

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

Speaker 1 (BRIAN) ([00:08](#)):

I just wanna welcome to the show, Ditte Maria le-Fevre, you're coming into us from where? Tell everybody where you're at.

Speaker 2 (DITTE) ([00:18](#)):

I'm in Denmark cope. Yes. Thank you so much for having me. Oh

Speaker 1 ([00:22](#)):

My God. I'm so glad you're here. And I'm just, it makes me feel like super international and fabulous, even by having you say that. So thanks. Also Ditte had our headshot done today. So I, this is a big actor day for you, I guess.

Speaker 2 ([00:32](#)):

Yes, definitely. Yeah. And they go and everything was done in my home.

Speaker 1 ([00:36](#)):

Oh, really? The photographer comes to your house. Yes. Is that typical? Is

Speaker 2 ([00:40](#)):

That typical? No, it's not. But she said, I, I wanna come to your place. So that was,

Speaker 1 ([00:45](#)):

Oh God, my gosh. How cool. Yeah, then was it all natural lighting? Did she also bring lighting and

Speaker 2 ([00:48](#)):

Stuff? Yeah. Oh, she did, but I live on the fourth floor and there's so much light right now, so we didn't use anything. Yeah.

Speaker 1 ([00:54](#)):

Wait, I feel like you just tapped everyone. Here's like, wait, when can we, we need, I want that, like, I want the, I wanna not tole my clothes and drive to another place. Like we all we've you guys, this is a cottage industry. Let's begin it. Um, so let's talk about, let's talk about what you're really here to talk about detail. Um, so Dita had success, getting representation in the country that she's in and in another country. Isn't that correct?

Speaker 2 ([01:15](#)):

Actually, I only got representation in England. I don't have representation here.

Speaker 1 ([01:19](#)):

That is wild. Okay. That's even, we can't wait to hear, but before we go there, just so some people under know a little more. Could you tell a little bit of your story as an actor, just how it all started and what, what things look like right now in your career. And then we'll, we'll dig into the journey of representation for you.

Speaker 2 ([01:32](#)):

Definitely great. Well, I studied in New York city. I studied with in, I graduated in 2004 and, um, previous to this, I had done several acting programs here in Denmark, but, uh, my snow was really what I wanted to do. So I went to New York, lived there and when I, then I decided to come back, I never really wanted to live abroad. I, I, I liked living in Denmark, but it was a great experience. And then I decided to go back and thought, okay, now I'll, you know, start my career, but that did not happen. Got it. It was very difficult to get back. You know, the, the industry here is extremely closed at that point. It was totally closed. There is. I mean, nobody was invited in except the people from the, the state schools here. Got it. So it was just, um, a little bit like having dreamt something because I was the only one there in New York. So I couldn't really talk to anybody about what I experienced, what I went through. Um, so it was a little bit like coming back to the life that I had before, except that it just didn't happen, you know, in New York didn't happen. Yeah. Was very tough for sure.

Speaker 1 ([02:45](#)):

Yeah. And also here, like being the only person in your class who maybe can talk about this experience or at your school, and also while you're at CLA while you're in school, you're not like try, you're not out there pounding the pavement, trying to get acting gigs at the same time, cuz you're really invested in school and also your visa can get in the way and all that stuff that's happening at the same time. But then to go back and be like, wait, I just learned all this great stuff. What am I gonna do with it? It sounds like, is that what it was like when you came home?

Speaker 2 ([03:07](#)):

Yeah, yeah, yeah, exactly.

Speaker 1 ([03:08](#)):

Got it.

Speaker 2 ([03:09](#)):

Got it. Yeah. Fortunately I, I, uh, was invited to join a, um, uh, an example, uh, some actors who graduated from the school in London, they invited me to do a Maier play and it was just like, you know, meeting old friends because they had the same experience. Got it. So I worked with them for a while. Then I, I quickly, I realized that the industry was so close, so I had to do something else. And then I started to do a lot of, uh, theater in, um, you know, the C world mm-hmm <affirmative> one to one communication training, form theater, presentation technique, et cetera. Okay. And I've been doing this for 20 years now and I made it a business, uh, yeah. A successful business. And I really love what I do, but it was also, it also kept me busy, uh, and kept me away from what I really wanted to do.

