

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

2

00:00:23,082 --> 00:00:29,147

*[BRIAN]: Well, hello and welcome. It is May, happy spring. Today I'm Brian Break's character.*

3

00:00:29,267 --> 00:00:32,890

*[BRIAN]: I have a guest that I've known for quite a few years, actually. You'll know this*

4

00:00:32,930 --> 00:00:38,655

*[BRIAN]: as soon as she starts talking. Helen is from England and she is a actress, a voiceover*

5

00:00:38,755 --> 00:00:43,199

*[BRIAN]: artist, a circus performer. She's a puppeteer and a performance capture artist.*

6

00:00:43,239 --> 00:00:47,402

*[BRIAN]: And she now lives in Los Angeles. So  
if you're an actor who's tuning in from anywhere*

7

00:00:47,422 --> 00:00:51,922

*[BRIAN]: other than the United States, her story  
will be particularly exciting to hear. because*

8

00:00:51,982 --> 00:00:57,407

*[BRIAN]: she shares how she got representation  
here, boots on the ground in Los Angeles. So*

9

00:00:57,527 --> 00:01:00,470

*[BRIAN]: if you're somewhere else in the world  
and you'd like to have representation in the*

10

00:01:00,510 --> 00:01:05,554

*[BRIAN]: United States, lean in, turn up, grab*

*the notebook. Also, if you are someone who's*

11

00:01:05,594 --> 00:01:10,719

*[BRIAN]: had a non-traditional career as a performer,  
you've got a dance background, you also are*

12

00:01:10,759 --> 00:01:15,963

*[BRIAN]: a puppeteer, Helen's background, you'll  
see how it's all funneled into this beautiful,*

13

00:01:16,084 --> 00:01:21,259

*[BRIAN]: I would say like Madra's print. of  
doing different things in her career and saying*

14

00:01:21,359 --> 00:01:25,742

*[BRIAN]: yes to them without it becoming overwhelming  
or feeling like she's cheating on different*

15

00:01:25,802 --> 00:01:31,846

*[BRIAN]: parts of her passion. So she was full-time on the road with Cirque du Soleil and Taruk,*

16

00:01:31,866 --> 00:01:36,608

*[BRIAN]: which was James Cameron's like avatar version of a Cirque du Soleil show. And then*

17

00:01:36,669 --> 00:01:40,351

*[BRIAN]: she also has worked with Henson Studios here in Los Angeles, of course, home of the*

18

00:01:40,391 --> 00:01:45,442

*[BRIAN]: Muppets. I feel like we all, at least I grew up with Jim Henson shows, right? And*

19

00:01:45,462 --> 00:01:51,245

*[BRIAN]: she's been on video games such as major AAA games like For Spoken. So in this conversation,*

20

00:01:51,285 --> 00:01:54,787

*[BRIAN]: I want you to listen for a few things.*

*One, how did she make it happen to come from*

21

00:01:54,867 --> 00:01:59,870

*[BRIAN]: England to the US? How did she make  
her what seemed like disparate career into*

22

00:02:00,030 --> 00:02:06,413

*[BRIAN]: a through line? How did she land the  
representation here?*

24

00:02:12,557 --> 00:02:18,854

*and the consciousness that*

25

00:02:18,874 --> 00:02:24,597

*[BRIAN]: she brought to uprooting herself from*

*another country and landing with her feet firmly*

26

00:02:24,617 --> 00:02:28,879

*[BRIAN]: planted on the ground and ready to  
work. One more thing you need to know about*

27

00:02:28,919 --> 00:02:33,941

*[BRIAN]: Helen is that she is such a delight  
and I love her so much. She's really generous*

28

00:02:34,001 --> 00:02:40,164

*[BRIAN]: with sharing her feelings, her experiences,  
and what got in the way, the lessons that she's*

29

00:02:40,224 --> 00:02:43,905

*[BRIAN]: learned. So I hope you will enjoy getting  
to meet her today on the episode.*

2

00:00:05,570 --> 00:00:09,014

*[BRIAN]: Helen Day, welcome to the show.*

3

00:00:07,617 --> 00:00:09,034

*[Helen Day]: I'm so excited to be here.*

4

00:00:09,174 --> 00:00:13,319

*[BRIAN]: I'm so glad you are. So Helen, let's  
give everyone a little history lesson on how*

5

00:00:13,359 --> 00:00:16,964

*[BRIAN]: we met and how we've been working together  
a little bit. So we did this really quickly*

6

00:00:16,984 --> 00:00:20,709

*[BRIAN]: before we started recording today,*

7

*but can you take me back to the first time*

7

00:00:20,769 --> 00:00:21,149

*[BRIAN]: I met you?*

8

00:00:22,177 --> 00:00:27,360

*[Helen Day]: Okay, so it was actually one of my first times in LA. I think it was my second*

9

00:00:27,400 --> 00:00:33,344

*[Helen Day]: time in LA. I kind of decided that maybe I wanted to move here. So I did a sort*

10

00:00:33,384 --> 00:00:38,888

*[Helen Day]: of four day workshop, intro for Actors to Los Angeles. And you were coaching*

11

00:00:39,148 --> 00:00:42,270



*[Helen Day]: a session during that four day workshop. We met cast and directors, we met*

12

00:00:42,370 --> 00:00:42,830

*[Helen Day]: agents,*

13

00:00:43,114 --> 00:00:43,328

*[BRIAN]: Right.*

14

00:00:43,311 --> 00:00:48,974

*[Helen Day]: and we met you. And you did this session that was kind of revelatory to me because*

15

00:00:49,415 --> 00:00:53,477

*[Helen Day]: it was all about how to introduce yourself or that you get some wins in there.*

16

00:00:53,878 --> 00:01:00,342

*[Helen Day]: And as a Brit, I looked at that  
and I was like, I need that because I think*

17

00:01:00,422 --> 00:01:03,924

*[Helen Day]: we're a little pre-programmed to  
kind of go, I'm so sorry for taking up space.*

18

00:01:04,265 --> 00:01:04,365

*[Helen Day]: I'm*

19

00:01:04,270 --> 00:01:04,562

*[BRIAN]: Hmm*

20

00:01:04,385 --> 00:01:09,088

*[Helen Day]: doing nothing interesting. Don't  
listen to me. And you were the antithesis of*

21

00:01:09,128 --> 00:01:11,730

*[Helen Day]: that. And I was like, I wanna work  
with this guy. So*

22

00:01:11,734 --> 00:01:11,923

*[BRIAN]: Got*

23

00:01:11,750 --> 00:01:12,050

*[Helen Day]: that was*

24

00:01:11,965 --> 00:01:12,028

*[BRIAN]: it.*

25

00:01:12,690 --> 00:01:16,313

*[Helen Day]: 2016. I was on tour at the time.*

*I didn't move here till 2019.*

26

00:01:17,692 --> 00:01:17,944

*[BRIAN]: Cut it.*

27

00:01:18,374 --> 00:01:23,005

*[Helen Day]: But yeah, just before I moved here,  
I contacted you and said, with you and thankfully*

28

00:01:23,046 --> 00:01:23,712

*[Helen Day]: you said yes.*

29

00:01:23,490 --> 00:01:26,952

*[BRIAN]: Oh, I love it. I love it. And so a  
couple of things I want to make sure no one*

30

00:01:26,972 --> 00:01:30,595

*[BRIAN]: misses is I think that what Tripp was  
with Next Level or One-on-One, isn't that right?*

31

00:01:30,518 --> 00:01:31,410

*[Helen Day]: Yes, exactly.*

32

00:01:31,015 --> 00:01:31,195

*[BRIAN]: Yeah.*

33

00:01:31,592 --> 00:01:31,795

*[Helen Day]: Yeah.*

34

00:01:31,756 --> 00:01:34,598

*[BRIAN]: And if anyone's listening and you don't know that resource, I think that they do a*

35

00:01:34,658 --> 00:01:37,419

*[BRIAN]: really great job with a trip in Los Angeles and I also think they do one in New*

36

00:01:37,439 --> 00:01:40,021

*[BRIAN]: York and they're in New York and in LA. It's called*

37

00:01:39,957 --> 00:01:40,259

*[Helen Day]: And they're*

38

00:01:40,221 --> 00:01:42,303

*[BRIAN]: One-on-One.*

39

00:01:40,299 --> 00:01:42,334

*[Helen Day]: doing a Lancer one as well.*

40

00:01:42,343 --> 00:01:42,383

*[BRIAN]: Oh,*

41

00:01:42,375 --> 00:01:42,536

*[Helen Day]: Yeah.*

42

00:01:42,403 --> 00:01:45,285

*[BRIAN]: great. That's right. They do it in  
LA. Right. And I teach for them every time*

43

00:01:45,325 --> 00:01:50,988

*[BRIAN]: they come to LA. And so that's how  
we met totally. And then you became a private*

44

00:01:51,008 --> 00:01:55,151

*[BRIAN]: client. I remember this is when I used  
to live in Los Feliz. You came to my little*

45

00:01:55,000 --> 00:01:55,333

*[Helen Day]: Mm-hmm.*

46

00:01:55,191 --> 00:02:01,495

*[BRIAN]: bungalow at the time, right? And Helen,*

*what I can tell you is we were excited about*

47

00:02:01,535 --> 00:02:06,099

*[BRIAN]: getting you new reps in a new town  
and a new city. You were one of the very, for*

48

00:02:06,119 --> 00:02:08,980

*[BRIAN]: long time listeners, you already know  
about Agent Goals already. Agent Goals is my*

49

00:02:09,020 --> 00:02:13,063

*[BRIAN]: program that helps people get agents,  
but it had not been invented yet. But Helen*

50

00:02:13,083 --> 00:02:16,325

*[BRIAN]: was one of the first people that I  
did it on. She was like, she didn't know she*



51

00:02:16,345 --> 00:02:18,807

*[BRIAN]: was the beta test. I didn't know she  
was the beta test. I just knew I was like,*

52

00:02:19,047 --> 00:02:25,022

*[BRIAN]: this is how I think we're going to  
go about this. got your first reps in LA, I*

53

00:02:25,062 --> 00:02:25,223

*[BRIAN]: think,*

54

00:02:25,237 --> 00:02:26,017

*[Helen Day]: Mm-hmm.*

55

00:02:25,283 --> 00:02:26,328

*[BRIAN]: right? Yeah,*

56

00:02:26,237 --> 00:02:26,457

*[Helen Day]: Well,*

57

00:02:26,348 --> 00:02:26,589

*[BRIAN]: totally.*

58

00:02:26,698 --> 00:02:32,682

*[Helen Day]: the first ones I'd already been  
talking to actually since the one-on-one*

59

00:02:32,150 --> 00:02:32,305

*[BRIAN]: trip.*

60

00:02:33,242 --> 00:02:37,585

*[Helen Day]: trip, I'd actually kept that conversation  
going for three years. So what you did with*

61

00:02:37,625 --> 00:02:44,890

*[Helen Day]: me then, when I arrived in LA,  
I hadn't actually signed with them, but I had*

62

00:02:44,910 --> 00:02:49,933

*[Helen Day]: a meeting set up and you just leveled  
me out because I think I arrived and I was*

63

00:02:49,953 --> 00:02:54,116

*[Helen Day]: like, this meeting is everything  
and these people are everything and I need*

64

00:02:54,156 --> 00:02:54,476

*[Helen Day]: to go*

65

00:02:54,350 --> 00:02:54,521

*[BRIAN]: ever.*

66

00:02:54,616 --> 00:02:59,399

*[Helen Day]: in wow them and you were like,  
calm down. These are human beings. You gave*

67

00:02:59,439 --> 00:03:04,223

*[Helen Day]: me some exercises to do in the  
car before I went in and just, you made it*

68

00:03:04,503 --> 00:03:11,467

*[Helen Day]: a more human experience for me  
and kind of grounded me. But then kind of fairly*

69

00:03:11,507 --> 00:03:14,910

*[Helen Day]: quickly, just with one thing and  
another, I signed across the board with an*

70

00:03:14,970 --> 00:03:19,032

*[Helen Day]: agency and then I was like, okay,  
I think actually I need management and actually*

71

00:03:18,750 --> 00:03:18,927

*[BRIAN]: Huh.*

72

00:03:19,693 --> 00:03:23,916

*[Helen Day]: I wanna split off theatrically  
and do something else there. And you really*

73

00:03:23,976 --> 00:03:30,513

*[Helen Day]: helped me reach out and find reps  
using the method that is now tried and tested,*

74

00:03:30,150 --> 00:03:30,951

*[BRIAN]: Right.*

75

00:03:30,793 --> 00:03:31,054

*[Helen Day]: yes.*

76

00:03:31,471 --> 00:03:33,852

*[BRIAN]: Well, and thanks for being my guinea pig when I didn't know you were guinea pig.*

77

00:03:33,892 --> 00:03:36,154

*[BRIAN]: I was just doing this is what I think. I know this is going to work. It's so it worked.*

78

00:03:36,194 --> 00:03:39,236

*[BRIAN]: But wait, but what I also want to make sure everyone's hearing, everyone knows this*

79

00:03:39,276 --> 00:03:41,938

*[BRIAN]: by now you're listening to Helen's not pretending to have an accent right now.*

80

00:03:41,978 --> 00:03:44,920

*[BRIAN]: This is Helen's real talking voice.*

*She's not working on her accent skills on this*

81

00:03:44,960 --> 00:03:49,383

*[BRIAN]: podcast today. So I'm sure there's  
some people who are curious about the...*

82

00:03:49,237 --> 00:03:51,330

*[Helen Day]: I wish I was and I was just really  
good.*

83

00:03:52,885 --> 00:03:56,968

*[BRIAN]: I'm sure there's some people who are  
curious about just a little bit of the experience*

84

00:03:57,248 --> 00:04:01,331

*[BRIAN]: of coming from another country and coming and the possibility and what needed*

85

*00:04:01,351 --> 00:04:04,234*

*[BRIAN]: to be in place beforehand. Can you speak into that a little bit? Because I speak*

86

*00:04:04,254 --> 00:04:07,817*

*[BRIAN]: to a lot of actors who will say either, should I do agent goals or should I move to*

87

*00:04:07,857 --> 00:04:11,261*

*[BRIAN]: the States? Or what can I do? Like, how can I make it happen also there? And kind*

88

*00:04:11,281 --> 00:04:14,003*

*[BRIAN]: of the converse as well, which I don't think you have as much experience with. But*



89

00:04:14,023 --> 00:04:16,726

*[BRIAN]: like, I'm going to go to London and try to get work, right? So can you tell us*

90

00:04:16,766 --> 00:04:20,449

*[BRIAN]: about your version of coming here and how it kind of worked for you?*

91

00:04:21,317 --> 00:04:25,479

*[Helen Day]: Absolutely. I mean, I can only speak to my experience. So I'm sure there's*

92

00:04:25,499 --> 00:04:30,783

*[Helen Day]: a million different ways to do it. I decided I wanted to move here like saying*

93

00:04:30,803 --> 00:04:36,567

*[Helen Day]: 2016 at the time I was on tour  
with Cirque Soleil and That first agent that*

94

00:04:36,647 --> 00:04:39,469

*[Helen Day]: I had an initial meeting with and  
they said well We're not gonna sign you because*

95

00:04:39,489 --> 00:04:42,771

*[Helen Day]: you're not here. But you know,  
maybe when you are here they said, oh, maybe*

96

00:04:42,811 --> 00:04:49,075

*[Helen Day]: you can get a no one visa so I  
went to see a lawyer and He actually said well*

97

00:04:51,377 --> 00:04:55,499

*[Helen Day]: where I'd come from, sort of where  
I was working and said, kind of, you may as*

98

00:04:55,519 --> 00:05:03,044

*[Helen Day]: well go for the green card. So*

*I started that in motion and I feel really*

99

00:05:03,084 --> 00:05:06,627

*[Helen Day]: lucky that I wasn't in a particular*

*hurry because I had a touring job, I*

100

00:05:06,631 --> 00:05:06,955

*[BRIAN]: Right,*

101

00:05:06,667 --> 00:05:07,367

*[Helen Day]: had a performing*

102

00:05:07,077 --> 00:05:07,441

*[BRIAN]: right, right,*

103

00:05:07,407 --> 00:05:07,647

*[Helen Day]: job,*

104

00:05:07,482 --> 00:05:07,928

*[BRIAN]: right, yeah.*

105

00:05:08,108 --> 00:05:12,671

*[Helen Day]: I wasn't kind of going, I've booked  
a flight in X number of months and let's hope*

