently.

631

00:32:58,490 --> 00:32:59,650

And what also so important about this,

632

00:32:59,650 --> 00:33:04,490

I think is that can be something that you're working on because at QVC or H H S

633

00:33:04,490 --> 00:33:04,650

N,

634

00:33:04,650 --> 00:33:08,290

like people are leaving and we gotta contain to have the same audience expecting

635

00:33:08,290 --> 00:33:09,850

to tune in at two  
o'clock or three o'clock.

636

00:33:09,850 --> 00:33:13,010

We need to hold that same energy or that  
space with those people so that they're

637

00:33:13,010 --> 00:33:15,490

ready to engage in the same  
way. And what's interesting is,

638

00:33:15,600 --> 00:33:18,690

I think about tire banks and timbers,  
they're very different people.

639

00:33:18,880 --> 00:33:22,450

Very different. That's Energy's  
gonna be completely different. Um,

640

00:33:22,550 --> 00:33:24,890

and so that must, when you're  
the client is, you know,

641

00:33:24,890 --> 00:33:27,290

dancing with the Stars or  
whatever the, the show is,

642

00:33:27,290 --> 00:33:31,170

I can see how that will really dictate  
who you can say yes and who you can say

643  
00:33:31,170 --> 00:33:33,370  
no to. Do you ever have a  
time when you're like, damn,

644  
00:33:33,400 --> 00:33:35,290  
I really wish they would've  
picked this person.

645  
00:33:35,290 --> 00:33:38,850  
I love them so much and it's so  
not how the, how it turns out.

646  
00:33:39,720 --> 00:33:41,930  
Well, yeah, I mean, of course like you,

647  
00:33:42,040 --> 00:33:45,170  
I try to like step away from like getting  
too personally attached because like,

648  
00:33:45,170 --> 00:33:48,370  
I just, you know, I'm a, I'm the  
type of guy that like, really, like,

649  
00:33:48,370 --> 00:33:50,770  
I'm just really like into  
it. Right. You know, like,



650

00:33:50,800 --> 00:33:52,570

I really love directing the session.

651

00:33:52,570 --> 00:33:56,170

I really love communicating with you  
when I'm getting you into the room or I'm

652

00:33:56,170 --> 00:33:58,490

scheduling you, or you know, telling  
you that you have a callback. Like,

653

00:33:58,490 --> 00:34:01,650

I love all that shit. You know what I  
mean? Like, it's like I love it. So like,

654

00:34:01,650 --> 00:34:04,050

I do attach to people. Yes. But like,

655

00:34:04,080 --> 00:34:08,730

also I have to understand it's the  
client's decision. It's not mine.

656

00:34:09,040 --> 00:34:12,090

I got you in the room number one. Right?  
Yeah. Because like, I am a gatekeeper,

657

00:34:12,390 --> 00:34:16,490

you know? I am. So I got you in the  
room. But it's the client's decision,

658

00:34:16,550 --> 00:34:20,890

you know. But, um, not only do  
I attach the client to, to, to,

659

00:34:20,980 --> 00:34:25,450

to tell and, and like, oh, bummer. Sorry.  
But by the way, I remember everybody.

660

00:34:25,450 --> 00:34:28,930

I know who everybody is, and I will bring  
people in for various projects. Like,

661

00:34:28,930 --> 00:34:31,010

I have people auditioning for, like, I,

662

00:34:31,010 --> 00:34:34,570

I audition people for qvc that audition  
for History Channel as long as they're

663

00:34:34,570 --> 00:34:35,730

willing and interested  
mm-hmm. <affirmative> mm-hmm.

664

00:34:35,770 --> 00:34:38,050

<affirmative> as long as they're willing  
and interested in able, like, you know,

665

00:34:38,050 --> 00:34:41,770

and they have that passion, which  
they do. Like I all, I I, that's,

666

00:34:41,770 --> 00:34:42,690  
it's sort of like what I'm,

667  
00:34:42,690 --> 00:34:45,490  
that's what I'm hired to do is  
bring in people that are, I'm also,

668  
00:34:45,490 --> 00:34:49,810  
I'm hired to find new faces and  
do a search and do a casting.

669  
00:34:49,810 --> 00:34:53,410  
But I'm also hired to  
bring in people, I mean,

670  
00:34:53,410 --> 00:34:56,690  
as other cast managers are in various  
genres to bring in people that we're

671  
00:34:56,690 --> 00:34:59,570  
already familiar with. Right. Because  
that's why I'm an expert. Mm-hmm.

672  
00:34:59,610 --> 00:35:02,970  
<affirmative>. But, um, not only do  
I attach, this is so interesting.

673  
00:35:02,970 --> 00:35:06,810  
Not only do I attach the client attaches  
mm-hmm. <affirmative> and then they,

674

00:35:06,810 --> 00:35:08,930

oh my God, we love my God,  
we're gonna give them a job.

675

00:35:09,130 --> 00:35:12,650

We're gonna make an offer. And then  
the callback comes and it just,

676

00:35:12,650 --> 00:35:16,050

it's not the same. And it's like,  
well, remember you love them. Like,

677

00:35:16,050 --> 00:35:20,370

what happened? So I always warn my  
clients, I wore my clients all the time.

678

00:35:20,730 --> 00:35:24,090

Don't get too, I mean, you can get  
psyched as much as you want. Yeah. Like,

679

00:35:24,330 --> 00:35:26,370

I love when my clients  
get psyched, but like,

680

00:35:26,380 --> 00:35:29,650

be aware we're gonna see them two more  
times and then you're gonna actually

681

00:35:29,650 --> 00:35:32,930

bring 'em into a studio. Cuz

by the way, by the way, Brian,

682

00:35:32,930 --> 00:35:35,650

like a studio audition is very  
different than an audition.