Speaker 1 ([04:01](#)):

So wait, before you go too far detail. Yeah. Help us understand. Cause you, you said some words there and I was like, I'm not sure I know all those words. What is the work that you're talking about that you got as an actor in that moment that was, can you help us understand just cuz we might have different language for it. Yeah.

Speaker 2 ([04:12](#)):

Yeah. Uh, do you know form theater? It's goes to boy. Oh yes, yes. It's theater of the oppressed. Yes, yes, yes. So it it's taken into the corporate world, which he actually didn't want, but they they've taken it into the corporate world where, where you use it in communication training

Speaker 1 ([04:29](#)):

Got so you're going into businesses and helping them get be better. What they do basically.

Speaker 2 ([04:33](#)):

Yes, exactly. Wow. Everything problem they have, you know?

Speaker 1 ([04:37](#)):

So that was a way that you use your acting skills and made some money and you're working all the time. It sounds like

Speaker 2 ([04:42](#)):

Exactly, exactly. Got it. Got it. Wow. Then I started to doing leadership training one on one, you know, where, you know, if a leader doesn't fit into, uh, an environment, then you know, I, I work with him one on one and I would, for instance, yesterday I worked as, uh, somebody's a teacher, you know, he had had a problem with her and I would get into character and then I would, you know, have a, a dialogue with him and then I would give him feedback afterwards of what I experienced as the teacher.

Speaker 1 ([05:11](#)):

Wow. That is such a cool, that is such a cool, I mean, I think the thing that I think of that we have in the states is we have people who do they're called like medical, something where they pretend that they're patients and they meet with the doctor and they have to be like, my stomach hurts and the doctor has to figure out what's wrong with them. And like they practice to get their, their medical license or whatever. Yeah, yeah, yeah. It's, it's obviously very different cuz yours is, you do have more of a say in what that conversation is looking like, cuz you're gonna go afterwards and say here's so you're playing all the way around from I'm the person in the scene and I'm giving you the feedback of yeah, exactly. How you could do that better next time. That's great. Okay. Yeah. But that obviously, but that was still like not the big dream. It was like good, good money. Hopefully paying the bills, but like not exactly right.

Speaker 2 ([05:48](#)):

Got it. Right. Yeah. Yeah. So, and I, I started doing lots of stuff. I started teaching my technique. I taught the television host. I, you know, there was plenty of work for me. It wasn't like I, I lacked the work or money, but what I really wanted to do was do theater and film and television. Yes. And it just didn't happen. I mean, I got my first part 10 years later and it was simply because of a mosquito bite. I kid you not, I was coaching a child on a set. Yeah. And he got a mosquito bite and the director was like, we have to switch the parts. Oh dude, you're an act actor. Right. You can, you can join. You can be the yeah. And shut. I was like shut. So I went into the bathroom like, oh my God, I've put up plays. I've done all this. You know, I've done everything. And I got part because of the mosquito bite. This is just like surreal. Yeah.

Speaker 1 ([06:40](#)):

So what led you to decide, you know, um, I, so you were getting at that, but at that point then cuz you have a resume, I've seen some of your work on your reel and everything you've done work. So is that when the door started to open after the mosquito bite?

Speaker 2 ([06:52](#)):

Yeah, it did. Yeah. Oh gosh. It's crazy. Yeah. It's

Speaker 1 ([06:55](#)):

Wild.

Speaker 2 ([06:56](#)):

Yes it is. I mean the industry started changing here, especially the film and television industry. Okay. They started opening up the casting practice really invited us in. Great. And I mean, here you, you don't get as many additions as you do where you live, but uh, we would, you know, if you get three a year, that's, you know, good. Okay.

Speaker 1 ([07:14](#)):

And so is that what led you to say, I want reps in a different city. Is that what led you say? I want reps in the UK. Like what, what connected the dots from? There's not enough here at home. I wanna go. Cause not a lot of actors will have that experience. I mean, in the United States you might be like someone living in Kansas might be like, well I know I want so audition in New York or Atlanta or something, but not a lot of people are like, I wanna be auditioning or getting work in another country. What inspired that for you?