106

00:05:12,691 --> 00:05:13,912

*[Helen Day]: that green card comes through.*

107

00:05:14,070 --> 00:05:14,133

*[BRIAN]: All*

108

00:05:14,132 --> 00:05:14,312

*[Helen Day]: So*

109

00:05:14,154 --> 00:05:14,383

*[BRIAN]: right.*

110

00:05:14,352 --> 00:05:17,374

*[Helen Day]: it, because it was quite a lot  
to get it together. You have to get lots of*

111

00:05:17,414 --> 00:05:23,218

*[Helen Day]: recommendation, you have to kind  
of prove your metal, if you like, And so I*

112

00:05:23,238 --> 00:05:27,441

*[Helen Day]: did all of that kind of at a nice  
pace and worked with a lawyer to do that and*

113

00:05:27,481 --> 00:05:32,344

*[Helen Day]: get that all submitted. Again, very lucky that I got that green card. So that*

114

00:05:32,171 --> 00:05:32,407

*[BRIAN]: Right.*

115

00:05:32,364 --> 00:05:37,507

*[Helen Day]: was in place before I came. I think that's a huge part of it is just having, knowing*

116

00:05:37,527 --> 00:05:40,629

*[Helen Day]: that you can actually come here and work*

117

00:05:40,750 --> 00:05:41,033

*[BRIAN]: Right.*

118

00:05:40,990 --> 00:05:42,130

*[Helen Day]: and survive*

119

00:05:42,486 --> 00:05:42,708

*[BRIAN]: Yeah.*

120

00:05:43,631 --> 00:05:47,554

*[Helen Day]: because I have seen friends and  
colleagues, people that I've come across, kind*

121

00:05:47,614 --> 00:05:54,801

*[Helen Day]: of come here without a visa. block  
in the of course I'm sure there are lucky stories*

122

00:05:54,841 --> 00:05:58,465

*[Helen Day]: where someone doesn't have the  
right to work and then a producer just goes*

123

00:05:58,525 --> 00:05:59,707

*[Helen Day]: you're amazing and*

124

00:05:59,492 --> 00:05:59,728

*[BRIAN]: Right.*

125

00:05:59,767 --> 00:06:05,654

*[Helen Day]: plucks them out but I just think  
that's going to make it so much so much more*

126

00:06:05,754 --> 00:06:06,635

*[Helen Day]: chance and luck.*

127

00:06:07,010 --> 00:06:12,633

*[BRIAN]: Well, wait, and also, Helen, I just  
think about the anxiety level of this is going*



128

00:06:12,653 --> 00:06:15,835

*[BRIAN]: to run out. And I'm not saying that  
plenty of people do this, and this is the path*

129

00:06:15,855 --> 00:06:18,417

*[BRIAN]: that you have to take in order to get  
your green card. Not everyone can have the*

130

00:06:18,437 --> 00:06:19,978

*[BRIAN]: same path that Helen had. But I also  
say,*

131

00:06:19,961 --> 00:06:20,072

*[Helen Day]: Hmm.*

132

00:06:21,079 --> 00:06:23,841

*[BRIAN]: yes, you lucked out. And I want to*

*just be really mindful for all one people.*

133

00:06:23,881 --> 00:06:26,643

*[BRIAN]: I don't have a lot of experience with this, but the actors that I do have known have*

134

00:06:26,663 --> 00:06:29,925

*[BRIAN]: done it like you can't just come and get a job doing something else now, because*

135

00:06:29,945 --> 00:06:32,947

*[BRIAN]: the only work you're allowed to get is in the performing space. And so it gets*

136

00:06:33,287 --> 00:06:37,610

*[BRIAN]: really tricky and tight when it comes to finances and how you're yourself and then*

137

00:06:37,630 --> 00:06:41,573

*[BRIAN]: there's an extra pressure of a better  
freaking book work as an actor because that's*

138

00:06:41,613 --> 00:06:45,555

*[BRIAN]: all I can book and how am I going to  
make some money? So I'm really grateful you*

139

00:06:45,575 --> 00:06:48,097

*[BRIAN]: had that graceful experience. I just  
want to make sure anyone who's listening also*

140

00:06:48,117 --> 00:06:51,839

*[BRIAN]: knows like it doesn't necessarily mean  
your O1 is going to be bad. I've had plenty*

141

00:06:51,859 --> 00:06:56,603

*[BRIAN]: of clients who actually have had their  
agents sponsor them as they get their work*

142

00:06:56,643 --> 00:07:02,487

*[BRIAN]: right. But it's tricky. And it's tricky.*

*To me, I feel like you're willingly saying,*

143

00:07:03,007 --> 00:07:05,108

*[BRIAN]: I'm going to say yes to some more unpredictability*

144

00:07:06,067 --> 00:07:06,129

*[Helen Day]: Mmm.*

145

00:07:06,950 --> 00:07:09,101

*[BRIAN]: in some way. Just wanted to underline*

*that I think for people who*

146

00:07:09,077 --> 00:07:09,537

*[Helen Day]: Yeah,*

147

00:07:09,122 --> 00:07:10,509

*[BRIAN]: are thinking about it, yeah, right.*

148

00:07:11,238 --> 00:07:15,481

*[Helen Day]: and I think I'm a great believer  
in, it doesn't do us any favor as actors or*

149

00:07:15,521 --> 00:07:19,584

*[Helen Day]: performers to walk into an audition  
space with a sense of need. And it's very hard*

150

00:07:19,664 --> 00:07:21,565

*[Helen Day]: not to, because we*

151

00:07:21,550 --> 00:07:21,671

*[BRIAN]: You*

152

00:07:21,645 --> 00:07:21,905

*[Helen Day]: almost*

153

00:07:21,712 --> 00:07:21,974

*[BRIAN]: kind of*

154

00:07:21,985 --> 00:07:22,265

*[Helen Day]: always*

155

00:07:21,994 --> 00:07:22,196

*[BRIAN]: do.*

156

00:07:22,305 --> 00:07:23,086

*[Helen Day]: want the job.*

157

00:07:23,305 --> 00:07:23,547

*[BRIAN]: Yeah.*

158

00:07:23,926 --> 00:07:28,029

*[Helen Day]: But, you know, to try and get rid of as much of that need as possible. And I*

159

00:07:28,069 --> 00:07:31,792

*[Helen Day]: think if you're like, I need this because otherwise I can't eat,*

160

00:07:32,171 --> 00:07:32,321

*[BRIAN]: Yeah.*

161

00:07:32,372 --> 00:07:36,395

*[Helen Day]: because I can't do any other work, that's just a huge amount of pressure and a*

162

00:07:36,455 --> 00:07:38,776

*[Helen Day]: huge amount that we're then putting  
on ourselves.*

163

00:07:39,234 --> 00:07:39,465

*[BRIAN]: Yeah.*

164

00:07:39,597 --> 00:07:45,361

*[Helen Day]: extra as actors. But then once  
I had that in place, I also tried to make sure*

165

00:07:45,381 --> 00:07:50,644

*[Helen Day]: that I was putting down links here.  
So like talking to you was one of the links*

166

00:07:51,065 --> 00:07:54,407

*[Helen Day]: I was sort of putting down, knowing*



*that I had someone I could hit the ground running*

167

00:07:54,447 --> 00:07:54,887

*[Helen Day]: with that*

168

00:07:54,760 --> 00:07:54,863

*[BRIAN]: Mmm.*

169

00:07:54,907 --> 00:07:59,890

*[Helen Day]: could hold my hand and go, this  
is the industry here, because it's so different*

170

00:07:59,910 --> 00:08:05,094

*[Helen Day]: to the industry in London and back  
home. The way relationships work are different,*

171

00:08:05,174 --> 00:08:12,841

*[Helen Day]: the way actually some of you. Headshots*

*are different or they certainly, I think they've*

172

00:08:12,881 --> 00:08:15,284

*[Helen Day]: levelled out a bit now but when*

*I first*

173

00:08:15,154 --> 00:08:15,425

*[BRIAN]: Yeah.*

174

00:08:15,324 --> 00:08:22,412

*[Helen Day]: came here I had a black and white*

*10 by 8 separate from a CV as we call it*

175

00:08:22,750 --> 00:08:22,855

*[BRIAN]: Right?*

176

00:08:22,873 --> 00:08:25,116

*[Helen Day]: and people were like what are you*

*doing?*

177

00:08:25,490 --> 00:08:27,706

*[BRIAN]: We don't even call them 10 by 8s, we call them 8 by 10s.*

178

00:08:28,317 --> 00:08:35,301

*[Helen Day]: There you go, there you go. And yeah, so it was just trying to put down those*

179

00:08:35,381 --> 00:08:39,424

*[Helen Day]: links, linking with you was one thing, linking with an agent. So I had someone*

180

00:08:39,444 --> 00:08:45,668

*[Helen Day]: that I was at least talking to and then kind of, I visited here multiple times*

181

00:08:45,708 --> 00:08:49,731

*[Helen Day]: before I actually made the move  
so that I kind of had a little bit of a sense*

182

00:08:49,771 --> 00:08:54,214

*[Helen Day]: of the city. I mean, I was in the  
lucky position of being able to do that. And*

183

00:08:54,254 --> 00:09:01,401

*[Helen Day]: again, I think everyone has a different  
route in. But I was glad that when I arrived,*

184

00:09:01,421 --> 00:09:04,024

*[Helen Day]: I kind of knew North, South, East,  
West,*

185

00:09:04,371 --> 00:09:04,564

*[BRIAN]: Got*

186

00:09:04,584 --> 00:09:04,805

*[Helen Day]: kind*

187

00:09:04,585 --> 00:09:04,628

*[BRIAN]: it.*

188

00:09:04,845 --> 00:09:10,752

*[Helen Day]: of knew roughly where I wanted  
to live. I had some people that I had connections*

189

00:09:10,772 --> 00:09:12,874

*[Helen Day]: with. And also I did have some  
money I'd*

190

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

*[BRIAN]: Right.*

191

00:09:12,934 --> 00:09:13,575

*[Helen Day]: saved up*

192

00:09:13,530 --> 00:09:13,790

*[BRIAN]: You've been*

193

00:09:13,695 --> 00:09:13,835

*[Helen Day]: for*

194

00:09:13,810 --> 00:09:13,890

*[BRIAN]: on*

195

00:09:13,895 --> 00:09:14,136

*[Helen Day]: two*

196

00:09:13,930 --> 00:09:14,310

*[BRIAN]: tour*

197

00:09:14,156 --> 00:09:14,616

*[Helen Day]: years.*

198

00:09:14,391 --> 00:09:17,353

*[BRIAN]: too. You've been on tour, which can sometimes be a good time to bank a little bit,*

199

00:09:17,453 --> 00:09:19,494

*[BRIAN]: depending on the kind of tour that you're on or whatever. Right.*

200

00:09:20,077 --> 00:09:20,422

*[Helen Day]: Yeah.*

201

00:09:20,194 --> 00:09:23,477

*[BRIAN]: Yeah. And then also Helen, I want to just make sure everyone hears this. You were,*

202

00:09:23,777 --> 00:09:27,459

*[BRIAN]: tell me if this is wrong. I'm making a assumption here is when you're on tour, you're*

203

00:09:27,479 --> 00:09:30,962

*[BRIAN]: like, I'm in a new city, I'm in a new, like you've, you build a rhythm of I'm in a*

204

00:09:30,982 --> 00:09:35,124

*[BRIAN]: new city and I'm used to being in a new city and like a little bit of an extra,*

205

00:09:35,705 --> 00:09:38,447



*[BRIAN]: I don't want to say like sense of adventure*

*or a little bit of extra of like, I can go*

206

00:09:38,487 --> 00:09:44,471

*[BRIAN]: out and find the things I need to find*

*because I've been in tours. If you came, this*

207

00:09:44,511 --> 00:09:49,475

*[BRIAN]: is not necessarily just an introvert*

*characteristic, but if you came to LA like,*

208

00:09:49,875 --> 00:09:52,597

*[BRIAN]: okay, I got here and I'm scared to*

*leave my house or I'm scared to leave the sublet*

209

00:09:52,617 --> 00:09:57,701

*[BRIAN]: that I'm in. What I heard you say is*

*I built like, I had Brian as a link, I had*

210

00:09:57,721 --> 00:10:00,963

*[BRIAN]: this agent as a link, I had a little  
bit of money as a way to keep me from feeling*

211

00:10:00,983 --> 00:10:06,047

*[BRIAN]: a little too stressed out about things.  
It's almost like a form of self-care in a situation*

212

00:10:06,067 --> 00:10:07,048

*[BRIAN]: where it's brand new*

213

00:10:07,017 --> 00:10:07,697

*[Helen Day]: Absolutely.*

214

00:10:07,388 --> 00:10:08,909

*[BRIAN]: in some ways. Yeah, yeah. Right.*

215

00:10:08,938 --> 00:10:12,800

*[Helen Day]: Absolutely. Yeah, and I think arriving with that mindset, as you say, coming off tour*

216

00:10:12,820 --> 00:10:18,964

*[Helen Day]: of just like, I've made, I think we went to 128 different cities in the four-year*

217

00:10:19,004 --> 00:10:22,847

*[Helen Day]: tour that I did. And everyone, you kind of go, right, I'm going to make it*

218

00:10:22,887 --> 00:10:25,709

*[Helen Day]: work. I'm going to find out what's interesting here. I'm going to meet some interesting*

219

00:10:25,749 --> 00:10:29,652

*[Helen Day]: people here. I'm going to see the thing here. And kind of arriving with that*

220

00:10:29,832 --> 00:10:35,616

*[Helen Day]: mindset of, I can do it, was really useful. I mean, that's, again, that serendipity*

221

00:10:35,656 --> 00:10:39,759

*[Helen Day]: that I had that experience before arriving here, but I also think that's a mindset*

222

00:10:39,779 --> 00:10:42,202

*[Helen Day]: that you can work yourself into and kind*

223

00:10:42,174 --> 00:10:42,463

*[BRIAN]: totally.*

224

00:10:42,222 --> 00:10:45,545

*[Helen Day]: of remind yourself that if you're moving to a new place, you're gonna have to*

225

00:10:45,585 --> 00:10:47,487

*[Helen Day]: kind of go out and get it.*

226

00:10:47,875 --> 00:10:48,125

*[BRIAN]: Yeah.*

227

00:10:47,967 --> 00:10:52,051

*[Helen Day]: You know, if you're coming from the States and going to London, it's gonna*

228

00:10:52,071 --> 00:10:56,116

*[Helen Day]: be the same thing. London isn't gonna come find you, you're gonna have to go*

229

00:10:56,236 --> 00:10:56,376

*[Helen Day]: out*

230

00:10:56,350 --> 00:10:56,910

*[BRIAN]: Go*

231

00:10:56,416 --> 00:10:57,096

*[Helen Day]: and make it work.*

232

00:10:57,410 --> 00:11:00,052

*[BRIAN]: ahead. Well, I'm just gonna, I'm gonna  
go on a little side tangent here right now*

233

00:11:00,072 --> 00:11:03,354

*[BRIAN]: because you just reminded me of when  
I first moved to LA. And I think it's important*

234

00:11:03,394 --> 00:11:07,877

*[BRIAN]: to light up your curiosity when you're  
in a new place and your curiosity can go towards*

235

00:11:07,897 --> 00:11:10,859

*[BRIAN]: the things you care about. So like,  
if you're moving in a new city and you're a*

236

00:11:10,939 --> 00:11:14,762

*[BRIAN]: big reader, like, well, what's the  
cutest little mom and pop bookshop nearby that*

237

00:11:14,782 --> 00:11:17,744

*[BRIAN]: has a book club or whatever, like I'm  
a super foodie and I wanna find like, what*

238

00:11:17,784 --> 00:11:21,226

*[BRIAN]: is the restaurants that I'm gonna really  
get into while I'm here? I remember when I*

239

00:11:21,326 --> 00:11:26,530

*[BRIAN]: first moved to LA, I started a blog  
that was called Bry Coastal Curious I just*

240

00:11:26,570 --> 00:11:32,073

*[BRIAN]: moved from New York. And I remember  
I was like, what wild street names like La*