683

00:35:35,930 --> 00:35:39,200

Cause than the cameras in front of you.  
The lights are there, the clients Oh.

684

00:35:39,200 --> 00:35:40,920

I remember. Oh, I remember <laugh>.

685

00:35:41,410 --> 00:35:45,560

No more cl I mean there's so many layers  
to casting. I mean, gosh, I could,

686

00:35:45,560 --> 00:35:47,800

you know, but like, like,  
yeah. So I do get attached,

687

00:35:47,800 --> 00:35:50,000

but my clients get attached too.  
And then all of a sudden their,

688

00:35:50,000 --> 00:35:53,040

their mind changes. It's like, you  
know, people are like, oh my God,

689

00:35:53,040 --> 00:35:56,600

I'm following on Instagram now. And then like, you know, they come, which,

690  
00:35:56,600 --> 00:35:59,920  
but by the way, I'm still not a hundred percent sure on what happened.

691  
00:36:00,700 --> 00:36:02,760  
But it could be, there's a combination of things.

692  
00:36:02,760 --> 00:36:07,000  
Sometimes the person comes back in and they're not the same person.

693  
00:36:07,000 --> 00:36:10,320  
If I can talk about consistency. Yeah. Talk to me about that one thing.

694  
00:36:10,540 --> 00:36:14,200  
The one thing that I think is the most important, uh, part of, uh,

695  
00:36:14,210 --> 00:36:18,440  
TV host casting or wanting to be a TV host or auditioning to be a TV host,

696  
00:36:18,570 --> 00:36:20,600  
is staying consistent the whole way through.

697

00:36:20,600 --> 00:36:25,400

Because the person that has submitted a  
a letter of interest to me is the person

698

00:36:25,400 --> 00:36:28,000

that I wanna see when they come in  
the room. Mm-hmm. <affirmative>.

699

00:36:28,000 --> 00:36:28,730

And we can talk about,

700

00:36:28,730 --> 00:36:31,360

we can talk about the letter of interest  
because I can give you examples of ones

701

00:36:31,360 --> 00:36:32,760

that suck and ones that are great. So.

702

00:36:32,760 --> 00:36:34,600

Wait, Sean, wait, wait. A lot of people  
are like, what are you talking about?

703

00:36:34,600 --> 00:36:35,880

Letter of interest? Because  
most people are just like,

704

00:36:35,880 --> 00:36:39,240

don't I just submit myself on  
that access? Or my agent does,

705

00:36:39,240 --> 00:36:41,720

or my manager does or whatever.

But what does the letter of,

706

00:36:41,720 --> 00:36:43,520

when does that come up? Let's just say.

707

00:36:44,030 --> 00:36:48,080

Well, in TV host casting, it's a lot. So I, I cast in various forms.

708

00:36:48,080 --> 00:36:51,520

I either put out a breakdown on casting networks, backstage actors,

709

00:36:51,520 --> 00:36:54,720

access casting, frontier, LA casting, whatever you wanna call it these days.

710

00:36:54,900 --> 00:36:57,920

And you would then submit yourself and I literally just get a thumb now.

711

00:36:58,290 --> 00:37:02,440

Or if you are following me on social or you're following my casting email list,

712

00:37:02,730 --> 00:37:06,600

or you've seen my, my casting notice on, uh, uh,



713

00:37:06,710 --> 00:37:10,640  
host in LA or host in New York,  
or I wanna be on tv, on Facebook,

714

00:37:10,960 --> 00:37:13,800  
whatever it might be, or  
Broadcasting Association of America,

715

00:37:13,940 --> 00:37:17,760  
you then have a way to reach me.  
It's you submit to a Gmail account.

716

00:37:17,890 --> 00:37:19,560  
So if you're submitting  
to a Gmail account,

717

00:37:19,560 --> 00:37:24,440  
you better damn write a an interesting  
two paragraphs. I love this,

718

00:37:24,510 --> 00:37:28,200  
I love that. I'm passionate about  
this, but also on breakdown services.

719

00:37:28,200 --> 00:37:32,200  
I am mean appalled by the amount of  
people who do not take advantage of the

720

00:37:32,200 --> 00:37:33,080  
notes section. Oh.

721

00:37:33,080 --> 00:37:35,840

Don't you worry. I anyone listen to  
this podcast Does. Don't you worry,

722

00:37:35,840 --> 00:37:37,080

because that's what I preach.

723

00:37:37,710 --> 00:37:42,440

I will tell you, 19,000  
people submit to me for qbc.

724

00:37:42,860 --> 00:37:47,240

How many you think actually  
wrote a note? Tell me. Oh gosh.

725

00:37:47,590 --> 00:37:48,960

A couple hundred maybe if I'm looking.

726

00:37:48,960 --> 00:37:51,720

No, shut up. So what do they put in  
that note? What's this letter of intent?

727

00:37:51,720 --> 00:37:52,553

This idea?

728

00:37:52,560 --> 00:37:55,720

Anything? Yeah, anything. I'm,  
man, I'm managing, managing well.

729

00:37:55,720 --> 00:37:58,480

If I'm going through breakdowns, et  
cetera, and I'm just scrolling through it,

730

00:37:58,980 --> 00:38:01,280

the things that I'm gonna  
stop on are like, Hey Sean,

731

00:38:01,280 --> 00:38:04,760

hope you're having a great day.  
Um, just wanna let you know, um,

732

00:38:05,230 --> 00:38:09,880

I've seen every movie that, you  
know, I use this copy for the,

733

00:38:09,880 --> 00:38:13,280

when I coach people about  
almost famous. It's like, oh, I,

734

00:38:13,280 --> 00:38:15,400

I've seen every Kate  
Hudson movie there ever is.

735

00:38:15,400 --> 00:38:18,640

I'm obsessed with how the lose  
a guy 10 days. Cool. You know,

736

00:38:18,640 --> 00:38:20,320

like something that's in, like,

737

00:38:20,320 --> 00:38:22,800

I literally am going through  
auditions right now. Brian, like,

738

00:38:22,800 --> 00:38:26,280

I literally was in my inbox before we  
saw Dan. It's like, dear Mr. DeSimone,

739

00:38:26,280 --> 00:38:28,760

I'm interested in the host position.  
I've worked here, I've worked there,

740

00:38:28,760 --> 00:38:30,360

I've worked here. If you need  
any, if you have any questions,

741

00:38:30,360 --> 00:38:33,240

please reach out to me. I'm like,  
okay, I don't care about you.

742

00:38:33,240 --> 00:38:35,160

But if it's like, Hey Sean, um,

743

00:38:35,400 --> 00:38:38,400

just wanna let you know  
that whatever it might be,

744

00:38:38,400 --> 00:38:41,280

just something engaging and

to connect with me is because,

745

00:38:41,280 --> 00:38:44,880

so the audition starts for me  
with the submission and then when,

746

00:38:44,880 --> 00:38:47,840

so so back to consistency, it  
starts with the submission.

747

00:38:47,840 --> 00:38:49,400

So when the person I  
bring in the room room,

748

00:38:49,550 --> 00:38:52,680

I want that person to be the same  
person who wrote me that letter. Got it.

749

00:38:52,680 --> 00:38:54,320

And then when you come  
into the room audition,

750

00:38:54,320 --> 00:38:59,320

I want you to be the same person  
that I met on Skype or, or, uh,

751

00:38:59,530 --> 00:39:00,200

or Zoom.

752

00:39:00,200 --> 00:39:03,560

Where do people, where do people  
fall apart with that? What happens?

753

00:39:03,560 --> 00:39:05,920

Who do they come in and be some,  
how, how do they be somebody else?

754

00:39:05,920 --> 00:39:06,840

Help me understand what you mean.

755

00:39:08,230 --> 00:39:11,640

Okay. So there's a host  
on QVC right now who,

756

00:39:11,640 --> 00:39:15,720

when she auditioned for me on  
Skype, I knew everything about her.

757

00:39:16,030 --> 00:39:19,480

I knew that she was like a tomboy,  
but she was like a girly girl.

758

00:39:19,660 --> 00:39:23,960

And she loved wearing, you know, uh,  
dressing up and was really into makeup.

759

00:39:23,960 --> 00:39:27,360

But she also, you know, would be  
climbing a tree because she's from like,

760

00:39:27,360 --> 00:39:31,200

you know, down on South Carolina. And then when we brought her to New York,

761

00:39:31,340 --> 00:39:33,200

she was the same person. She never changed.

762

00:39:33,200 --> 00:39:36,800

Sometimes when people come to the callback, like they look different,

763

00:39:36,800 --> 00:39:40,800

they've changed their outfit, they've done too much research. Mm.

764

00:39:41,070 --> 00:39:46,040

They watched too much of the network and they came in trying to be Joanne Sik or

765

00:39:46,040 --> 00:39:49,160

Carson Deli hosting, you know, Terrell back in the day.

766

00:39:49,160 --> 00:39:53,920

Like tr maybe like over over researching maybe, perhaps is Yeah,

767

00:39:53,920 --> 00:39:57,280

is is something. But like they somehow didn't switch. So,

768

00:39:57,280 --> 00:40:00,520

so she came into New York and then when  
we brought her to the Philadelphia,

769

00:40:00,780 --> 00:40:04,520

she was the same exact person that  
she was in, in New York on Zoom.

770

00:40:04,520 --> 00:40:06,960

And when I turn on TV tonight,  
cuz she's on primetime,

771

00:40:07,150 --> 00:40:11,760

it's the same person I met eight years  
ago. And that's why she's so successful.

772

00:40:12,070 --> 00:40:15,160

Yeah. Like you have to, if  
I'm gonna hire Brian Pataka,

773

00:40:15,660 --> 00:40:17,040

I'm gonna hire Brian Pataka.

774

00:40:17,040 --> 00:40:20,440

I don't wanna hire Brian Pataka on a  
Tuesday and Brian Pataka on a Wednesday.

775

00:40:20,500 --> 00:40:24,560

And then Brian Patak in a month from  
now is kind of over this job. Mm-hmm.



776

00:40:24,600 --> 00:40:27,840

<affirmative> like, there's  
so many <laugh>. Totally.

777

00:40:27,840 --> 00:40:32,000

Totally what you're saying. So when  
you're talk, so when you are, uh, um,

778

00:40:32,000 --> 00:40:34,480

let's just walk into some of the like,  
pitfalls that you find people do.

779

00:40:34,480 --> 00:40:36,720

Cuz obviously consistency is a big  
piece of what you're talking about.

780

00:40:36,740 --> 00:40:40,200

But let's say the, uh, when should,  
this is a different question.

781

00:40:40,200 --> 00:40:43,600

I'm gonna change my idea here. Let's,  
when should someone say, you know what,

782

00:40:44,100 --> 00:40:46,920

I'm not really a host, but I've  
gone out at a few auditions.

783

00:40:46,920 --> 00:40:50,360

When's the right time to seek out working  
out with working with a coach like

784

00:40:50,520 --> 00:40:52,760  
yourself? I know you're cast  
director first, but like,

785

00:40:52,760 --> 00:40:55,040  
when working with someone like you,  
when is the right time to seek it out?

786

00:40:55,040 --> 00:40:57,400  
It's like when you get the  
audition or way before,

787

00:40:57,610 --> 00:41:00,120  
or like when do you like  
to work with people?