241

00:11:32,133 --> 00:11:34,175

*[BRIAN]: Cienega and Coenega. And I was*

242

00:11:34,061 --> 00:11:34,128

*[Helen Day]: Ha!*



243

00:11:34,335 --> 00:11:37,197

*[BRIAN]: like, like, so they're so different  
from what I grew up with, right? And growing*

244

00:11:37,217 --> 00:11:42,560

*[BRIAN]: up in Ohio, right? And so I just, I  
think that what you're describing is it's a*

245

00:11:42,600 --> 00:11:45,122

*[BRIAN]: difference between you're on vacation  
and when you're gonna make it your new home*

246

00:11:45,202 --> 00:11:49,105

*[BRIAN]: that you get to start to like embrace  
or own the things around it. Okay, let's not*

247

00:11:49,125 --> 00:11:49,465

*[BRIAN]: get too far*

248

00:11:49,400 --> 00:11:49,567

*[Helen Day]: Mmm.*

249

00:11:49,485 --> 00:11:52,087

*[BRIAN]: down that my sidebar here, but I thought*

*I'd share a little bit. So,*

250

00:11:52,158 --> 00:11:52,554

*[Helen Day]: I love it.*

251

00:11:53,007 --> 00:11:57,832

*[BRIAN]: so you came, you, with your green card*

*I will just say as when we were reaching out,*

252

00:11:57,952 --> 00:12:02,538

*[BRIAN]: one of the things that we led with*

*in our messaging was, I can totally work here.*

253

00:12:02,759 --> 00:12:05,643

*[BRIAN]: I am a US citizen or whatever. I think that was the exact language you used because*

254

00:12:05,663 --> 00:12:07,705

*[BRIAN]: when you have a green card, it's not the same as when you're... It's like there's*

255

00:12:07,726 --> 00:12:10,209

*[BRIAN]: a step in between, I think, that we were acknowledging.*

256

00:12:09,897 --> 00:12:10,258

*[Helen Day]: Yeah, I'm*

257

00:12:10,229 --> 00:12:10,389

*[BRIAN]: Is that*

258

00:12:10,298 --> 00:12:10,459

*[Helen Day]: not*

259

00:12:10,409 --> 00:12:10,529

*[BRIAN]: right?*

260

00:12:10,499 --> 00:12:13,790

*[Helen Day]: a citizen, but as a green card holder, I can work, and we made*

261

00:12:13,790 --> 00:12:14,750

*[BRIAN]: Got*

262

00:12:13,810 --> 00:12:14,994

*[Helen Day]: that really clear at*

263

00:12:14,990 --> 00:12:15,110

*[BRIAN]: it.*

264

00:12:15,014 --> 00:12:15,295

*[Helen Day]: the top*

265

00:12:15,150 --> 00:12:15,391

*[BRIAN]: Great.*

266

00:12:15,315 --> 00:12:15,676

*[Helen Day]: of the email.*

267

00:12:15,771 --> 00:12:19,513

*[BRIAN]: Right. And I want everyone to just*

*hear that if you are the person coming from*

268

00:12:19,633 --> 00:12:23,336

*[BRIAN]: another country, this also works for  
another market, but by calling those kinds*

269

00:12:23,376 --> 00:12:27,118

*[BRIAN]: of things out, it makes the person  
who's reading it feel safe that they can decide*

270

00:12:27,138 --> 00:12:30,901

*[BRIAN]: to become interested in you. Because  
what they don't want is a bait and switch where*

271

00:12:30,961 --> 00:12:33,663

*[BRIAN]: something like, oh, and by the way,  
I can't work or I'm working on getting my visa*

272

00:12:33,683 --> 00:12:37,766

*[BRIAN]: or I'm working on getting my work permit.*

*I think that is going to inspire doubt in anyone*

273

00:12:37,786 --> 00:12:40,808

*[BRIAN]: you're reaching out to. And so they're*

*like, I don't have time to, I don't know this*

274

00:12:40,848 --> 00:12:46,631

*[BRIAN]: person yet. You have something really*

*wild that no one on the roster could possibly*

275

00:12:46,671 --> 00:12:50,854

*[BRIAN]: have. And that's kind of where I think*

*that can break through. Um, and you had some*

276

00:12:50,894 --> 00:12:53,856

*[BRIAN]: great, but also Helen, you had some*

*really great cool street cred because you just*

277

00:12:53,876 --> 00:12:57,759

*[BRIAN]: been on tour with Cirque du Soleil  
for some Taruk, Taruk, Taruk,*

278

00:12:57,438 --> 00:12:57,982

*[Helen Day]: Mm-hmm.*

279

00:12:57,979 --> 00:12:58,659

*[BRIAN]: Taruk,*

280

00:12:58,043 --> 00:12:58,466

*[Helen Day]: Turruk,*

281

00:12:58,699 --> 00:12:58,940

*[BRIAN]: Taruk,*



282

00:12:58,769 --> 00:12:59,132

[Helen Day]: turruk,

283

00:12:58,980 --> 00:12:59,600

[BRIAN]: Taruk, uh,

284

00:12:59,515 --> 00:12:59,656

[Helen Day]: yeah.

285

00:13:00,401 --> 00:13:03,062

[BRIAN]: which was James Cameron's show based  
on the avatar. So you had that kind of

286

00:13:03,101 --> 00:13:03,290

[Helen Day]: Mm-hmm.

287

00:13:03,102 --> 00:13:08,926

*[BRIAN]: good sexy cachet going on. Okay. So  
you do have a unique, really cool skill that*

288

00:13:08,966 --> 00:13:11,148

*[BRIAN]: I wanted to talk to you a little bit  
about today that*

289

00:13:11,237 --> 00:13:11,425

*[Helen Day]: Sure.*

290

00:13:11,568 --> 00:13:14,270

*[BRIAN]: we're, that we've been kind of working  
on. Is there? Wait. Before I go there, is there*

291

00:13:14,290 --> 00:13:17,432

*[BRIAN]: anything missing from the agent story  
that we need to share, manager story? Can I*

292

00:13:17,472 --> 00:13:19,473

*[BRIAN]: show you something that I love to share?*

*I'm going to tell you something I love*

293

00:13:19,378 --> 00:13:19,702

*[Helen Day]: Sure,*

294

00:13:19,493 --> 00:13:19,774

*[BRIAN]: to share.*

295

00:13:19,803 --> 00:13:20,631

*[Helen Day]: yeah. Yeah,*

296

00:13:20,554 --> 00:13:21,455

*[BRIAN]: Okay.*

297

00:13:20,672 --> 00:13:20,975

*[Helen Day]: go ahead.*

298

00:13:21,495 --> 00:13:26,718

*[BRIAN]: Just so that you know, we're recording  
this at about three, agent goals is now three*

299

00:13:26,738 --> 00:13:32,722

*[BRIAN]: years old. And so that means that over  
7,000 people have watched Make Agents Want*

300

00:13:32,742 --> 00:13:36,184

*[BRIAN]: You, which is really exciting to me  
because that's just brain changing. Like if*

301

00:13:36,204 --> 00:13:38,686

*[BRIAN]: you take my program or not, that's*

*brain changing, but one of the stories that*

302

00:13:38,726 --> 00:13:42,389

*[BRIAN]: I share is a part of your story, which*

*I know we made a shift in this representation,*

303

00:13:42,809 --> 00:13:46,554

*[BRIAN]: but manager went with you to your headshot*

*shoot. And I just remember*

304

00:13:46,439 --> 00:13:46,685

*[Helen Day]: Mm-hmm,*

305

00:13:46,574 --> 00:13:46,934

*[BRIAN]: thinking that*

306

00:13:46,848 --> 00:13:47,073

*[Helen Day]: yeah.*

307

00:13:46,955 --> 00:13:51,542

*[BRIAN]: was like the cool, like that is such a rare. Thing. Can you give us a window into*

308

00:13:51,582 --> 00:13:54,186

*[BRIAN]: how that came to be just a little bit? I know that's not necessarily where you're*

309

00:13:54,226 --> 00:13:56,489

*[BRIAN]: at right now, but still I think the story of it is cool.*

310

00:13:57,117 --> 00:14:01,459

*[Helen Day]: Yeah, no, absolutely. I mean, you'd help me reach out to managers and I'd found*

311

00:14:01,499 --> 00:14:05,742

*[Helen Day]: my first manager in LA, which for  
a start was weird for me because we don't have*

312

00:14:05,802 --> 00:14:09,044

*[Helen Day]: managers in Britain. So it's like,  
what is a manager?*

313

00:14:09,293 --> 00:14:09,478

*[BRIAN]: Oh wow.*

314

00:14:10,025 --> 00:14:12,347

*[Helen Day]: I think I want one of these things  
that people have,*

315

00:14:12,250 --> 00:14:12,485

*[BRIAN]: Ha ha ha!*

316

00:14:13,587 --> 00:14:18,191

*[Helen Day]: but why do I want it? So anyway,  
you'd help me reach out and I'd found that*

317

00:14:18,231 --> 00:14:23,974

*[Helen Day]: reaching out experience so much  
more pleasant than any other time I tried to*

318

00:14:24,014 --> 00:14:30,279

*[Helen Day]: get an agent previously Again,  
I think previously I'd always done it from*

319

00:14:30,299 --> 00:14:35,962

*[Helen Day]: a mindset of kind of need and desperation  
and please like me and please if there's a*

320

00:14:36,042 --> 00:14:39,825

*[Helen Day]: chance can I just, you know, that*



*kind of like*

321

00:14:39,371 --> 00:14:39,815

*[BRIAN]: Yeah.*

322

00:14:40,085 --> 00:14:40,906

*[Helen Day]: needy thing*

323

00:14:41,147 --> 00:14:41,389

*[BRIAN]: Yeah.*

324

00:14:41,386 --> 00:14:44,908

*[Helen Day]: that we just develop I think as  
actors because we know there's loads of us*

325

00:14:45,309 --> 00:14:49,531

*[Helen Day]: and we kind of hear, you know,  
oh nobody works and kind of we hear a lot of*

326

00:14:49,571 --> 00:14:53,654

*[Helen Day]: no's so we develop that needy thing  
and I'd always done that and it just felt really*

327

00:14:53,754 --> 00:14:59,718

*[Helen Day]: unpleasant and kind of a gross  
part of being And then this time I had this*

328

00:15:00,279 --> 00:15:04,622

*[Helen Day]: email that I was really proud of,  
that I thought was really me, that really showed*

329

00:15:04,682 --> 00:15:11,266

*[Helen Day]: me where I am, that wasn't overselling  
or pretending to be something that I'm not*

330

00:15:11,306 --> 00:15:16,730

*[Helen Day]: or that I wasn't. And so when I  
went into those meetings, I think I just felt*

331

00:15:17,430 --> 00:15:19,031

*[Helen Day]: different about myself. Like*

332

00:15:19,050 --> 00:15:19,154

*[BRIAN]: Hmm.*

333

00:15:19,251 --> 00:15:24,615

*[Helen Day]: I was, again, I wasn't then coming  
into those meetings from a place of need. I*

334

00:15:24,635 --> 00:15:29,578

*[Helen Day]: was kind of coming in going, what  
I had to say, you know where I'm coming from.*

335

00:15:29,618 --> 00:15:34,561

*[Helen Day]: You've called me into this meeting,  
so let's talk. And that experience is so more*

336

00:15:34,642 --> 00:15:39,225

*[Helen Day]: human. And that's one of the reasons  
I wanted to be on this side of the Atlantic,*

337

00:15:39,245 --> 00:15:44,508

*[Helen Day]: because I think relationships are  
more important here and are given more kudos.*

338

00:15:44,668 --> 00:15:49,772

*[Helen Day]: And I just wanted to live in a  
world of relationships and interaction rather*

339

00:15:49,792 --> 00:15:54,175

*[Helen Day]: than in a world of, please may*

*I write you a letter and maybe you'll reply*

340

00:15:54,415 --> 00:16:00,159

*[Helen Day]: if you want me. like this is a  
two-way street. And so, yeah, I went into those*

341

00:16:00,179 --> 00:16:04,041

*[Helen Day]: meetings feeling good about myself,  
good about what I was bringing to the table,*

342

00:16:04,922 --> 00:16:08,704

*[Helen Day]: I signed with my first manager.  
And I think because of that very much kind*

343

00:16:08,744 --> 00:16:13,267

*[Helen Day]: of human, we're equals, we're doing  
this together relationship that we instantly*

344

00:16:13,287 --> 00:16:16,730

*[Helen Day]: have. That's why she was like,  
I'm gonna come to your headshot shoot, let's*

345

00:16:16,770 --> 00:16:21,032

*[Helen Day]: make this work. Let's do something  
brilliant here. So,*

346

00:16:20,950 --> 00:16:21,254

*[BRIAN]: I love*

347

00:16:21,072 --> 00:16:22,073

*[Helen Day]: yeah,*

348

00:16:21,274 --> 00:16:22,227

*[BRIAN]: that. I love that.*

349

00:16:22,093 --> 00:16:25,676

*[Helen Day]: that came out of the relationship  
and not coming in with a,*

350

00:16:26,750 --> 00:16:27,130

*[BRIAN]: Please.*

351

00:16:27,298 --> 00:16:28,389

*[Helen Day]: me state*

352

00:16:28,231 --> 00:16:28,531

*[BRIAN]: Yeah.*

353

00:16:28,409 --> 00:16:28,874

*[Helen Day]: of mind.*

354

00:16:29,132 --> 00:16:31,555

*[BRIAN]: I love you. There's two things you  
said here I don't want to miss. One is I didn't*

355

00:16:31,615 --> 00:16:34,057

*[BRIAN]: know that one of the reasons that you wanted to come to the States was because you*

356

00:16:34,738 --> 00:16:37,141

*[BRIAN]: wanted there to be deeper relationships. And that*

357

00:16:37,081 --> 00:16:37,431

*[Helen Day]: Mmm.*

358

00:16:37,181 --> 00:16:41,025

*[BRIAN]: was what you had discovered. Can you talk a little bit more about that or how that*

359

00:16:41,065 --> 00:16:45,009

*[BRIAN]: thought came to you? Is it looking*



*back that you realized that or is it did you*

360

00:16:45,029 --> 00:16:45,509

*[BRIAN]: know at the time?*

361

00:16:48,537 --> 00:16:55,421

*[Helen Day]: I knew it once I'd started visiting*

*Los Angeles and meeting people. I didn't know*

362

00:16:55,441 --> 00:16:58,743

*[Helen Day]: it when I first had the idea, but*

*when I was like, okay, I'm gonna investigate,*

363

00:16:58,763 --> 00:17:01,625

*[Helen Day]: I'm gonna put some feet on the*

*ground here and see what it's like, see if*

364

00:17:01,665 --> 00:17:07,409

*[Helen Day]: I like it. And I had some meetings  
with people, I did the workshop that I met*

365

00:17:07,449 --> 00:17:10,571

*[Helen Day]: you at, I also had some meetings  
with a few casting directors that I'd reached*

366

00:17:10,651 --> 00:17:17,396

*[Helen Day]: out to that said, yeah, come in,  
sure. And all of those meetings just felt more*

367

00:17:17,496 --> 00:17:19,437

*[Helen Day]: human and the meetings that*

368

00:17:19,450 --> 00:17:19,516

*[BRIAN]: Hmm.*

369

00:17:19,577 --> 00:17:24,320

*[Helen Day]: I'd had before. And maybe that is part of where I was at in myself*

370

00:17:24,350 --> 00:17:24,560

*[BRIAN]: sure.*

371

00:17:24,461 --> 00:17:29,744

*[Helen Day]: and a certain amount of growth as an individual. But I think also it is, I*

372

00:17:29,764 --> 00:17:33,086

*[Helen Day]: mean, I don't wanna do Britain down. I don't want them to say they won't have*

373

00:17:33,126 --> 00:17:39,531

*[Helen Day]: me back if I wanna go back, right? But I do think we love a hierarchy in Britain.*

374

00:17:39,811 --> 00:17:40,771

*[Helen Day]: You know, I mean, we*

375

00:17:40,850 --> 00:17:41,676

*[BRIAN]: You are a monarchy.*

376

00:17:41,552 --> 00:17:45,915

*[Helen Day]: still, right? We still have a royal family. So there you go, we love a hierarchy.*