788

00:41:01,330 --> 00:41:06,260  
I mean, I, I, I'll work with people  
in all different phases. I get a lot,

789

00:41:06,330 --> 00:41:09,420  
I work with a lot of people who are  
just interested, like, you know what,

790

00:41:09,690 --> 00:41:12,460  
I've always been told I  
should do this. Or, uh,

791

00:41:12,460 --> 00:41:16,300

people who maybe come from an expertise  
like a chef or an interior designer or a

792

00:41:16,300 --> 00:41:18,020

fashion stylist. Um,

793

00:41:18,020 --> 00:41:22,180

I work with people who kind of are looking  
to ex cause cause what I love to do

794

00:41:22,430 --> 00:41:27,420

as a coach is I love to just like  
insider, you know, baseball information.

795

00:41:27,420 --> 00:41:29,260

What is it like insider baseball?

796

00:41:29,260 --> 00:41:33,320

Like I love to share with people on  
here's what you need to, to know.

797

00:41:33,430 --> 00:41:36,600

Here's what, here's how you get  
these opportunities here. Who, who's,

798

00:41:36,600 --> 00:41:39,600

here's who you reach out to if you're  
interested. Here's how an audition runs.

799

00:41:39,600 --> 00:41:42,160

So I like working with people in that capacity. Mm-hmm. <affirmative>.

800

00:41:42,160 --> 00:41:45,840

But I also love, I love working with people before a callback not from me.

801

00:41:45,840 --> 00:41:47,640

I won't work with you if you're auditioning for me. Right.

802

00:41:47,640 --> 00:41:50,520

It's a conflict of interest. Um, you know, I'll send you to, uh,

803

00:41:50,520 --> 00:41:54,080

some colleagues of mine, but like I get, you know, people come to me,

804

00:41:54,080 --> 00:41:56,480

but people also come to me. I'll give you an example.

805

00:41:56,480 --> 00:41:58,760

People come to me for reels all the time and tell.

806

00:41:58,760 --> 00:42:01,120

Us about them. Tell us a little more about that. Cuz I think I wanna,

807

00:42:01,120 --> 00:42:03,640

I wanna backend to this  
cuz I wanna check in this,

808

00:42:03,860 --> 00:42:05,360

let me give you the way I  
want you to talk about this,

809

00:42:05,360 --> 00:42:08,120

both with people who have a bunch of  
footage. What about the ones who don't?

810

00:42:08,120 --> 00:42:09,920

So talk about it in both ways.  
I'm gonna talk about reels.

811

00:42:09,920 --> 00:42:11,040

I'd love to be able to help them out.

812

00:42:11,570 --> 00:42:16,480

So a lot of people will reach out  
to me right away asking if, uh,

813

00:42:16,500 --> 00:42:21,360

who, who could, can I share agents with  
them who represent TV host or whatever.

814

00:42:21,360 --> 00:42:23,000

And the first thing I  
say to them is like, no,

815

00:42:23,140 --> 00:42:27,720

unfortunately agents don't really look  
at you if you don't have material.

816

00:42:28,210 --> 00:42:31,840

So I feel like you need,  
you need, it's, it's,

817

00:42:31,840 --> 00:42:35,440

I mean it's a catch 22, you know,  
the material before the job,

818

00:42:35,440 --> 00:42:38,280

the job before the material, the  
chicken, before the ag, you know,

819

00:42:38,280 --> 00:42:41,840

like people get agents because they book  
the gig and then mm-hmm. <affirmative>,

820

00:42:41,840 --> 00:42:45,200

they have somebody negotiate their  
deals, so then they get the agent. Um,

821

00:42:45,200 --> 00:42:47,400

some people have really great  
content or really great,

822

00:42:47,400 --> 00:42:51,960

great reels and I'll sh I'll  
share. I just have a, uh,

823  
00:42:52,090 --> 00:42:53,200  
uh, uh,

824  
00:42:53,360 --> 00:42:56,400  
somebody that I've been  
working with coaching for  
many years and auditioned all,

825  
00:42:56,400 --> 00:43:00,040  
all the time, who I just hooked up with  
an agent and he signed with them and,

826  
00:43:00,040 --> 00:43:02,440  
you know, he had material, but  
like, I wasn't gonna just send,

827  
00:43:02,510 --> 00:43:07,200  
I can't just send everybody  
to Right. You know, Abrams or,

828  
00:43:07,570 --> 00:43:11,080  
or Shannon or, or Baba. I can't  
just send anybody to anybody.

829  
00:43:11,080 --> 00:43:12,200  
You know what I mean? Like I have Right.

830

00:43:12,200 --> 00:43:15,880

You have to sort of like have something to reach out to them for.

831

00:43:15,880 --> 00:43:20,000

Because unfortunately an agent can't take on a ton of clients. I mean,

832

00:43:20,000 --> 00:43:21,080

I'm not an agent or a manager,

833

00:43:21,170 --> 00:43:24,600

so it's hard for me to really speak on their details. Right. But like, you,

834

00:43:24,600 --> 00:43:28,680

you do need content. But here's the conversation, Brian is, it's so damn easy.

835

00:43:28,680 --> 00:43:33,520

It's 2023. Like everybody's got a d g I go, duh de you know,

836

00:43:34,120 --> 00:43:38,400

everybody's got a a, a cell phone. Everybody knows how to end it on AbbVie. Yes.

837

00:43:38,400 --> 00:43:40,480

You know what I mean? It's like already already know how to end on iMovie.



838

00:43:40,480 --> 00:43:42,000

So it's like, and, and by the way,

839

00:43:42,000 --> 00:43:46,640

reels have changed the days of  
like a three minute super complex,

840

00:43:46,640 --> 00:43:49,840

highly produced reel is not really  
needed anymore. Like, I mean,

841

00:43:49,840 --> 00:43:50,720

I gotta tell you Brian,

842

00:43:50,720 --> 00:43:55,680

I get submissions with people sending  
me their Instagram and it's a pain in

843

00:43:55,680 --> 00:43:59,640

the ass for me. But like, I'll go on it  
and I'll be like, oh, cute, cute, cute.

844

00:43:59,640 --> 00:44:04,120

Okay. You know, so like there's, but  
to, to shoot a real number one, I,

845

00:44:04,120 --> 00:44:08,280

but I have also have told people that  
it's not the right time to shoot a real I

846

00:44:08,280 --> 00:44:10,760

will do that. Yeah. Because I  
don't want you to shoot a real,

847

00:44:10,760 --> 00:44:14,000

I don't want you to pay me if you  
don't think you're not ready yet. Like,

848

00:44:14,000 --> 00:44:18,240

so learn how to do this first.

Um, then go shoot the reel.

849

00:44:18,450 --> 00:44:22,120

Or if I just worked with a guy,  
um, I've known him for years.

850

00:44:22,270 --> 00:44:25,600

I've known him for years. Really,  
really, really, really great TV host.

851

00:44:25,730 --> 00:44:27,080

He got a cool gig. Yeah.

852

00:44:27,080 --> 00:44:30,240

He got a cool gig over at QVC  
plus doing their morning show.

853

00:44:30,250 --> 00:44:35,080

He got like six weeks worth of  
content. He called me up, he's like,

854

00:44:35,080 --> 00:44:37,840

Hey listen, I wanna do this real.

We went through his materials.

855

00:44:37,840 --> 00:44:39,360

We just finished this really two days ago.

856

00:44:39,370 --> 00:44:43,800

So now he has like this amazing wheel all  
based off of beautiful content that he

857

00:44:43,800 --> 00:44:46,400

shot at the QBC studio, but also  
with stuff that he shot on his own.

858

00:44:46,400 --> 00:44:48,760

And I always tell people like it  
could be a combination of things like,

859

00:44:48,760 --> 00:44:53,520

it should look decent these days, but  
like, I go to Times Square or, and,

860

00:44:53,700 --> 00:44:57,080

you know, stand in front of the T K T  
S booth and talk about something or,

861

00:44:57,210 --> 00:45:01,160

or go to, you know, Santa Monica Pier  
and, you know, whatever it may be.

862

00:45:01,160 --> 00:45:05,580

Like you can go out and shoot stuff.

Um, for me, like a real, these days,

863

00:45:05,580 --> 00:45:07,860

like a minute is the all I

really need to see. Really?

864

00:45:07,880 --> 00:45:10,420

Wow. Yeah. Even if all the

different varieties of stuff.

865

00:45:11,210 --> 00:45:15,540

Like a hot minute, like a

super sassy, like a sizzle.

866

00:45:15,540 --> 00:45:17,180

I don't even wanna call

them reels anymore.

867

00:45:17,480 --> 00:45:20,980

But do you, but in the world of hosting,

do we want these things to be montages?

868

00:45:20,980 --> 00:45:23,420

It sounds like you want them actually

talking and having a real conversation

869

00:45:23,420 --> 00:45:23,620  
and.

870  
00:45:23,620 --> 00:45:27,580  
Yeah, no, I think it's, it, it's whatever  
your material lends itself to. Um,

871  
00:45:27,580 --> 00:45:29,340  
it could be a com. I mean,  
the one thing that I, I mean,

872  
00:45:29,340 --> 00:45:32,260  
if I can say don't do when you're  
real. I mean, I don't know how, I mean,

873  
00:45:32,260 --> 00:45:35,340  
don't ever say, hi, it's Brian. I'm  
Brian. I'm Brian. I'm Brian. I'm Brian.

874  
00:45:35,340 --> 00:45:38,100  
I'm Brian. I'm Brian. I'm Brian.  
I'm, and then it starts, like,

875  
00:45:38,100 --> 00:45:40,860  
that's the one thing  
that I just, I Sounds.

876  
00:45:40,860 --> 00:45:41,940  
Like a pet peeve. Sounds.

877

00:45:41,940 --> 00:45:45,740

Like a pet peeve. Like it's, it's, it's  
a pet peeve, but it's not my own. Yes,

878

00:45:45,750 --> 00:45:48,660

it is a pet, it is a pet peeve,  
but like real, but what I'm saying,

879

00:45:48,660 --> 00:45:50,700

Brian is like a real, could  
be many different things.

880

00:45:50,700 --> 00:45:55,420

Like Mikey's Real that we just wrapped  
is very different than, you know, uh,

881

00:45:55,690 --> 00:45:58,100

a certain per person. Somebody else  
is real that I'll probably do in,

882

00:45:58,100 --> 00:45:59,660

in a couple weeks. You know  
what I mean? Right. Yeah.

883

00:45:59,660 --> 00:46:03,260

It's like you're different, but, but  
this is what we're saying, Brian. It's,

884

00:46:04,150 --> 00:46:08,300

it is not one size fits all for TV  
hosting. Right. So a TV host real,

885  
00:46:08,300 --> 00:46:11,700  
it's gonna be very different  
Right. For you than it is for me.

886  
00:46:11,740 --> 00:46:12,620  
Right. And so,

887  
00:46:12,620 --> 00:46:15,100  
and I kind of feel like this is bringing  
us kind of full circle as we kind of

888  
00:46:15,100 --> 00:46:17,380  
round things down here, which is, it.

889  
00:46:17,380 --> 00:46:18,260  
Is, oh, you're kicking me out.

890  
00:46:18,430 --> 00:46:20,740  
No, I'm not kicking you out. But  
I feel like we, we, we've gotta,

891  
00:46:20,740 --> 00:46:24,540  
we that's a good place here today. I  
think so. Uh, we gotta end at some point.