377

00:17:48,777 --> 00:17:54,843

*[Helen Day]: stay in your lane than I found the industry here. And that was one thing that*

378

00:17:54,883 --> 00:17:59,447

*[Helen Day]: I found really appealing was, okay, I think I can go and I can meet people and*

379

00:17:59,507 --> 00:18:06,054

*[Helen Day]: I can network and I can feel again,  
like a human rather than like a needy actor*

380

00:18:06,094 --> 00:18:07,515

*[Helen Day]: kind of crawling around looking  
for*

381

00:18:07,450 --> 00:18:07,750

*[BRIAN]: Yeah,*

382

00:18:07,555 --> 00:18:08,236

*[Helen Day]: scraps,*

383

00:18:08,410 --> 00:18:08,651

*[BRIAN]: yeah,*

384

00:18:08,576 --> 00:18:08,876

*[Helen Day]: you know.*

385

00:18:08,891 --> 00:18:11,113

*[BRIAN]: I love that, I love that. And then  
the other thing I wanna make sure everyone*

386

00:18:11,153 --> 00:18:13,995

*[BRIAN]: hears is, you know, there's a different  
way, like a manager come, I'm coming to your*

387

00:18:14,015 --> 00:18:16,398

*[BRIAN]: headshot shoot because I'm gonna tell  
you how it could be done, which was not the*

388

00:18:16,438 --> 00:18:17,899

*[BRIAN]: vibe of this, which was I think if  
you became*

389

00:18:17,665 --> 00:18:17,828

*[Helen Day]: No*

390

00:18:17,919 --> 00:18:20,922

*[BRIAN]: in as the needy, I was like, let's  
make this the best it can be. And I just think*

391

00:18:20,942 --> 00:18:23,484

*[BRIAN]: that's such a cool, I think so many  
people will be like, are you kidding? I think*

392

00:18:23,504 --> 00:18:26,106

*[BRIAN]: also some people might be intimidated  
by their manager being there. What was the*

393

00:18:26,166 --> 00:18:29,669

*[BRIAN]: actual vibe like when you were shooting?*

394

00:18:28,717 --> 00:18:29,817

*[Helen Day]: No, it was great. I mean,*

395

00:18:29,789 --> 00:18:29,869

*[BRIAN]: Yeah.*

396

00:18:30,238 --> 00:18:34,781

*[Helen Day]: I think if I'd have felt intimidated  
by her being there, then I would have gone,*

397

00:18:34,881 --> 00:18:39,605

*[Helen Day]: this is not the right person for  
me to work with. And I think that is something*

398

00:18:39,625 --> 00:18:44,369

*[Helen Day]: that you kind of instilled in me  
or that came out of our conversations was,*



399

00:18:45,650 --> 00:18:49,954

*[Helen Day]: it's not just about somebody saying  
yes to you, it's you saying yes to them,*

400

00:18:50,310 --> 00:18:50,751

*[BRIAN]: Everybody,*

401

00:18:50,514 --> 00:18:50,934

*[Helen Day]: because then*

402

00:18:50,952 --> 00:18:51,313

*[BRIAN]: underline*

403

00:18:51,014 --> 00:18:51,115

*[Helen Day]: you...*

404

00:18:51,353 --> 00:18:55,848

[BRIAN]: *that and tattoo it on your heart. Please,  
please, we are not searching for scraps here.*

405

00:18:55,948 --> 00:18:56,149

[BRIAN]: *Yeah.*

406

00:18:56,717 --> 00:19:01,681

[Helen Day]: *you're starting from an equal place.  
You're starting from a strong springboard together,*

407

00:19:02,281 --> 00:19:09,067

[Helen Day]: *rather than in that just one way  
street, what can I do for you? And okay, you've*

408

00:19:09,107 --> 00:19:15,071

[Helen Day]: *said yes to desperate little me.  
And it just felt taller, I felt broader, I*

409

00:19:15,111 --> 00:19:20,616

*[Helen Day]: felt more myself. And yeah, I think that's why it was a great experience coming*

410

00:19:20,636 --> 00:19:21,276

*[Helen Day]: along to the shoot.*

411

00:19:21,710 --> 00:19:24,312

*[BRIAN]: Good. I'm so glad to hear that. I think a lot of people will be excited by that. Now,*

412

00:19:24,332 --> 00:19:26,714

*[BRIAN]: I want to get into this other thing. I teased you all a minute ago about*

413

00:19:27,119 --> 00:19:27,324

*[Helen Day]: Haha*

414

00:19:27,194 --> 00:19:30,257

*[BRIAN]: what Helen's other special skill, this really incredible special skill, and I would*

415

00:19:30,277 --> 00:19:32,899

*[BRIAN]: say it's beyond a special skill because I think it's inherently part of who you are,*

416

00:19:33,159 --> 00:19:36,122

*[BRIAN]: Helen, based on the background that you have. So will you talk a little bit about*

417

00:19:36,542 --> 00:19:41,746

*[BRIAN]: your movement experience and kind of your movement passions, let's say it that way,*

418

00:19:42,147 --> 00:19:42,727

*[BRIAN]: and also*

419

00:19:42,706 --> 00:19:42,748

*[Helen Day]: Mm.*

420

00:19:43,388 --> 00:19:45,650

*[BRIAN]: what we've been kind of working towards,  
if you'll share a little bit about that.*

421

00:19:46,677 --> 00:19:53,061

*[Helen Day]: Yeah, absolutely. I mean, to wind  
back, I started my career as a dancer. I danced*

422

00:19:53,101 --> 00:19:56,463

*[Helen Day]: for a couple of years, at the very,  
very start of when I was performing and then*

423

00:19:56,503 --> 00:20:01,446

*[Helen Day]: kind of quite quickly moved into*

*physical theatre, kind of picked up some circus,*

424

00:20:01,486 --> 00:20:06,610

*[Helen Day]: was doing puppetry, a lot of theatre work, but from a very kind of physical point*

425

00:20:06,650 --> 00:20:11,513

*[Helen Day]: of view. And I've always been drawn to work where I can be physically expressive.*

426

00:20:11,553 --> 00:20:17,297

*[Helen Day]: It just kind of sits well with me. I feel good when I'm moving. I don't articulate*

427

00:20:17,557 --> 00:20:18,578

*[Helen Day]: a lot. It's,*

428

00:20:18,132 --> 00:20:19,055

*[BRIAN]: Everyone go to YouTube*

429

00:20:18,758 --> 00:20:19,038

*[Helen Day]: I'm a,*

430

00:20:19,075 --> 00:20:21,062

*[BRIAN]: so you can see Helen gesticulating*

*a lot.*

431

00:20:22,260 --> 00:20:29,725

*[Helen Day]: I'm a mover. But I did come to*

*LA to focus on screen, which when I decided*

432

00:20:29,765 --> 00:20:34,148

*[Helen Day]: to make that jump, I was very much*

*like, oh, that's film and television. And then*

433

00:20:34,208 --> 00:20:41,453

*[Helen Day]: when I got here, I'm not sure quite  
what it was that made me realize that actually*

434

00:20:41,613 --> 00:20:45,156

*[Helen Day]: motion and performance capture  
was gonna be something that interested me.*

435

00:20:46,617 --> 00:20:50,680

*[Helen Day]: When I made that link, I thought  
back to a workshop that we'd done when I was*

436

00:20:50,720 --> 00:20:57,185

*[Helen Day]: on tour with Cirque. As you said,  
we were to Rook, which was based on Avatar.*

437

00:20:57,205 --> 00:21:00,688



*[Helen Day]: So we got to work with James Cameron,  
which was amazing. And when we'd been on tour*

438

00:21:00,708 --> 00:21:05,932

*[Helen Day]: in LA, we'd been taken to the Lightstorm  
studios and he'd done a workshop with us talking*

439

00:21:05,972 --> 00:21:09,615

*[Helen Day]: about the performance capture technology.  
And at the time I'd kind of gone,*

440

00:21:09,650 --> 00:21:09,890

*[BRIAN]: Everyone*

441

00:21:09,695 --> 00:21:09,955

*[Helen Day]: oh, that's*

442

00:21:09,930 --> 00:21:10,232

*[BRIAN]: right now*

443

00:21:10,156 --> 00:21:10,476

*[Helen Day]: really*

444

00:21:10,252 --> 00:21:10,753

*[BRIAN]: who's listening*

445

00:21:10,556 --> 00:21:11,196

*[Helen Day]: interesting.*

446

00:21:10,814 --> 00:21:14,908

*[BRIAN]: is like salivating. Their ears are salivating, cause it sounds so cool. Oh my*

447

00:21:14,968 --> 00:21:15,269

*[BRIAN]: God.*

448

00:21:15,278 --> 00:21:17,359

*[Helen Day]: It was, it was very, very cool.*

*It was*

449

00:21:17,335 --> 00:21:17,507

*[BRIAN]: Okay.*

450

00:21:17,399 --> 00:21:23,263

*[Helen Day]: amazing. But you know, I kind of went, that's an area I could work in. And then*

451

00:21:23,303 --> 00:21:26,966

*[Helen Day]: I kind of shelved it, didn't really think about it again. Went off, did my tour,*

452

00:21:27,246 --> 00:21:32,169

*[Helen Day]: was moving here. And then ding,  
at some point after I'd moved here, I went,*

453

00:21:32,449 --> 00:21:37,333

*[Helen Day]: oh, there's that whole world of  
motion and performance capture. And so I started*

454

00:21:37,353 --> 00:21:43,917

*[Helen Day]: to look into it and realized that  
that's a world I absolutely belong in particularly*

455

00:21:43,957 --> 00:21:48,641

*[Helen Day]: with performance capture, which  
is just if people aren't sure, motion capture*

456

00:21:48,681 --> 00:21:53,926

*[Helen Day]: is where they're purely capturing  
the motion of the body to feed into the data*

457

00:21:53,946 --> 00:21:57,810

*[Helen Day]: for the character that you're portraying.*

*Performance capture, they're also capturing*

458

00:21:57,850 --> 00:22:03,035

*[Helen Day]: the facial movements, they're often capturing the voice, it's the full performance.*

459

00:22:04,390 --> 00:22:04,470

*[BRIAN]: He*

460

00:22:04,396 --> 00:22:04,536

*[Helen Day]: They're*

461

00:22:04,490 --> 00:22:04,591

*[BRIAN]: did*

462

00:22:04,556 --> 00:22:04,736

*[Helen Day]: doing*

463

00:22:04,631 --> 00:22:04,771

*[BRIAN]: that*

464

00:22:04,756 --> 00:22:04,896

*[Helen Day]: that*

465

00:22:04,852 --> 00:22:05,374

*[BRIAN]: education,*

466

00:22:04,916 --> 00:22:05,076

*[Helen Day]: with*

467

00:22:05,394 --> 00:22:08,146

*[BRIAN]: Helen, so thank you for sharing that*

*with me. I think we all might have. Great.*

468

00:22:08,938 --> 00:22:14,161

*[Helen Day]: Okay. They're doing that with markers  
that feed data into the system, into the computer*

469

00:22:14,181 --> 00:22:22,447

*[Helen Day]: system. And yeah, I was kind of  
like, there's a world of performance capture*

470

00:22:22,487 --> 00:22:27,610

*[Helen Day]: where they need people who can  
do the subtlety of screen acting. They need*

471

00:22:28,130 --> 00:22:35,455

*[Helen Day]: people who understand that facial  
movements, you have to think and feel the movements*

472

00:22:35,495 --> 00:22:39,958

*[Helen Day]: of the character. that has to come through in your face. But they also need people*

473

00:22:39,978 --> 00:22:44,581

*[Helen Day]: that can kind of keep the body alive because if anyone's done puppetry, they'll*

474

00:22:44,601 --> 00:22:50,065

*[Helen Day]: know with a puppet, if the puppet goes very still, it kind of dies. You have*

475

00:22:50,105 --> 00:22:53,407

*[Helen Day]: to kind of keep a little bit of breath in the puppet. And it's the same with*

476

00:22:53,447 --> 00:22:57,910



*[Helen Day]: performance capture and motion capture. If you become very still and that*

477

00:22:57,950 --> 00:23:00,052

*[Helen Day]: data becomes very, very limited,*

478

00:23:00,337 --> 00:23:00,400

*[BRIAN]: Hmm*

479

00:23:00,452 --> 00:23:05,195

*[Helen Day]: the character kind of dies. So you have to keep a little bit of movement.*

480

00:23:05,295 --> 00:23:10,078

*[Helen Day]: And obviously there's also, I mean, Capture is used a lot in video games to give*

481

00:23:10,118 --> 00:23:15,062

*[Helen Day]: people a context for it. It's used  
in all kinds of films and other stuff as well.*

482

00:23:15,082 --> 00:23:19,305

*[Helen Day]: But video games is somewhere where  
you'll see it used a lot. And obviously there*

483

00:23:19,345 --> 00:23:24,188

*[Helen Day]: are huge action sequences and stunt  
sequences, and then they need people to really*

484

00:23:24,208 --> 00:23:29,311

*[Helen Day]: move. But they also need actors  
who have that big physical awareness, who can*

485

00:23:29,511 --> 00:23:34,455

*[Helen Day]: have an awareness of the space,  
who have big imaginations. Because in the volume,*

486

00:23:34,635 --> 00:23:39,818

*[Helen Day]: which is where you shoot performance  
capture work, you don't have a set, you don't*

487

00:23:39,878 --> 00:23:43,621

*[Helen Day]: have, you know, if you're, say  
the scene is set on the mountains, you don't*

488

00:23:43,961 --> 00:23:48,424

*[Helen Day]: have the mountains, you don't have  
the blue sky, you might have a hill made out*

489

00:23:48,444 --> 00:23:52,967

*[Helen Day]: of some boxes, but you have to  
kind of do all the imaginative work to bring*

490

00:23:53,007 --> 00:23:58,631

*[Helen Day]: it to life for yourself. So it  
just became, for me, an area of work that I*

491

00:23:58,651 --> 00:24:03,874

*[Helen Day]: find very, very exciting, that  
I love being in a motion capture suit, a performance*

492

00:24:03,914 --> 00:24:10,101

*[Helen Day]: capture suit, I love being in the  
volume, I love what's asked of me, I've done*

493

00:24:11,263 --> 00:24:15,129

*[Helen Day]: one major AAA game since I've been  
here. I've also worked on some other things*

494

00:24:15,169 --> 00:24:16,050

*[Helen Day]: I can't talk about.*

495

00:24:16,510 --> 00:24:17,452

*[BRIAN]: Right? That's*

496

00:24:17,472 --> 00:24:17,913

*[Helen Day]: The*

497

00:24:17,592 --> 00:24:17,913

*[BRIAN]: always the*

498

00:24:17,933 --> 00:24:18,214

*[Helen Day]: major,*

499

00:24:17,953 --> 00:24:19,196

*[BRIAN]: way it is. I feel like every*

500

00:24:19,195 --> 00:24:19,295

*[Helen Day]: I*

501

00:24:19,257 --> 00:24:19,577

*[BRIAN]: motion*

502

00:24:19,335 --> 00:24:19,776

*[Helen Day]: know.*

503

00:24:19,617 --> 00:24:22,284

*[BRIAN]: capture performance capture, it's like,*

*I've got all these things I can't talk about*

504

00:24:22,304 --> 00:24:24,609

*[BRIAN]: yet, which is, it makes me excited.*

*Cause it means I know you're working.*

505

00:24:25,557 --> 00:24:31,140

*[Helen Day]: I know. The AAA was Forspoken in*

*case people are interested, which was released*

506

00:24:31,180 --> 00:24:36,224

*[Helen Day]: earlier this year. And then I also,  
I got to do motion capture for Henson Studios,*

507

00:24:36,284 --> 00:24:40,607

*[Helen Day]: which was, as a puppeteer, that  
was a dream. I mean,*

508

00:24:40,491 --> 00:24:40,905

*[BRIAN]: Yeah.*

509

00:24:40,647 --> 00:24:46,631

*[Helen Day]: both those jobs were dreams. Forspoken  
was directed by Tom Keegan, who is an amazing*

510

00:24:46,671 --> 00:24:52,495

*[Helen Day]: video game director. Just an absolute*

*dream to work with. Henson, I got to play a*

511

00:24:52,535 --> 00:24:55,196

*[Helen Day]: baby wallaby. And who doesn't want*

*to play a baby wallaby?*

512

00:24:55,951 --> 00:24:56,941

*[BRIAN]: Ah, so cool.*

513

00:24:56,741 --> 00:24:57,684

*[Helen Day]: You know, with*

514

00:24:57,507 --> 00:24:57,689

*[BRIAN]: Yeah.*

515

00:24:57,825 --> 00:25:01,296

*[Helen Day]: Kermit the Frog overlooking the*

*studio, it's just, yeah, dreamy.*



516

00:25:00,870 --> 00:25:03,692

*[BRIAN]: And you shot, did you shoot at Henson Studios on La Brea?*

517

00:25:03,557 --> 00:25:03,879

*[Helen Day]: Yeah.*

518

00:25:03,792 --> 00:25:05,733

*[BRIAN]: And you, oh my God, that's incredible. I didn't know, I forgot*

519

00:25:05,553 --> 00:25:05,875

*[Helen Day]: Mm-hmm.*

520

00:25:05,753 --> 00:25:09,636

*[BRIAN]: that piece. Okay, wait, so I want to take back. Can you connect the, so everyone*

521

00:25:09,676 --> 00:25:12,519

*[BRIAN]: right now who's interested in performance capture, motion capture is probably leaning*

522

00:25:12,559 --> 00:25:15,321

*[BRIAN]: in really hard right now to hear more of the story. But I want to check in with something*

523

00:25:15,361 --> 00:25:20,845

*[BRIAN]: because the big major motion picture that you did, was that performance or motion*

524

00:25:20,865 --> 00:25:24,648

*[BRIAN]: capture as well? Because you played quite the character, transformative character.*

525

00:25:25,028 --> 00:25:26,649

*[BRIAN]: And I'm going to let you talk about*

*it a little*

526

00:25:26,557 --> 00:25:26,738

*[Helen Day]: Oh,*

527

00:25:26,669 --> 00:25:26,729

*[BRIAN]: bit.*

528

00:25:27,902 --> 00:25:30,051

*[Helen Day]: Miss Peregrine's Home for Peculiar*

*Children.*

529

00:25:30,130 --> 00:25:34,423

*[BRIAN]: Yes, yeah. How did the dots connect?*

*I know it's a lot of movement, but did the*

530

00:25:34,443 --> 00:25:36,429

*[BRIAN]: dots connect at all to PCAP at all?*

531

00:25:39,337 --> 00:25:45,410

*[Helen Day]: in a sense of for anyone that's  
seen that film there's a there's a sequence*

532

00:25:45,430 --> 00:25:46,773

*[Helen Day]: in the circus there's*

533

00:25:46,810 --> 00:25:47,131

*[BRIAN]: Maybe,*

534

00:25:46,834 --> 00:25:47,275

*[Helen Day]: Samuel L*

535

00:25:47,232 --> 00:25:47,372

*[BRIAN]: this*

536

00:25:47,315 --> 00:25:47,896

*[Helen Day]: Jackson*

537

00:25:47,412 --> 00:25:50,566

*[BRIAN]: may be a spoiler, this may be a spoiler,  
the film's been out long enough, I think it's*

538

00:25:50,626 --> 00:25:50,867

*[BRIAN]: okay.*

539

00:25:51,577 --> 00:25:53,339

*[Helen Day]: I'm not gonna give it all away,  
but there's*

540

00:25:53,357 --> 00:25:53,507

*[BRIAN]: Okay.*

541

00:25:53,359 --> 00:25:57,541

*[Helen Day]: Samuel L. Jackson with three baddies.*

542

00:25:56,833 --> 00:25:57,062

*[BRIAN]: Yes.*

543

00:25:57,662 --> 00:25:59,363

*[Helen Day]: I'm the female baddie, so*

544

00:25:59,214 --> 00:25:59,321

*[BRIAN]: Yep.*

545

00:25:59,503 --> 00:26:04,926

*[Helen Day]: people will see me if they watch*

*it. And there's a lot of physical movement*

546

00:26:05,827 --> 00:26:11,271

*[Helen Day]: around the space. And to shoot  
it, we did a lot of wire stunts, which I got*

547

00:26:11,291 --> 00:26:12,371

*[Helen Day]: to do myself, which*

548

00:26:12,371 --> 00:26:12,518

*[BRIAN]: Uhhhh*

549

00:26:12,411 --> 00:26:21,077

*[Helen Day]: was amazing. So it wasn't performance  
capture, but what it kinda... it did was give*

550

00:26:21,117 --> 00:26:27,321

*[Helen Day]: me that sense of, oh, if I'm working  
in film or if I'm working on screen, the roles*

551

00:26:27,441 --> 00:26:32,044

*[Helen Day]: don't necessarily have to be ones  
where I've become completely still and everything*

552

00:26:32,104 --> 00:26:36,708

*[Helen Day]: is from the head up and it all  
has to happen in the eyes. Of course, there*

553

00:26:36,748 --> 00:26:39,469

*[Helen Day]: are loads of roles like that and  
there are loads of jobs like that and that's*

554

00:26:39,529 --> 00:26:44,333

*[Helen Day]: required of so many film and TV  
actors, but it was just quite interesting to*

555

00:26:44,373 --> 00:26:48,716

*[Helen Day]: go, ah, there are also jobs where  
you get to be really physical and you get to*



556

00:26:48,756 --> 00:26:54,119

*[Helen Day]: jump around throw yourself off  
high ledges and that floats my boat. I know*

557

00:26:54,034 --> 00:26:54,244

*[BRIAN]: Yeah.*

558

00:26:54,139 --> 00:27:00,204

*[Helen Day]: it won't float everybody's. And  
performance capture is more like that. That's*

559

00:27:00,244 --> 00:27:03,206

*[Helen Day]: the world if you're working in  
performance capture where you're, I guess,*

560

00:27:03,266 --> 00:27:07,509

*[Helen Day]: more likely to do the let's fight*

*the dragon sequence, let's ride in on horseback*

561

00:27:07,549 --> 00:27:12,994

*[Helen Day]: sequence, than you are perhaps*

*in some other roles in film and*

562

00:27:12,972 --> 00:27:13,105

*[BRIAN]: Right.*

563

00:27:13,014 --> 00:27:15,255

*[Helen Day]: TV or some other areas of film*

*and TV. So.*

564

00:27:15,750 --> 00:27:18,574

*[BRIAN]: Right. So one of the things that you*

*said, so I wanted to connect with that, so*

565

00:27:18,674 --> 00:27:21,418

*[BRIAN]: I understand now. So that means when*

*I sing it, you're really wearing all of that*

566

00:27:21,458 --> 00:27:24,864

*[BRIAN]: makeup, and all that stuff is really*

*attached to you, and you're not really, there's*

567

00:27:24,904 --> 00:27:26,887

*[BRIAN]: no CGI on top of you, which is pretty*

*exciting.*

568

00:27:27,597 --> 00:27:28,639

*[Helen Day]: Mm hmm. They*

569

00:27:28,349 --> 00:27:28,709

*[BRIAN]: OK, great.*

570

00:27:28,659 --> 00:27:32,887

*[Helen Day]: well they they they would have  
had to CGI my head back onto my body had the*

571

00:27:32,907 --> 00:27:36,153

*[Helen Day]: stunt double done the stunts but  
I did them myself so*

572

00:27:36,150 --> 00:27:36,270

*[BRIAN]: I love*

573

00:27:36,253 --> 00:27:36,334

*[Helen Day]: they*

574

00:27:36,290 --> 00:27:36,510

*[BRIAN]: it. I*

575

00:27:36,354 --> 00:27:36,554

*[Helen Day]: didn't*

576

00:27:36,550 --> 00:27:37,210

*[BRIAN]: love*

577

00:27:36,574 --> 00:27:36,875

*[Helen Day]: have to.*

578

00:27:37,450 --> 00:27:40,032

*[BRIAN]: it. Okay. So let me go back. I want to go back to PCAP because that's where we're*

579

00:27:40,052 --> 00:27:44,435

*[BRIAN]: kind of stuck right here is in performance and motion capture. So what I, one of the things*

580

00:27:44,475 --> 00:27:47,637

*[BRIAN]: I took away from what you said is I remember I was this acting teacher, the great*

581

00:27:47,677 --> 00:27:52,620

*[BRIAN]: Joan Rosenfeld, she's in New York City.*

*And she said, you know, when you're on TV sets,*

582

00:27:52,941 --> 00:27:56,623

*[BRIAN]: it's such a joy because if you're used*

*to theater, you suddenly now have a real car*

583

00:27:56,643 --> 00:28:00,446

*[BRIAN]: door and a real mirror and a real glass.*

*Like you're no longer, there's no more theater*

584

00:28:00,486 --> 00:28:04,288

*[BRIAN]: pretending that everything isn't around*

*you because on a TV set and also for a film*

585

00:28:04,308 --> 00:28:08,872

*[BRIAN]: set, Usually on theater set, there's  
a wall missing because we've got a fourth wall*

586

00:28:08,913 --> 00:28:12,677

*[BRIAN]: going on, right? So in a film set,  
you have it there and so some of that imagination*

587

00:28:12,737 --> 00:28:16,361

*[BRIAN]: isn't necessarily called upon. And  
so, coming up, taking away from what you said,*

588

00:28:16,421 --> 00:28:20,225

*[BRIAN]: it's like theater on steroids or that  
imagination that you use when you're doing*

589

00:28:20,245 --> 00:28:24,309

*[BRIAN]: a theater where you are, everything  
is inside your imagination.*

590

00:28:25,317 --> 00:28:31,821

*[Helen Day]: Yeah, and it's this beautiful marriage  
of sort of screen acting, theatre acting, and*

591

00:28:32,141 --> 00:28:35,944

*[Helen Day]: physical acting, because certainly  
if you're doing full performance capture, you've*

592

00:28:35,984 --> 00:28:40,347

*[Helen Day]: kind of got a camera right here  
capturing your face. You've got markers all*

593

00:28:40,447 --> 00:28:46,411

*[Helen Day]: over you. It's getting everything.  
But you have to have the imagination to see*

594

00:28:46,431 --> 00:28:52,214

*[Helen Day]: the whole world around you to imagine*



*that that box that you're sat on is the horse*

595

00:28:52,355 --> 00:28:57,840

*[Helen Day]: or, you know, the piece of plastic  
is an incredible weapon, you know, whatever*

596

00:28:57,900 --> 00:29:02,867

*[Helen Day]: it is, you have to do that imaginative  
work. And then as I say, there's so much more*

597

00:29:02,907 --> 00:29:06,492

*[Helen Day]: movement, even in the stiller characters,  
there has to be a greater*

598

00:29:06,030 --> 00:29:06,430

*[BRIAN]: Something.*

599

00:29:06,973 --> 00:29:08,095

*[Helen Day]: physicality, yeah,*

600

00:29:08,071 --> 00:29:09,753

*[BRIAN]: Yeah.*

601

00:29:08,135 --> 00:29:09,336

*[Helen Day]: greater something going on.*

602

00:29:09,773 --> 00:29:12,435

*[BRIAN]: So I have a question. I really wanna  
get into the 80 greater here. So I can imagine*

603

00:29:12,455 --> 00:29:16,278

*[BRIAN]: when you're on set, is the director  
looking at a screen where they're also seeing*

604

00:29:16,318 --> 00:29:19,421

*[BRIAN]: the real thing that's in your hand?*

*Are you having really short takes when you're*

605

00:29:19,441 --> 00:29:22,764

*[BRIAN]: doing PCAT? Because like, actually,  
no, I need you to reach a little higher. Like*

606

00:29:23,144 --> 00:29:26,327

*[BRIAN]: give us a little bit of like, bring  
us into the volume. That's the name of the*

607

00:29:26,527 --> 00:29:28,148

*[BRIAN]: sound stage, right? They call it a  
volume. Is that how*

608

00:29:28,157 --> 00:29:28,477

*[Helen Day]: Yeah,*

609

00:29:28,168 --> 00:29:28,789

*[BRIAN]: that's described?*

610

00:29:28,657 --> 00:29:28,877

*[Helen Day]: yeah,*

611

00:29:28,809 --> 00:29:29,149

*[BRIAN]: Yeah,*

612

00:29:29,097 --> 00:29:29,638

*[Helen Day]: exactly,*

613

00:29:29,189 --> 00:29:29,309

*[BRIAN]: yeah.*

614

00:29:29,958 --> 00:29:34,421

*[Helen Day]: exactly. No, actually the takes  
are longer. You tend to shoot the whole scene*

615

00:29:34,801 --> 00:29:39,764

*[Helen Day]: at once because you have cameras  
all around. So you've got the camera on your*

616

00:29:39,784 --> 00:29:45,128

*[Helen Day]: face right there, but you've also  
got 360 cameras all around the volume. So they're*

617

00:29:45,168 --> 00:29:49,010

*[Helen Day]: capturing everything all at once.  
So it tends to be you run the whole scene,*

618

00:29:49,351 --> 00:29:51,732

*[Helen Day]: which makes it again, much more  
like theater.*

619

00:29:51,972 --> 00:29:52,016

*[BRIAN]: Mm.*

620

00:29:52,113 --> 00:29:55,475

*[Helen Day]: We're not stopping, starting, turn  
it around. Now we'll do your close-up. Now*

621

00:29:55,495 --> 00:30:03,560

*[Helen Day]: we'll do the long shot. And sometimes  
you'll see, you know, you'll usually be given*

622

00:30:03,600 --> 00:30:06,322

*[Helen Day]: a kind of brief of how the character  
looks. If*

623

00:30:06,055 --> 00:30:06,307

*[BRIAN]: Uh huh.*

624

00:30:06,342 --> 00:30:10,325

*[Helen Day]: you're playing a sort of named*

*role, they'll sort of say, oh, this is what*

625

00:30:10,365 --> 00:30:14,528

*[Helen Day]: you're wearing because it's good  
to know if you're actually in a massive long*

626

00:30:14,568 --> 00:30:18,810

*[Helen Day]: flowing gown, or if you're in tight  
job person, you kind of need that information*

627

00:30:18,830 --> 00:30:20,071

*[Helen Day]: because it affects how you move.*

628

00:30:20,272 --> 00:30:20,450

*[BRIAN]: Right.*

629

00:30:20,812 --> 00:30:26,536

*[Helen Day]: But not always. Sometimes on for*

*spoken, I mean, I was playing loads of different*

630

00:30:26,556 --> 00:30:31,239

*[Helen Day]: characters kind of be created on  
the spot through my movement. I go, I'm going*

631

00:30:31,259 --> 00:30:36,183

*[Helen Day]: to be a child in this scene and  
I'm going to do this movement. And so I'm doing*

632

00:30:36,383 --> 00:30:41,567

*[Helen Day]: all the imaginative work that the  
artists will later kind of overlay*

633

00:30:42,035 --> 00:30:42,426

*[BRIAN]: Cool!*

634

00:30:42,047 --> 00:30:47,531



*[Helen Day]: and make it look like a character.*

*So yeah, it's an amazing collaboration between*

635

*00:30:48,132 --> 00:30:53,336*

*[Helen Day]: you, the artist, the director.*

*It's a really beautiful, beautiful way of working*

636

*00:30:53,356 --> 00:30:53,656*

*[Helen Day]: from my*

637

*00:30:53,590 --> 00:30:54,230*

*[BRIAN]: Yeah.*

638

*00:30:53,696 --> 00:30:54,176*

*[Helen Day]: point of view.*

639

*00:30:54,250 --> 00:30:56,632*

*[BRIAN]: Oh, it sounds so good. So yeah, it's*

*super collaborative is what I'm hearing you*

640

00:30:56,652 --> 00:30:57,472

*[BRIAN]: say. I'm sure they're not always that*

641

00:30:57,459 --> 00:30:57,711

*[Helen Day]: Yeah.*

642

00:30:57,492 --> 00:31:01,095

*[BRIAN]: way, but the site you're describing  
was, and that can be so, I don't know, empowering*

643

00:31:01,115 --> 00:31:05,317

*[BRIAN]: and exciting because you're like really  
part of the magic. So tell me a little bit*

644

00:31:05,357 --> 00:31:10,721

*[BRIAN]: about how you got started in this work*

*and how the first jobs kind of came, because*

645

00:31:10,741 --> 00:31:13,783

*[BRIAN]: I'm sure those people who are listening  
are like, I wish I wish. And I want everyone*

646

00:31:13,803 --> 00:31:17,105

*[BRIAN]: to also know like, Helen and I are  
also, Helen is a client to this day, we're*

647

00:31:17,125 --> 00:31:20,407

*[BRIAN]: working together. And we're also working  
on how do we get more, this can sometimes feel*

648

00:31:20,427 --> 00:31:21,708

*[BRIAN]: like, I don't know if boys club*

649

00:31:23,158 --> 00:31:23,510

*[Helen Day]: Mm-hmm.*

650

00:31:24,150 --> 00:31:29,655

*[BRIAN]: Wild West, Boys Club, how do we enter  
into this market that isn't exactly the same*

651

00:31:29,715 --> 00:31:32,438

*[BRIAN]: as anything that's already got casting  
directors and they do this? There's some of*

652

00:31:32,478 --> 00:31:36,422

*[BRIAN]: that, but we know there's a lot of  
work happening out there that isn't even in*

653

00:31:36,442 --> 00:31:40,606

*[BRIAN]: the straight line that acting careers  
happen. So can you give a little wind of how*

654

00:31:40,626 --> 00:31:44,069

*[BRIAN]: yours started and maybe we can talk  
a little bit about some of the strategies we*

655

00:31:44,089 --> 00:31:44,809

*[BRIAN]: came up with after that.*

656

00:31:45,817 --> 00:31:48,839

*[Helen Day]: Absolutely, and I'm still working  
this out. As you know, we're*

657

00:31:48,810 --> 00:31:49,032

*[BRIAN]: Yeah.*

658

00:31:48,879 --> 00:31:50,940

*[Helen Day]: still kind of going, how do we  
do this? How do we*

659

00:31:50,886 --> 00:31:51,148

[BRIAN]: Yes.