892  
00:46:24,540 --> 00:46:28,060

Sean, I know you and I can talk forever,  
but the part that I love about the,

893  
00:46:28,090 --> 00:46:29,820  
what you're saying and I  
think comes back to it,

894  
00:46:29,820 --> 00:46:32,660  
is even though we know personality,  
you were broken down into many things,

895  
00:46:32,910 --> 00:46:37,620  
is this has to be driven from who you  
are. And I think a lot of times what I'm,

896  
00:46:37,620 --> 00:46:38,780  
you know, and someone might be,

897  
00:46:38,780 --> 00:46:41,220  
let me create my reel so  
I can show off my credits.

898  
00:46:41,220 --> 00:46:43,740  
Which is not what you're saying  
you want. No, I wanna see you.

899  
00:46:43,740 --> 00:46:45,300  
I want your letter of intent to see you,

900  
00:46:45,440 --> 00:46:48,420  
you are gonna be the reason you get the



job. Nothing else is gonna be reason.

901

00:46:48,420 --> 00:46:50,580

Yes. You might have to  
have dark hair. Yes.

902

00:46:50,580 --> 00:46:52,460

It might need to sound like  
this when you're talking. Yes.

903

00:46:52,460 --> 00:46:55,540

You might need to be able to talk  
about this as an expert, but what I,

904

00:46:55,540 --> 00:47:00,180

what's gonna get you the gig  
is you, you, you being you.

905

00:47:00,180 --> 00:47:01,940

Like, not, not something messing.

906

00:47:01,940 --> 00:47:05,180

Up. Authenticate yourself. Yes.  
Yeah, yeah, yeah, yeah. Um,

907

00:47:05,180 --> 00:47:06,820

and I wanna talk a little bit about Yeah.

908

00:47:06,820 --> 00:47:09,300

And that's why like you called

it the letter of intent.

909

00:47:09,300 --> 00:47:11,220

I call it a letter of interest,  
but we're talking about That's.

910

00:47:11,220 --> 00:47:12,700

What I meant. That's what I  
meant. That's what I meant. Yeah.

911

00:47:12,820 --> 00:47:16,460

No, no, no, no. Like, we're talking  
about the same thing. Like just show,

912

00:47:16,850 --> 00:47:21,220

show us who you are. Because  
if I hire Brian Pataka,

913

00:47:21,330 --> 00:47:24,140

like when, when my client  
puts Brian Pataka on air,

914

00:47:24,240 --> 00:47:27,780

and it's not the same Brian that I  
thought I was giving them or sell, I mean,

915

00:47:27,780 --> 00:47:30,800

what do we, I'm a talent buyer. Is that  
what I'm considered in the industry?

916

00:47:30,800 --> 00:47:32,800

Yeah. Probably. Um, <laugh>, like if,

917

00:47:32,800 --> 00:47:36,720

if I misrepresented or  
you've misrepresented, like  
we're all screwed, you know?

918

00:47:36,720 --> 00:47:41,600

Right. I've had, I've had, I've  
had people who hired cut checks,

919

00:47:41,660 --> 00:47:45,440

put on salary and like day one was like,  
this isn't right. This isn't working.

920

00:47:45,700 --> 00:47:50,200

Wow. Um, you know, and I think  
a lot of it has to do with, uh,

921

00:47:50,300 --> 00:47:54,480

misrepresentation or not  
being authentically yourself  
or whatever it might be.

922

00:47:54,780 --> 00:47:59,670

But, um, you know, it's unfortunate  
on all parts, but like, like yeah,

923

00:47:59,670 --> 00:48:03,790

it's, it's all super fun. Like,  
like TV hosting is cool as shit.

924

00:48:03,820 --> 00:48:08,670

Like if you want to do it, like do it,  
but like, do it because you wanna do it,

925

00:48:08,670 --> 00:48:11,390

John. Just do like, listen. I always  
tell people Yeah, sure. It's a great gig.

926

00:48:11,390 --> 00:48:12,950

Like, you wanna make some money. I mean,

927

00:48:12,950 --> 00:48:17,790

and there's so many people who are  
actors and TV hosts because of income

928

00:48:17,790 --> 00:48:21,550

streams. Yeah. And I'm a hundred percent  
down for that. Like, I support it,

929

00:48:21,550 --> 00:48:24,390

but like, you know, at the end  
of the day, like I said earlier,

930

00:48:24,820 --> 00:48:29,590

like just truly like,  
have a reason. Mm-hmm. Um,

931

00:48:29,820 --> 00:48:34,230

have the stamina, uh,  
understand that, you know,

932

00:48:34,230 --> 00:48:37,310

it's gonna take a hot minute because  
there's not a lot of casting opportunities

933

00:48:37,310 --> 00:48:40,670

out there. Don't submit for  
shit that you're not right for.

934

00:48:40,670 --> 00:48:43,990

Don't submit for shit that you don't wanna  
do. Yeah. Do you know how many times,

935

00:48:44,200 --> 00:48:46,910

do you know how many times I get people  
on the callback and then they turn down

936

00:48:47,210 --> 00:48:51,150

the actual I have people turn down the  
job offer. Wow. I probably count on my,

937

00:48:51,150 --> 00:48:55,820

I probably count five people have  
passed on job offers for me after

938

00:48:56,300 --> 00:49:00,740

auditioning. And guess what? Guess  
what? You better now than later.

939

00:49:01,280 --> 00:49:02,900

But like, it's, you know.

940

00:49:03,370 --> 00:49:03,860

Yeah.

941

00:49:03,860 --> 00:49:06,100

Because you know how much it's gonna pay  
beforehand when you put that out there,

942

00:49:06,100 --> 00:49:07,900

you know how much it's gonna  
pay beforehand. That's right.

943

00:49:08,120 --> 00:49:11,580

You know what I mean? It's just, it's  
just, it's, it's all like, I mean,

944

00:49:11,580 --> 00:49:14,940

it's all super interesting.

There's a lot of dynamics. So, uh,

945

00:49:14,940 --> 00:49:16,780

when it comes to casting TV hosts.

946

00:49:16,830 --> 00:49:19,300

So Sean, to kind of, to wrap us up here,

947

00:49:19,300 --> 00:49:22,180

because I think this is a really good  
point. Cause you just said this, you know,

948

00:49:22,180 --> 00:49:23,900

why do you do it? What's the purpose? Why do you do this?

949

00:49:23,900 --> 00:49:25,620

Why do you love casting hosts so much? Why does it mean.

950

00:49:25,620 --> 00:49:25,810

To you?

951

00:49:25,810 --> 00:49:30,540

I love it because I have a lot of fun and I get to talk to people and I get to

952

00:49:30,540 --> 00:49:34,140

learn about people. And I'm also a really curious person. So like,

953

00:49:34,140 --> 00:49:38,980

one day I'm casting like Gen Z and I'm learning all about like, you know, um,

954

00:49:39,330 --> 00:49:43,750

what do they say? A lot of like, um, uh, period,

955

00:49:44,470 --> 00:49:47,190

<laugh> <laugh>, like a lot of like, oh, I'm, and.

956

00:49:47,190 --> 00:49:48,710

You're learning words. You  
mean you're learning words.

957

00:49:49,310 --> 00:49:52,390

<Laugh>, I love that For  
you. Like, I just, I I I,

958

00:49:52,390 --> 00:49:57,030

I've learned in the past like six weeks,  
like how Gen Z communicates. Yeah.

959

00:49:57,030 --> 00:50:00,030

And to be honest, I think at the end  
of the day, like I always was like,

960

00:50:00,030 --> 00:50:03,270

when I was, before I was  
like in the entertainment  
space, when I was in college,

961

00:50:03,270 --> 00:50:07,310

I was like, oh, I wanna work in, in  
sociology and anthropology. Like, I just,

962

00:50:07,370 --> 00:50:09,190

and I feel like TV casting,

963

00:50:09,190 --> 00:50:12,910

TV host casting and casting in general



is like a whole whole social experiment.

964

00:50:12,910 --> 00:50:16,510

Right. Right. But like, I, I, number  
one, I'm really good at it. Right.

965

00:50:16,510 --> 00:50:19,470

So let's, so I like to stick with  
it because I'm good at it. Yeah.

966

00:50:19,470 --> 00:50:20,260

I always tell people,

967

00:50:20,260 --> 00:50:23,870

find something you're good at and do it  
really good and you'll be happy. Right.

968

00:50:23,870 --> 00:50:28,120

Yeah. So I'm, I'm good at and I  
enjoy it. Um, but I, I love, I, I do,

969

00:50:28,120 --> 00:50:31,280

I love the dynamics of it. Um, I love,

970

00:50:31,280 --> 00:50:35,200

like the people and I love the worlds  
that I get to live in. Like, I love,

971

00:50:35,200 --> 00:50:38,640

like right now I'm like all into  
shopping. Like it's all about products.

972

00:50:38,640 --> 00:50:42,240

Cause I'm casting for like, you know,  
TV hosts, gen Z, millennials, and,

973

00:50:42,240 --> 00:50:45,800

you know, uh, those above. But like,  
I'm all, like, I could talk about,

974

00:50:45,900 --> 00:50:50,600

you know, uh, faux fur  
blankets and, and like I,

975

00:50:50,600 --> 00:50:52,360

I could talk and then I love, like I'll,

976

00:50:52,360 --> 00:50:55,720

I'll literally work for a history channel  
and I will literally cast a show about

977

00:50:55,720 --> 00:50:59,880

ice, like people who talk and I get  
into it. Like I've learned about, like,

978

00:50:59,950 --> 00:51:02,720

I've learned about, like, I've  
learned how to like, clean out swamps.

979

00:51:02,990 --> 00:51:06,480

I've learned how to like, make

Uber shows. I know shit. I,

980

00:51:06,480 --> 00:51:09,720

I'm renovating my apartment in Palm Springs. I know shit. Right. Because like,

981

00:51:09,720 --> 00:51:14,000

I've worked on so many hard, like it's the only place that I can think of.

982

00:51:14,470 --> 00:51:16,800

Only job I can think of where you get to like,

983

00:51:16,800 --> 00:51:20,320

dip in to lots of different worlds. Yeah. You know,

984

00:51:20,320 --> 00:51:23,000

as a t specifically casting TV hosts, because yes,

985

00:51:23,000 --> 00:51:25,640

I do cast the commercials in the scripted space and that's really fun.

986

00:51:25,940 --> 00:51:28,800

But like the TV host, like you live in these, you know,

987

00:51:28,800 --> 00:51:31,320

it's like you jump into a world  
for a minute. Yeah. And then,

988

00:51:31,380 --> 00:51:33,080

and then I'm over it. Like, trust me.

989

00:51:33,560 --> 00:51:33,660

<Laugh>.

990

00:51:33,660 --> 00:51:34,080

But.

991

00:51:34,080 --> 00:51:34,960

You to, but you need to,

992

00:51:34,960 --> 00:51:37,520

but you only had to be there for a  
minute if you can really see that.

993

00:51:37,520 --> 00:51:38,120

That really, I.

994

00:51:38,120 --> 00:51:40,360

Only had to be there for a  
minute. Yeah. And I think that's,

995

00:51:40,430 --> 00:51:42,800

I think that's my personality is like,

996

00:51:42,950 --> 00:51:46,320

I love like saturating and digging deep,

997

00:51:46,320 --> 00:51:49,920

but I'm like ready to move on  
to something else. I love it.

998

00:51:50,150 --> 00:51:52,680

I love this. Sean, this is so exciting.  
It's also, it's very clear. I mean,

999

00:51:52,680 --> 00:51:54,600

if y'all are, if y'all decide  
to watch us on YouTube,

1000

00:51:54,600 --> 00:51:57,360

you'll see Sean's like so lighting  
up and so passionate about this.