660

00:31:50,980 --> 00:31:54,562

[Helen Day]: *place the chess pieces? So I don't  
have all the answers at all. But*

661

00:31:54,455 --> 00:31:54,665

[BRIAN]: *Right.*

662

00:31:55,763 --> 00:32:00,206

[Helen Day]: *I think the reason it can sometimes  
feel like, you know, a boys club or similar*

663

00:32:01,007 --> 00:32:05,350

[Helen Day]: *is, is partly because, yes, for  
some roles, they are looking for something*

664

00:32:05,390 --> 00:32:10,133

*[Helen Day]: very, very specific. So they're looking for that particular voice, that particular*

665

00:32:10,173 --> 00:32:16,557

*[Helen Day]: physicality, that particular build, which is akin to, you know, or theatre acting*

666

00:32:16,577 --> 00:32:23,382

*[Helen Day]: that we know the way those things are cast. But sometimes, for example, with*

667

00:32:23,422 --> 00:32:28,485

*[Helen Day]: me in For Spoken, I was playing lots of different roles. And so it wasn't a*

668

00:32:28,525 --> 00:32:33,388

*[Helen Day]: specific look type of build. It was here's someone we know is good and that*

669

00:32:33,408 --> 00:32:38,632

*[Helen Day]: we like and that we can hire for  
this job. And so I think once you get hired,*

670

00:32:39,232 --> 00:32:44,356

*[Helen Day]: it's possible to then get hired  
for other stuff quite quickly because people*

671

00:32:44,396 --> 00:32:49,679

*[Helen Day]: know you and know your work. I  
think that happens less in other forms of acting.*

672

00:32:49,919 --> 00:32:54,622

*[Helen Day]: Of course, to a certain extent,  
there is like, this office knows you, or this*

673

00:32:54,662 --> 00:32:59,686



*[Helen Day]: director knows you, but I think  
within performance capture, it's just possible*

674

00:32:59,726 --> 00:33:04,529

*[Helen Day]: to be cast because someone knows  
your work and knows you're available and knows*

675

00:33:04,549 --> 00:33:07,491

*[Helen Day]: that you can bring something to  
the table. So you have to kind of get into*

676

00:33:07,511 --> 00:33:08,332

*[Helen Day]: the networks*

677

00:33:08,618 --> 00:33:08,765

*[BRIAN]: Mm-hmm.*

678

00:33:08,772 --> 00:33:13,935

*[Helen Day]: in a way that you don't necessarily  
have to do to such a large extent with film,*

679

00:33:13,955 --> 00:33:14,696

*[Helen Day]: TV, and theater.*

680

00:33:15,670 --> 00:33:16,170

*[BRIAN]: Can I stop*

681

00:33:16,058 --> 00:33:16,199

*[Helen Day]: For*

682

00:33:16,190 --> 00:33:16,270

*[BRIAN]: you*

683

00:33:16,240 --> 00:33:16,360

*[Helen Day]: me,*

684

00:33:16,310 --> 00:33:16,410

*[BRIAN]: real*

685

00:33:16,421 --> 00:33:16,501

*[Helen Day]: I...*

686

00:33:16,430 --> 00:33:17,010

*[BRIAN]: quick? I wanna stop*

687

00:33:16,985 --> 00:33:17,569

*[Helen Day]: Yes!*

688

00:33:17,030 --> 00:33:18,371

*[BRIAN]: you real quick, because I think I want*

*everyone*

689

00:33:18,153 --> 00:33:18,355

*[Helen Day]: Stop*

690

00:33:18,391 --> 00:33:18,431

*[BRIAN]: to*

691

00:33:18,395 --> 00:33:18,455

*[Helen Day]: me.*

692

00:33:18,451 --> 00:33:23,375

*[BRIAN]: just hear is it's almost like I can  
play the cello. Great, I'm gonna go look at*

693

00:33:23,395 --> 00:33:27,377

*[BRIAN]: the actors who can play the cello for  
this job. It's like I've worked with this actor*

694

00:33:27,397 --> 00:33:32,181

*[BRIAN]: before. If they're, tell me if I'm*

*wrong here, Helen, but like if you're really*

695

00:33:32,221 --> 00:33:36,123

*[BRIAN]: good at performance capture, if I'm*

*not looking for a specific body type, then*

696

00:33:36,183 --> 00:33:39,145

*[BRIAN]: I might be able to pick anybody who*

*I know who I love to work with who's really*

697

00:33:39,165 --> 00:33:43,448

*[BRIAN]: good at performance capture. Not because*

*you're all a monolithic person or they're all,*

698

00:33:43,468 --> 00:33:49,096

*[BRIAN]: your talent is the same, this world,*

*I can trust if they're good at it, I can probably*

699

00:33:49,677 --> 00:33:53,304

*[BRIAN]: cast them in this role. So there's  
not as much maybe differentiating factors to*

700

00:33:53,324 --> 00:33:56,049

*[BRIAN]: be able to show up with in this space.*

*Does that make*

701

00:33:55,957 --> 00:33:56,237

*[Helen Day]: Yeah,*

702

00:33:56,089 --> 00:33:56,309

*[BRIAN]: sense?*

703

00:33:56,577 --> 00:34:00,583

*[Helen Day]: absolutely. And I think that's,*

*I will caveat that's for some of the work.*

704

00:34:00,634 --> 00:34:00,823

*[BRIAN]: Right.*

705

00:34:00,844 --> 00:34:04,929

*[Helen Day]: Obviously there are then roles  
within games, within things that are being*

706

00:34:04,969 --> 00:34:07,153

*[Helen Day]: made, where they are very specific  
and*

707

00:34:07,170 --> 00:34:07,391

*[BRIAN]: Right.*

708

00:34:07,173 --> 00:34:08,334

*[Helen Day]: they're looking specifically*

709

00:34:07,953 --> 00:34:08,294

*[BRIAN]: We need a*

710

00:34:08,354 --> 00:34:08,414

*[Helen Day]: and*

711

00:34:08,355 --> 00:34:08,536

*[BRIAN]: six*

712

00:34:08,434 --> 00:34:08,615

*[Helen Day]: that's*

713

00:34:08,576 --> 00:34:09,460

*[BRIAN]: foot four person*

714

00:34:09,316 --> 00:34:09,616

*[Helen Day]: this.*

715



00:34:09,480 --> 00:34:11,408

*[BRIAN]: who's got a really broad chest and that like that. Yeah.*

716

00:34:11,917 --> 00:34:14,738

*[Helen Day]: Absolutely, and we need the best actor for this. We need the best voice for*

717

00:34:14,778 --> 00:34:17,180

*[Helen Day]: this, yada, yada, yada.*

718

00:34:15,450 --> 00:34:15,650

*[BRIAN]: car.*

719

00:34:17,200 --> 00:34:22,604

*[Helen Day]: But I got lucky when I first moved here. It was actually, I was still, I know*

720

00:34:22,624 --> 00:34:25,746

*[Helen Day]: it was within the first four weeks of moving here because I remember going to*

721

00:34:25,766 --> 00:34:30,209

*[Helen Day]: the audition on a scooter and the bus. So it was before I had my car.*

722

00:34:30,372 --> 00:34:30,761

*[BRIAN]: I love it.*

723

00:34:33,131 --> 00:34:37,994

*[Helen Day]: I just submitted for something on, I think it was Casting Networks.*

724

00:34:37,892 --> 00:34:38,123

*[BRIAN]: Okay.*

725

00:34:39,155 --> 00:34:43,678

*[Helen Day]: Just kind of submitted for a job  
went and did the audition and they were like,*

726

00:34:43,718 --> 00:34:47,981

*[Helen Day]: we're going to cast you in this  
game. You have a job in a game. Now that game*

727

00:34:48,441 --> 00:34:53,764

*[Helen Day]: can't talk about it. Unfortunately,  
it got put on hold for the pandemic and hasn't*

728

00:34:53,784 --> 00:34:58,548

*[Helen Day]: come back yet. But it gave me four  
months of experience of working in a volume,*

729

00:34:58,748 --> 00:35:04,552

*[Helen Day]: of working with performance capture,  
of understanding the medium practically rather*

730

00:35:04,572 --> 00:35:07,413

*[Helen Day]: than just from the workshop that  
I'd done with James*

731

00:35:07,250 --> 00:35:07,421

*[BRIAN]: Got*

732

00:35:07,434 --> 00:35:07,834

*[Helen Day]: Cameron.*

733

00:35:07,464 --> 00:35:07,528

*[BRIAN]: it.*

734

00:35:08,434 --> 00:35:11,536

*[Helen Day]: So it was it was a gift that I  
got that.*

735

00:35:12,250 --> 00:35:12,612

*[BRIAN]: Totally.*

736

00:35:12,437 --> 00:35:14,398

*[Helen Day]: you know, who knows, maybe one  
day it'll come back, we*

737

00:35:14,364 --> 00:35:14,666

*[BRIAN]: Yes,*

738

00:35:14,418 --> 00:35:14,718

*[Helen Day]: don't know.*

739

00:35:15,008 --> 00:35:15,189

*[BRIAN]: right?*

740

00:35:16,700 --> 00:35:20,502

*[Helen Day]: It was very exciting, wish I could talk about it. But then from there, when we*

741

00:35:20,522 --> 00:35:25,105

*[Helen Day]: went into the pandemic, I was like, okay, well, that's on hold. I want more work*

742

00:35:25,185 --> 00:35:30,329

*[Helen Day]: in this area. I connected with someone who's a dear friend of mine, Victoria*

743

00:35:30,409 --> 00:35:35,672

*[Helen Day]: Atkin, anyone that knows about performance capture will know about her. She's*

744

00:35:35,712 --> 00:35:41,896

*[Helen Day]: amazing, we connected. She brought me on board to help run some of her classes,*

745

00:35:42,277 --> 00:35:43,377

*[Helen Day]: She does classes*

746

00:35:43,410 --> 00:35:43,853

*[BRIAN]: Just classes*

747

00:35:43,718 --> 00:35:43,998

*[Helen Day]: in this*

748

00:35:43,873 --> 00:35:44,176

*[BRIAN]: for people*

749

00:35:44,038 --> 00:35:44,278

*[Helen Day]: work*

750

00:35:44,196 --> 00:35:44,417

*[BRIAN]: who want*

751

00:35:44,398 --> 00:35:44,898

*[Helen Day]: online.*

752

00:35:44,438 --> 00:35:46,009

*[BRIAN]: to do this work, correct? Yeah, right.*

753

00:35:46,299 --> 00:35:51,703

*[Helen Day]: Yeah. And through that, that's how I met Tom Keegan. I participated in one*

754

00:35:51,743 --> 00:35:55,986

*[Helen Day]: of his workshops and was lucky enough that he was like, I need someone like*

755

00:35:56,026 --> 00:35:57,947

*[Helen Day]: you for this game that I'm making,*



756

00:35:57,850 --> 00:35:58,042

*[BRIAN]: Got*

757

00:35:57,967 --> 00:35:58,147

*[Helen Day]: which*

758

00:35:58,085 --> 00:35:58,128

*[BRIAN]: it.*

759

00:35:58,187 --> 00:36:02,951

*[Helen Day]: turned out to be for Spoken. So,*

*I mean, that was, I mean, that's a real example*

760

00:36:03,011 --> 00:36:07,454

*[Helen Day]: of that job came through pure network,*

*network, build,*

761

00:36:07,135 --> 00:36:07,221

[BRIAN]: Yep.

762

00:36:07,494 --> 00:36:13,020

[Helen Day]: *build, talk to people, as with  
so many things, bit of right place at the right*

763

00:36:13,080 --> 00:36:13,461

[Helen Day]: *time.*

764

00:36:13,690 --> 00:36:15,331

[BRIAN]: Yeah.

765

00:36:14,685 --> 00:36:15,608

[Helen Day]: *But you know, it wasn't*

766

00:36:15,351 --> 00:36:15,751

[BRIAN]: *But putting*

767

00:36:15,668 --> 00:36:15,989

*[Helen Day]: a job,*

768

00:36:15,771 --> 00:36:16,092

*[BRIAN]: yourself*

769

00:36:16,049 --> 00:36:16,430

*[Helen Day]: I guess,*

770

00:36:16,132 --> 00:36:16,452

*[BRIAN]: in the right*

771

00:36:16,471 --> 00:36:16,591

*[Helen Day]: that*

772

00:36:16,472 --> 00:36:16,792

*[BRIAN]: place.*

773

00:36:16,611 --> 00:36:16,932

*[Helen Day]: was,*

774

00:36:17,152 --> 00:36:18,073

*[BRIAN]: I want to make sure we don't met*

775

00:36:17,955 --> 00:36:18,236

*[Helen Day]: yeah.*

776

00:36:18,113 --> 00:36:20,595

*[BRIAN]: you put yourself in the right place.*

*And then I just want to check in the job that*

777

00:36:20,615 --> 00:36:24,398

*[BRIAN]: you so we'll link to the Victoria's*

*whatever she her website or whatever the stuff*

778

00:36:24,418 --> 00:36:24,859

*[BRIAN]: that she offers.*

779

00:36:24,848 --> 00:36:24,890

*[Helen Day]: Mm.*

780

00:36:24,879 --> 00:36:28,302

*[BRIAN]: So for those of you who are listening,  
but I wanted to make also sure like the first*

781

00:36:28,342 --> 00:36:31,364

*[BRIAN]: job that you booked that you got off  
of casting networks when you showed up to set,*

782

00:36:31,384 --> 00:36:34,487

*[BRIAN]: we're like, oh, here it goes. Let's  
see how this goes. I don't know what I'm doing*

783

00:36:34,527 --> 00:36:37,269

*[BRIAN]: here. Or were you like, I think I'm  
going to know how to you tell us through that*

784

00:36:37,309 --> 00:36:37,909

*[BRIAN]: first job.*

785

00:36:39,417 --> 00:36:43,439

*[Helen Day]: I mean, yeah, it was kind of somewhere  
between the two because I was like, okay, they*

786

00:36:43,479 --> 00:36:49,843

*[Helen Day]: like me, they cast me great. And  
I was like, I do know what this is*

787

00:36:50,135 --> 00:36:50,328

*[BRIAN]: Right.*

788

00:36:50,144 --> 00:36:55,247

*[Helen Day]: because of the workshop that I'd done over at Lightstorm. But obviously I was*

789

00:36:55,287 --> 00:36:59,970

*[Helen Day]: also like, I hope I'm gonna bring what they need.*

790

00:37:00,171 --> 00:37:00,364

*[BRIAN]: Right.*

791

00:37:00,831 --> 00:37:05,854

*[Helen Day]: But then fairly quickly, once I started doing it, I was like, oh, this feels*

792

00:37:05,894 --> 00:37:06,655

*[Helen Day]: like home*

793

00:37:06,850 --> 00:37:06,892

*[BRIAN]: Mm.*

794

00:37:07,035 --> 00:37:13,719

*[Helen Day]: to me. kind of belong. And that's  
a, that's a lovely feeling. Cause don't we*

795

00:37:13,779 --> 00:37:17,602

*[Helen Day]: so often, I think as actors, you  
know, we, we battle to get the job, then we*

796

00:37:17,642 --> 00:37:20,444

*[Helen Day]: get the job, then we worry about  
doing the job, then we get on set and then*

797

00:37:20,464 --> 00:37:24,146

*[Helen Day]: we worry that we're not good enough*



*because nobody's giving us the feedback that*

798

00:37:24,166 --> 00:37:27,809

*[Helen Day]: we normally get in class or whatever.*

*And you know, the whole thing can just be like*

799

00:37:27,849 --> 00:37:28,729

*[Helen Day]: this whirlwind of*

800

00:37:28,757 --> 00:37:28,907

*[BRIAN]: Yeah.*

801

00:37:29,310 --> 00:37:33,633

*[Helen Day]: negativity. So it was really nice*

*just to kind of be like, it's not like everyone*

802

00:37:33,653 --> 00:37:40,699

*[Helen Day]: was going, oh, you're amazing.*

*It was just like, I, I know that I am bringing*

803

00:37:40,779 --> 00:37:45,646

*[Helen Day]: something to the table. Actually,*

*I feel like I don't need validation and not*

804

00:37:45,670 --> 00:37:45,917

*[BRIAN]: Hmm*

805

00:37:45,686 --> 00:37:51,776

*[Helen Day]: in a big headed way, just in a*

*this feels like my place where I belong.*

806

00:37:51,190 --> 00:37:51,891

*[BRIAN]: I love that. So*

807

00:37:51,836 --> 00:37:51,996

*[Helen Day]: So.*

808

00:37:51,911 --> 00:37:54,752

*[BRIAN]: Helen, that's such a good feeling that you described that really, really well, I think.*

809

00:37:54,913 --> 00:37:59,536

*[BRIAN]: And then, so then, uh, so as, as people are listening to that, you can see what I like*

810

00:37:59,576 --> 00:38:03,118

*[BRIAN]: about the story is Helen said, I went to casting networks or whatever website we*

811

00:38:03,138 --> 00:38:03,999

*[BRIAN]: found out, maybe it was casting*

812

00:38:03,817 --> 00:38:04,708

*[Helen Day]: Mm-hmm.*

813

00:38:04,019 --> 00:38:04,459

*[BRIAN]: networks, right?*

814

00:38:04,768 --> 00:38:04,971

*[Helen Day]: I think*

815

00:38:04,899 --> 00:38:05,019

*[BRIAN]: And,*

816

00:38:05,011 --> 00:38:05,295

*[Helen Day]: it was.*

817

00:38:05,460 --> 00:38:10,203

*[BRIAN]: right. And so anyone listening, the act, the auditions that you have access to,*

818

00:38:10,283 --> 00:38:12,965

*[BRIAN]: whether it's actor's access or casting networks, or whatever, there's a reason you*

819

00:38:12,985 --> 00:38:16,627

*[BRIAN]: have access to them, it means they're probably open to seeing people of different*

820

00:38:16,647 --> 00:38:21,050

*[BRIAN]: various levels of skill or whatever. And that might end up. and the opportunity,*

821

00:38:21,070 --> 00:38:24,132

*[BRIAN]: which is a great way to kind of underline that. Well, let's talk about, let's, you and*

822

00:38:24,172 --> 00:38:28,235

*[BRIAN]: I just talk about to kind of, uh, end this day with everybody, this conversation,*

823

00:38:28,255 --> 00:38:30,616

*[BRIAN]: because there's so much more we could talk about, but I want to talk a little bit*

824

00:38:30,636 --> 00:38:35,179

*[BRIAN]: about our, like strategy that we've tried a little bit to try to break into this*

825

00:38:35,239 --> 00:38:37,041

*[BRIAN]: boys club a little bit. If you're down for sharing a*

826

00:38:37,057 --> 00:38:37,660

*[Helen Day]: Mmm.*

827

00:38:37,061 --> 00:38:38,001

*[BRIAN]: little bit, that could we try that.*

828

00:38:38,767 --> 00:38:39,792

*[Helen Day]: Yeah, of course.*

829

00:38:39,282 --> 00:38:40,283

*[BRIAN]: Yeah. And everyone,*

830

00:38:39,994 --> 00:38:40,335

*[Helen Day]: Yeah.*

831

00:38:40,523 --> 00:38:43,285

*[BRIAN]: we are in process with this. We're going to, we'll have to get back to you some*

832

00:38:43,305 --> 00:38:48,328

*[BRIAN]: day to let you know how it's working.*

*So I brought my typical, if you, if you build*

833

00:38:48,368 --> 00:38:52,091

*[BRIAN]: it, they will not come unless you tell them about it. energy, which is you got to*

834

00:38:52,111 --> 00:38:54,232

*[BRIAN]: go out there and say, I want to do this work. You have to keep saying, I didn't*

835

00:38:54,252 --> 00:38:58,295

*[BRIAN]: want to do this work over and over and over again. Um, and Helen cut me off in*

836

00:38:58,335 --> 00:38:59,896

*[BRIAN]: here or help me make sure I don't miss any steps*

837

00:38:59,903 --> 00:39:00,027

*[Helen Day]: Mm-hmm.*



838

00:38:59,936 --> 00:39:05,860

*[BRIAN]: here. And so we, Helen found a great resource with a bunch of game, video game production*

839

00:39:05,880 --> 00:39:08,582

*[BRIAN]: companies. Is that right? Is that what we find?*

840

00:39:07,840 --> 00:39:09,349

*[Helen Day]: Yeah, yeah, most*

841

00:39:09,182 --> 00:39:09,382

*[BRIAN]: Yeah.*

842

00:39:09,389 --> 00:39:10,415

*[Helen Day]: of them are.*

843

00:39:09,842 --> 00:39:10,043

*[BRIAN]: Yeah.*

844

00:39:10,435 --> 00:39:10,596

*[Helen Day]: Yeah.*

845

00:39:10,923 --> 00:39:14,065

*[BRIAN]: And let's just all remember if someone gives you a list of things, you know, there's*

846

00:39:14,085 --> 00:39:16,907

*[BRIAN]: going to be email addresses that work and that don't work and you're going to have*

847

00:39:16,927 --> 00:39:19,729

*[BRIAN]: to enter through their website and maybe you're going to reach the mail room.*

848

00:39:20,410 --> 00:39:23,372

*[BRIAN]: reach if you're trying to email these people, right? Or it's going to go to some*

849

00:39:23,412 --> 00:39:29,796

*[BRIAN]: spam bot on their side, right? And we said, well, let's invest in reaching out*

850

00:39:29,836 --> 00:39:33,899

*[BRIAN]: to these studios with a, we have no idea if we're landing in the right mailbox,*

851

00:39:33,939 --> 00:39:37,861

*[BRIAN]: can you direct us to the right mailbox kind of energy, right? I think that's how we*

852

00:39:37,881 --> 00:39:38,402

*[BRIAN]: did that. Right.*

853

00:39:38,377 --> 00:39:38,681

*[Helen Day]: Yeah,*

854

00:39:38,462 --> 00:39:38,982

*[BRIAN]: And then, and*

855

00:39:38,985 --> 00:39:39,675

*[Helen Day]: absolutely.*

856

00:39:39,022 --> 00:39:45,046

*[BRIAN]: Helen, you did some incredible stuff*

*along the way, uh, which was redoing your motion*

857

00:39:45,086 --> 00:39:46,587

*[BRIAN]: capture, put performance capture real*

858

00:39:47,221 --> 00:39:47,450

*[Helen Day]: Mm-hmm.*

859

00:39:47,828 --> 00:39:51,452

*[BRIAN]: and created it in a really unique,  
I think. gets pretty cool way where you're*

860

00:39:51,492 --> 00:39:54,178

*[BRIAN]: narrating your way through some of  
it, right? And so that they could see*

861

00:39:53,917 --> 00:39:54,117

*[Helen Day]: Thanks for watching!*

862

00:39:55,060 --> 00:39:58,628

*[BRIAN]: that this isn't some Yahoo just saying,  
hey, I think I can do this. Will you meet me*

863

00:39:58,748 --> 00:39:59,189

*[BRIAN]: kind of thing.*

864

00:39:59,437 --> 00:40:03,759

*[Helen Day]: Well, I think because when I was making it particularly, I didn't, I sort of*

865

00:40:03,779 --> 00:40:08,523

*[Helen Day]: had done the game that didn't get finished, that's still on hold. I'd done the*

866

00:40:08,563 --> 00:40:14,366

*[Helen Day]: work on Forspoken, but that wasn't out yet. And so it's kind of like, how do I*

867

00:40:14,687 --> 00:40:18,669

*[Helen Day]: show people that I can do this work? I also had the Henson work, but I think*

868

00:40:18,709 --> 00:40:22,612

*[Helen Day]: that wasn't out even at the time.*

*So what I did was I made a reel that said,*

869

00:40:22,672 --> 00:40:27,395

*[Helen Day]: hey, this is me. And this is, here's*

*very briefly some of the work I've been doing.*

870

00:40:29,417 --> 00:40:34,700

*[Helen Day]: you why I'm good at it. So I then*

*show some of me moving with Cirque, some of*

871

00:40:34,720 --> 00:40:38,643

*[Helen Day]: me flying through the air, a bit*

*of Miss Peregrine's, and I narrate, as you*

872

00:40:38,683 --> 00:40:43,386

*[Helen Day]: say, I narrate my way through it*

*going, this is why these skills are transferable*

873

00:40:43,646 --> 00:40:45,847

*[Helen Day]: to the arena that you, person watching*

874

00:40:45,792 --> 00:40:46,007

*[BRIAN]: Right.*

875

00:40:45,867 --> 00:40:51,251

*[Helen Day]: this, are working in. I've modified*

*that reel a little bit now, but it still takes*

876

00:40:51,311 --> 00:40:53,152

*[Helen Day]: the same feel really.*

877

00:40:53,378 --> 00:40:53,528

*[BRIAN]: Yeah.*



878

00:40:54,273 --> 00:40:56,935

*[Helen Day]: And I'm very happy with it, because  
it kind of is like, this is how I'd talk to*

879

00:40:56,955 --> 00:40:58,196

*[Helen Day]: you if you gave me 90 seconds*

880

00:40:58,234 --> 00:40:58,444

*[BRIAN]: Yeah.*

881

00:40:59,417 --> 00:41:00,946

*[Helen Day]: You should have me in your studio.*

*I'd go,*

882

00:41:00,810 --> 00:41:01,970

*[BRIAN]: Right.*

883

00:41:01,409 --> 00:41:02,154

*[Helen Day]: here, this is why.*

884

00:41:02,431 --> 00:41:07,054

*[BRIAN]: Yes. And I also think what everyone  
can listen, can hear inside of this is if you*

885

00:41:07,094 --> 00:41:10,236

*[BRIAN]: start to move into this direction of  
performance capture, it's going to be a while*

886

00:41:10,256 --> 00:41:13,558

*[BRIAN]: before you get footage that you're  
actually allowed to share with the world of*

887

00:41:13,578 --> 00:41:19,122

*[BRIAN]: you actually doing the thing. And so  
you got to come up with some stopgap ad hoc*

888

00:41:19,322 --> 00:41:22,604

*[BRIAN]: version of you showing that I actually know what I'm doing here so that people can*

889

00:41:23,084 --> 00:41:26,907

*[BRIAN]: believe you. I think you can maybe rest on your credits, but I think seeing you*

890

00:41:26,967 --> 00:41:32,751

*[BRIAN]: is going to always be so much more powerful. to do this, right? We have this great*

891

00:41:32,791 --> 00:41:37,214

*[BRIAN]: reel that we love. We have a little bit of story. And then we have basically cold*

892

00:41:37,274 --> 00:41:39,936

*[BRIAN]: reach outs to these people. And one*

*of the things that, Helen, I'm just going to*

893

00:41:39,956 --> 00:41:43,618

*[BRIAN]: call out your, how I really championing*

*you here is I was like, Helen,*

894

00:41:43,667 --> 00:41:43,752

*[Helen Day]: Oh.*

895

00:41:44,198 --> 00:41:48,842

*[BRIAN]: I do not think you should be the one*

*to do this because, and here's, let me tell*

896

00:41:48,862 --> 00:41:51,924

*[BRIAN]: what I mean to say, do this. So when*

*you're given a big database or you find a big*

897

00:41:51,964 --> 00:41:54,665

*[BRIAN]: database, like I said, there's going to be email addresses you can find and ones*

898

*00:41:54,685 --> 00:41:57,868*

*[BRIAN]: that you can't have to do a little bit of research. And I'm going to imagine most*

899

*00:41:57,908 --> 00:42:02,411*

*[BRIAN]: of the actors listening or all the creatives pretty busy in full lives. And when*

900

*00:42:02,431 --> 00:42:07,034*

*[BRIAN]: you're literally drilling down a database over day after day after day, it's not necessarily*

901

*00:42:07,074 --> 00:42:10,197*

*[BRIAN]: the best time spent. When you're at the point in your career where Helen is where*

902

00:42:10,717 --> 00:42:14,300

*[BRIAN]: she's also maybe recording an audio book or going to an audition and doing a voiceover,*

903

00:42:14,600 --> 00:42:16,962

*[BRIAN]: all the things that she does to keep her body in shape, right? For this, right?*

904

00:42:17,382 --> 00:42:20,525

*[BRIAN]: That this would be the kind of thing to hire someone or if you can't afford to get*

905

00:42:20,545 --> 00:42:23,587

*[BRIAN]: a little help in this space to get, right? Because what*

906

00:42:23,617 --> 00:42:23,917

*[Helen Day]: I'm*

907

00:42:23,767 --> 00:42:23,867

[BRIAN]: I,

908

00:42:24,037 --> 00:42:24,277

[Helen Day]: so

909

00:42:24,308 --> 00:42:25,508

[BRIAN]: yeah,

910

00:42:24,337 --> 00:42:25,778

[Helen Day]: pleased you pushed me on that

911

00:42:25,929 --> 00:42:26,669

[BRIAN]: yeah, tell us why.