1001

00:51:57,360 --> 00:52:01,080

And I've known Sean for a long time  
and known him just to be a really,

1002

00:52:01,080 --> 00:52:05,600

really generous casting director and  
coach and human being. Uh, and so Sean,

1003

00:52:05,600 --> 00:52:07,880

I'm sure there's gonna be a bunch of  
people who are listening right now gonna

1004

00:52:07,880 --> 00:52:09,400

wanna know how to find  
you, how to work with you.

1005

00:52:09,400 --> 00:52:10,680

Where's the best place I should send them?

1006

00:52:11,580 --> 00:52:16,050

Uh, well I have an email address,  
which is sean sean des mon caston.com.

1007

00:52:16,440 --> 00:52:20,730

D e s s i, m o n e. And um, I have a  
website. So if you go on the website,

1008

00:52:20,730 --> 00:52:22,290

the email will be there.

And then you can see,

1009

00:52:22,290 --> 00:52:24,970

you can see some of the work I've  
done. Like I feel like, uh, you know,

1010

00:52:24,970 --> 00:52:29,370

click on the testimonials and I don't  
script those people write those <laugh>

1011

00:52:30,080 --> 00:52:31,410

people, they shot, they shot.

1012

00:52:31,410 --> 00:52:33,010

Video of integrity there, Sean.

1013

00:52:33,250 --> 00:52:37,810

<Laugh>. They, they, they, they,  
they shot the videos. Um, I,

1014

00:52:37,810 --> 00:52:42,050

so like anybody, I mean, I, I literally  
answer every email. Um, I, it,

1015

00:52:42,540 --> 00:52:43,180

um.

1016

00:52:43,180 --> 00:52:45,290

We will link to all, we'll link  
to all of that in the show, not.

1017

00:52:45,290 --> 00:52:47,370

Yeah. Yeah. And then  
there's the Instagram. Yep.

1018

00:52:47,370 --> 00:52:51,810

There's the Instagram Sean underscore.  
Oh, I, you know what, I'm really good.

1019

00:52:51,810 --> 00:52:54,170

I love my Facebook page. I  
know Facebook is a little like.

1020

00:52:54,530 --> 00:52:57,170

Taboo. We don't even, we don't,  
we don't even do Facebook anymore.

1021

00:52:57,170 --> 00:52:58,003

Tell us where.

1022

00:52:58,200 --> 00:53:01,410

A little old per a little old  
person ish, but like, you know,

1023

00:53:01,410 --> 00:53:04,530

a different generation. Right.  
Um, which is my generation. Um,

1024

00:53:04,760 --> 00:53:06,890

I do have a Facebook group, but I  
gotta tell you, it's great. Like,

1025

00:53:06,890 --> 00:53:10,330

it's cuz I post and people are really  
communicative in there. So Facebook,

1026

00:53:10,330 --> 00:53:12,250

you can reach me on there,  
you can reach me on the ig.

1027

00:53:12,560 --> 00:53:15,570

I probably think just like email



me is probably the best way, right?

1028

00:53:15,570 --> 00:53:16,490

Because like, I will respond.

1029

00:53:16,490 --> 00:53:18,210

But Sean, your Facebook  
group is like incredible.

1030

00:53:18,210 --> 00:53:20,770

It's got 16,000 people in there.  
You post a lot of great content.

1031

00:53:20,820 --> 00:53:22,290

So I really just wanna make sure everyone.

1032

00:53:22,720 --> 00:53:27,080

I don't, I don't, I don't, I don't go  
deep. Um, it's really more just to share.

1033

00:53:27,150 --> 00:53:30,400

Yeah. Because this brings, but but  
this, Brian, this brings us back to,

1034

00:53:30,910 --> 00:53:34,480

I wanna be a TV host, but I never see  
a casting. I never see a casting post.

1035

00:53:34,710 --> 00:53:39,240

Well, because I get buried probably in  
all of the commercials on Backstage or

1036

00:53:39,240 --> 00:53:43,680

breakdowns. So like, follow my socials,  
go on barber socials, go on. You know,

1037

00:53:43,680 --> 00:53:46,680

Marky socials, uh, you  
know, uh, Jamie Carroll,

1038

00:53:46,680 --> 00:53:49,920

New York is a great TV hosting casting  
director. Like, you know, go like, no,

1039

00:53:49,920 --> 00:53:52,920

like, as I'm saying, like, we are  
all on social. Yeah, but don't,

1040

00:53:53,100 --> 00:53:56,480

but don't like try to, oh, not that I  
don't wanna be your friend, but like,

1041

00:53:56,480 --> 00:53:59,720

I can't <laugh>. It just doesn't,  
Facebook doesn't allow me to.

1042

00:53:59,720 --> 00:54:01,520

Instagram probably  
does. I probably should.

1043

00:54:01,540 --> 00:54:05,760

But Instagram has a limit too. Instagram

has a limit too. So, uh, y'all,

1044

00:54:05,760 --> 00:54:06,920

you can, Sean said, well.

1045

00:54:06,920 --> 00:54:08,560

Just, everyone just email me. Email's.

1046

00:54:08,560 --> 00:54:09,760

The best way to go. I love that. I mean,

1047

00:54:09,760 --> 00:54:11,560

we've never had someone be so  
judged with their email address,

1048

00:54:11,560 --> 00:54:13,760

so I really appreciate, so  
take Sean up on that. And Sean,

1049

00:54:13,760 --> 00:54:15,320

thank you so much for  
being here today. I really,

1050

00:54:15,320 --> 00:54:16,680

really appreciate  
everything you've shared.

1051

00:54:17,100 --> 00:54:20,670

Yeah, yeah. I mean, I, I haven't seen  
you in so long, so this has been good.



## Ep. 113 - Wanna Be a TV Host? Casting Director Sean De Simone Tell-All Interview - Transcript