912

00:42:27,859 --> 00:42:32,903

*[Helen Day]: because my natural instinct is,  
again, I think as actors we so train ourselves*

913

00:42:32,923 --> 00:42:37,706

*[Helen Day]: to be like in this, I don't know  
if there's ever any money coming ever again.*

914

00:42:37,746 --> 00:42:42,969

*[Helen Day]: So even though I survived very  
well in Los Angeles, I still have that mindset*

915

00:42:42,989 --> 00:42:46,652

*[Helen Day]: of like, oh, don't spend where  
I don't have to spend, which I think is generally*

916

00:42:46,672 --> 00:42:50,594

*[Helen Day]: quite healthy. But you were like,  
no, this is an investment in your career.*



917

00:42:53,997 --> 00:43:00,241

*[Helen Day]: and getting weighed down with the process of inputting data into a spreadsheet,*

918

00:43:00,721 --> 00:43:04,544

*[Helen Day]: which for someone else can be a nice little earn something in our job. But*

919

00:43:04,584 --> 00:43:08,687

*[Helen Day]: to me would be like, oh, I'm going, I'm going nowhere. This is killing me.*

920

00:43:08,992 --> 00:43:09,142

*[BRIAN]: Bye bye.*

921

00:43:09,207 --> 00:43:14,390

*[Helen Day]: And you, you pushed me to hire someone to do it. And I'm so pleased for a*

922

00:43:14,430 --> 00:43:16,572

*[Helen Day]: start. It wouldn't be done now*

*if*

923

00:43:16,512 --> 00:43:16,783

*[BRIAN]: Yes!*

924

00:43:16,672 --> 00:43:23,978

*[Helen Day]: I hadn't hired someone to do it.*

*Oh, for a second, my head space around it data*

925

00:43:23,998 --> 00:43:27,449

*[Helen Day]: would be so much more like negative*

*and needy and*

926

00:43:27,470 --> 00:43:28,470

*[BRIAN]: Totally.*

927

00:43:27,489 --> 00:43:28,232

*[Helen Day]: slow and*

928

00:43:28,750 --> 00:43:29,551

*[BRIAN]: Yeah. And what Helen just*

929

00:43:29,476 --> 00:43:29,696

*[Helen Day]: yeah.*

930

00:43:29,571 --> 00:43:32,013

*[BRIAN]: said, I want everyone to hear this.*

*So I know that we don't always have the resources*

931

00:43:32,053 --> 00:43:34,514

*[BRIAN]: to be able to hire someone else, but*

*maybe it can be something where you trade or*

932

00:43:34,554 --> 00:43:37,116

*[BRIAN]: you put them on tape or whatever it  
is where you try to get somebody else. Because*

933

00:43:37,156 --> 00:43:42,820

*[BRIAN]: here's why. The unattached person who's  
doing this will not have every second thought*

934

00:43:42,840 --> 00:43:46,702

*[BRIAN]: of, well, should I be doing this anyway?  
And this person's isn't going to like me. Maybe*

935

00:43:46,722 --> 00:43:50,465

*[BRIAN]: this company shouldn't go on my list.  
And they will not have any of those thoughts.*

936

00:43:50,565 --> 00:43:54,968

*[BRIAN]: They will get it done because they're*

*doing it to just do it. And so that's where*

937

00:43:54,988 --> 00:43:59,814

*[BRIAN]: there's the reason why. Let's throw  
some money at this. It was, I knew that the*

938

00:43:59,875 --> 00:44:00,616

*[BRIAN]: mindset of sitting*

939

00:44:00,409 --> 00:44:00,452

*[Helen Day]: Mm.*

940

00:44:00,636 --> 00:44:04,204

*[BRIAN]: there, because the truth is, I think  
Helen, we figured out that like out of a hundred,*

941

00:44:04,284 --> 00:44:06,889

*[BRIAN]: how many did we actually get? Was there*

*some, how did that work out? Do you remember?*

942

00:44:07,677 --> 00:44:11,159

*[Helen Day]: Ah, I can't remember the exact figures, but it's like something like out of*

943

00:44:11,239 --> 00:44:15,322

*[Helen Day]: mailing 100, something like 25%, there's a bounce back rate.*

944

00:44:15,535 --> 00:44:15,707

*[BRIAN]: Right.*

945

00:44:15,762 --> 00:44:21,946

*[Helen Day]: You know, there's a certain amount of automated responses. It's only, I had a*

946

00:44:22,006 --> 00:44:25,388

*[Helen Day]: handful of people reply to me and  
say, thank you, we're now gonna put you in*

947

00:44:25,428 --> 00:44:30,752

*[Helen Day]: a file and you know, we know where  
you are type thing. So it's a relatively low*

948

00:44:30,812 --> 00:44:31,392

*[Helen Day]: kind of*

949

00:44:31,490 --> 00:44:32,115

*[BRIAN]: return, there's*

950

00:44:32,133 --> 00:44:32,693

*[Helen Day]: response,*

951

00:44:32,156 --> 00:44:33,023

*[BRIAN]: no return on investment,*

952

00:44:32,713 --> 00:44:32,973

*[Helen Day]: right?*

953

00:44:33,043 --> 00:44:33,649

*[BRIAN]: yeah, yeah, yeah.*

954

00:44:34,795 --> 00:44:39,158

*[Helen Day]: But I do think, you know, you keep reminding me game. This is about building a*

955

00:44:39,198 --> 00:44:43,100

*[Helen Day]: career over time. This isn't about, I mean, great if it turns into a job tomorrow.*

956

00:44:43,220 --> 00:44:45,962

*[Helen Day]: Wonderful. Um, universe. Thank you. I'd like*



957

00:44:45,853 --> 00:44:46,060

[BRIAN]: Yes.

958

00:44:46,002 --> 00:44:52,166

[Helen Day]: *that. But at the same time, this is also about looking at the long game, taking*

959

00:44:52,226 --> 00:44:55,689

[Helen Day]: *time, building those contacts and then keeping on reaching out to them.*

960

00:44:55,694 --> 00:44:55,984

[BRIAN]: Yes.

961

00:44:55,789 --> 00:45:00,031

[Helen Day]: *And again, you keep, you keep me honest on this because it's so easy for me*

962

00:45:00,071 --> 00:45:03,554

*[Helen Day]: to fall back into a place of, I  
probably shouldn't bother them because they*

963

00:45:03,594 --> 00:45:04,394

*[Helen Day]: probably don't want to hear*

964

00:45:04,270 --> 00:45:04,571

*[BRIAN]: Quipping*

965

00:45:04,434 --> 00:45:04,715

*[Helen Day]: from me.*

966

00:45:04,612 --> 00:45:04,752

*[BRIAN]: so*

967

00:45:04,755 --> 00:45:04,815

*[Helen Day]: And*

968

00:45:04,813 --> 00:45:05,195

*[BRIAN]: English.*

969

00:45:04,875 --> 00:45:05,475

*[Helen Day]: I, you know, just*

970

00:45:05,457 --> 00:45:05,738

*[BRIAN]: Quipping*

971

00:45:05,535 --> 00:45:05,915

*[Helen Day]: being*

972

00:45:05,758 --> 00:45:06,322

*[BRIAN]: so English.*

973

00:45:06,055 --> 00:45:11,603

*[Helen Day]: so polite. I'm like, no, we're sending it and who cares? And if*

974

00:45:11,575 --> 00:45:11,845

*[BRIAN]: Yes.*

975

00:45:11,623 --> 00:45:14,848

*[Helen Day]: it's the wrong inbox, they'll just delete. It's not a problem, you*

976

00:45:14,854 --> 00:45:15,145

*[BRIAN]: Yes.*

977

00:45:14,868 --> 00:45:19,836

*[Helen Day]: know, and kind of keeping me in that head space is really good for me.*

978

00:45:20,190 --> 00:45:23,372

*[BRIAN]: Yes. And so one of the things I want to make sure everyone hears is, you know, if*

979

00:45:23,412 --> 00:45:26,274

*[BRIAN]: Helen books one job with one of these people, there's no, she'll be paid back for*

980

00:45:26,594 --> 00:45:28,675

*[BRIAN]: any investment she's made. She books anything*

981

00:45:28,358 --> 00:45:28,932

*[Helen Day]: Absolutely.*

982

00:45:28,695 --> 00:45:32,678

*[BRIAN]: with it. Right. So after it kind of put the math that way, more than paid back,*

983

00:45:32,718 --> 00:45:36,340

*[BRIAN]: I think. And the other part of it is  
Helen just tapped into the second big phase*

984

00:45:36,380 --> 00:45:39,903

*[BRIAN]: of this is it's not a one and done.  
These people will now hear from Helen maybe*

985

00:45:39,923 --> 00:45:43,985

*[BRIAN]: every three, four, six weeks will come  
up with a cadence so that hopefully one day*

986

00:45:44,005 --> 00:45:47,788

*[BRIAN]: she's going to hit their inbox on the  
day that they're looking. Um, and remember,*

987

00:45:48,108 --> 00:45:50,930

*[BRIAN]: you're not taking up space. You're solving a problem. I mean, you're taking up*

988

*00:45:50,950 --> 00:45:51,190*

*[BRIAN]: space,*

989

*00:45:51,000 --> 00:45:51,312*

*[Helen Day]: Mm-hmm.*

990

*00:45:51,230 --> 00:45:54,593*

*[BRIAN]: babe. You're not pestering anyone.*

*You're solving a problem. And you're not going*

991

*00:45:54,633 --> 00:45:59,096*

*[BRIAN]: in with a desperate voice, which I think is the big change here. So I want everyone*

992

*00:45:59,116 --> 00:46:03,159*

*[BRIAN]: just to kind of clock that as an approach.*

*We'll let you know how this goes as we continue*

993

*00:46:03,179 --> 00:46:04,640*

*[BRIAN]: to talk about it, right? As we continue*

*to*

994

*00:46:04,879 --> 00:46:05,251*

*[Helen Day]: Mm-hmm.*

995

*00:46:05,080 --> 00:46:11,865*

*[BRIAN]: do this. And Helen, before we go from*

*this conversation today, what has, if you were*

996

*00:46:11,885 --> 00:46:16,948*

*[BRIAN]: to say, the big takeaway from being*

*in Los Angeles in your career, what has it*

997



00:46:16,988 --> 00:46:18,789

*[BRIAN]: taught you just about yourself?*

998

00:46:20,217 --> 00:46:33,585

*[Helen Day]: Ooh, so much. It's been a huge reminder to be open to what comes. And it's*

999

00:46:33,625 --> 00:46:38,229

*[Helen Day]: funny because I've said that prior to moving to LA. Like I never expected to work*

1000

00:46:38,269 --> 00:46:42,031

*[Helen Day]: in the circus. I never expected to be a puppeteer. When I, you know, leaving*

1001

00:46:42,091 --> 00:46:46,654

*[Helen Day]: university drama school, I thought I was gonna be a Shakespearean actress. And*

1002

00:46:46,734 --> 00:46:51,157

*[Helen Day]: I don't think I've, I think I've  
done one Shakespeare show professional career.*

1003

00:46:51,898 --> 00:46:57,021

*[Helen Day]: And coming here, it felt like a  
rebirth almost. It felt like I was kind of*

1004

00:46:57,041 --> 00:47:03,065

*[Helen Day]: starting again. And again, I was  
like, wow, you have to stay open to the possibilities*

1005

00:47:03,105 --> 00:47:06,848

*[Helen Day]: that present themselves. Of course,  
you know, it's good to have goals and kind*

1006

00:47:06,868 --> 00:47:09,589

*[Helen Day]: of go, I really want to do that.*

*I really want to do that. But along the way,*

1007

00:47:09,629 --> 00:47:13,592

*[Helen Day]: things are going to present and go, what about this? And you don't have to*

1008

00:47:13,652 --> 00:47:18,315

*[Helen Day]: do everything, but I think it's really healthy just to stay open. Because without*

1009

00:47:20,597 --> 00:47:24,223

*[Helen Day]: to do that video game, for example, I would have been like, no, I'm doing Thelma*

1010

00:47:24,243 --> 00:47:30,353

*[Helen Day]: and TV. And kind of just with that openness possibilities come and adventures*

1011

00:47:30,393 --> 00:47:31,976

*[Helen Day]: abound and I love an adventure.*

1012

00:47:32,310 --> 00:47:36,372

*[BRIAN]: Yeah, I think that's like the theme of this conversation today. One thing we didn't*

1013

00:47:36,392 --> 00:47:39,995

*[BRIAN]: talk about today, but I just want to applaud Helen for y'all, is that Helen has*

1014

00:47:40,035 --> 00:47:44,458

*[BRIAN]: some killer habits that she does every single quarter, and there are numbers attached*

1015

00:47:44,498 --> 00:47:47,260

*[BRIAN]: to them, and we'll have to save that for a different episode, but I just want to*

1016

00:47:47,280 --> 00:47:51,502

*[BRIAN]: just applaud you for being one of the first clients, who I will say that I worked*

1017

00:47:51,542 --> 00:47:57,486

*[BRIAN]: with, who really said yes to habits, and then said yes to charting the numbers of*

1018

00:47:57,546 --> 00:48:00,108

*[BRIAN]: these. So one of the things that I'll just give one little tiny takeaway is I remember,*

1019

00:48:00,128 --> 00:48:03,470

*[BRIAN]: Helen, when we were talking about your audiobook stuff, like we need to do this many*

1020

00:48:03,510 --> 00:48:07,553

*[BRIAN]: reach outs every quarter and we figured*

*out, actually we can cut that in half and still*

1021

00:48:07,754 --> 00:48:11,276

*[BRIAN]: get the amount of business that you want. It, we think, we think so far, right?*

1022

00:48:11,336 --> 00:48:11,476

*[BRIAN]: That's*

1023

00:48:11,500 --> 00:48:11,764

*[Helen Day]: Yeah,*

1024

00:48:11,737 --> 00:48:11,917

*[BRIAN]: right.*

1025

00:48:12,232 --> 00:48:12,415

*[Helen Day]: yeah.*

1026

00:48:12,337 --> 00:48:15,659

*[BRIAN]: And that was just really exciting to see that, you know, sometimes we put a habit*

1027

00:48:15,679 --> 00:48:19,883

*[BRIAN]: that's bigger than we think it needs to be, and then we learn by time passing as*

1028

00:48:19,923 --> 00:48:23,685

*[BRIAN]: opposed to nothing happened equals that the habit didn't do anything, right? We*

1029

00:48:23,705 --> 00:48:24,686

*[BRIAN]: just kind of stay with*

1030

00:48:24,658 --> 00:48:24,920

*[Helen Day]: Yeah.*

1031

00:48:24,726 --> 00:48:26,768

*[BRIAN]: the habit and see what happens. So  
that's a mini*

1032

00:48:26,653 --> 00:48:26,975

*[Helen Day]: And it's.*

1033

00:48:26,968 --> 00:48:28,529

*[BRIAN]: little signing mini habit lesson there.*

1034

00:48:29,357 --> 00:48:33,759

*[Helen Day]: It's so good for someone like me  
because I love something being done. I love*

1035

00:48:33,779 --> 00:48:38,162

*[Helen Day]: a project being finished. So the  
habits become, although they're ongoing, they*



1036

00:48:38,222 --> 00:48:42,826

*[Helen Day]: also are like, check, I did my  
five reach outs to this area of the industry.*

1037

00:48:42,414 --> 00:48:42,607

*[BRIAN]: Right.*

1038

00:48:43,186 --> 00:48:46,908

*[Helen Day]: Check, I finished that for this  
month. And it makes me feel good and it makes*

1039

00:48:46,948 --> 00:48:51,771

*[Helen Day]: me feel in control of something  
because I think in this game, there's so much*

1040

00:48:51,791 --> 00:48:56,054

*[Helen Day]: that we're not in control of and  
that can feel overwhelming. And so to go, well,*

1041

00:48:56,134 --> 00:49:00,118

*[Helen Day]: I can be in control of, as you say with audio books, times I reach out to*

1042

00:49:00,159 --> 00:49:04,489

*[Helen Day]: publishers every month. I can do that and I can see it happening and I can chart*

1043

00:49:04,569 --> 00:49:07,556

*[Helen Day]: it and that for me for my mindset that's really useful.*

1044

00:49:07,870 --> 00:49:11,192

*[BRIAN]: Oh, I love it so much. Thank you so much, Helen, for today. I don't want to keep*

1045

00:49:11,212 --> 00:49:13,274

*[BRIAN]: you anymore. You've been here for a while, but I just want to thank you so much*

1046

00:49:13,294 --> 00:49:17,158

*[BRIAN]: for sharing from the bottom, from your openness, like truly. If you haven't watched*

1047

00:49:17,178 --> 00:49:19,880

*[BRIAN]: us on YouTube, I just encourage you to go over there because Helen is such a delight.*

1048

00:49:20,701 --> 00:49:25,185

*[BRIAN]: And I know we'll be following along all the PCAP, MOCAP puppetry acting that you*

1049

00:49:25,225 --> 00:49:29,408

*[BRIAN]: do. Helen, is there places where anybody could follow along with your journey that they*

1050

00:49:29,448 --> 00:49:30,889

*[BRIAN]: might want to just see what's going on with you?*

1051

00:49:32,218 --> 00:49:40,569

*[Helen Day]: Absolutely. My website is hellandayactress.com and then my Instagram is littlebird7. That's*

1052

00:49:40,749 --> 00:49:44,434

*[Helen Day]: mostly images of my dog but I think that's good for anyone to see so*

1053

00:49:44,410 --> 00:49:44,551

*[BRIAN]: Oh,*

1054

00:49:44,594 --> 00:49:44,834

*[Helen Day]: you know.*



## Ep. 119 - Helen Day - Transcript

1055

00:49:44,892 --> 00:49:48,489

*[BRIAN]: she has an adorable dog. Thank you so much for joining us today, Helen.*

1056

00:49:49,618 --> 00:49:50,895

*[Helen Day]: Of course, thank you for having me.*