Speaker 2 ([07:37](#)):

Well, definitely that the market open up and it's, I mean, going to London takes 45, 1 and a half hour, you know, I live very close to the airport. So it's, it's so close by. Why not do it, do it, do it. And also, because I think in Britain they use actors who are human beings and it's an industry where it's not about, you know, relationships. It's just a, it's a business. Like the business I come from with my corporate world, uh, with my corporate work and here it's, it's a little pond where everybody needs to know one another, at least that's how it felt. So I, I think I, I really was hoping to find a professional setting. Mm-hmm <affirmative> uh, and the interesting part is that it actually changed so much here. So I feel like now we've started to be really professional here because we produce so many things. Mm. Got it. So, yeah. So yeah.

Speaker 1 ([08:30](#)):

And so, and where you are now, just so everyone knows the lay of the land in, in Copenhagen is a as an agent, not a thing. I know some countries don't do agent things.

Speaker 2 ([08:37](#)):

It is, but it, I mean, it's, it's pretty new still. Um, 10 years ago we probably had two year agents, you know, now we have eight or 10, you know, it's, it's uh, there are not that many. And of course they also had to understand what that field was. Right. Like the casting directors. So everything was just a little bit delayed of what I was used to from living in, in the states. Yeah. So it took me a while to realize, oh, we're just behind. Oh, that's what's happening.

Speaker 1 ([09:08](#)):

Yeah. Got it. And right now what I'm hearing you say is in this, in where, in, in your home turf like that, you're not, uh, shut out of opportunity by not having an agent or manager, whereas in New York or in London, we all know that like there's stuff you're just never gonna be able to audition for. So for you, it seems like the, getting an agent where you are was less priority because I'm getting auditions that are here anyway. So I wanna really find another place. So can we get into some of that? Let's talk about that a little bit. Shall we? Yes. Yeah, we shall.

Speaker 2 ([09:34](#)):

So,

Speaker 1 ([09:35](#)):

So first tell, share us the resorts or like tell us the story of how you found your representation. Can you walk us through that?

Speaker 2 ([09:42](#)):

Well, I stopped my representation because of you <laugh> well,

Speaker 1 ([09:46](#)):

Sure, sure. I didn't do the work. You just, you did the work, so let's be clear here. You did the implementation. So full disclosure of course, detail is a graduate of agent goals, but the reason why I thought Evan I've been hounded her to get on the podcast with me is because, you know, in the time zone, that's been tough for us to figure out when do this. But the reason why I really wanted is because I wanted so many, I know so many actors who have said, I want representation in New York, but I live in LA or I want representation in the UK, but I live in Paris. So, and the do have, who've not heard the stories of how it is possible. And so I wanted to just bring your story so that they could just see how it works, whether or not you decided to become a student of agent goals. That's up to you. Y'all but I want you guys to understand how, how it had worked for here. So you can walk us through a little bit of, um, know it was the journey of getting there. So before what I'm just wanna hear is before, yes. Were you getting any work at all in the UK? Was that something that was happening for you at all? In any way?

Speaker 2 ([10:35](#)):

Nothing. I mean, it's exactly like the states. You have to have an agent. So I knew that in order to get in, I would need an agent. And I had heard of, uh, actors coming back to Denmark from, you know, England or the states or France or wherever who got agents in, in, in England and started to get work. So I was a little bit like, oh, maybe I need to do the same.

Speaker 1 ([10:55](#)):

Got it. Great. Wait, can I pause you for one second? I wanna pause you for one sec. I just wanna let everyone to just tap into the power of story, which is why I'm so glad you're on the podcast right now is we hear of somebody else doing it. Like somebody, we hear a story of someone else having that experience we think, oh, maybe I can do that. So I just really hope if you're listening to this, you don't make DETA is a ly talented actress. Great, good for her. It isn't because she's a unicorn that she was able to find representation in another country. I really wanna make sure that's clear it's because she took the steps to make it happen. And so I just wanna make sure if anyone's starting to write themselves off or think that this couldn't happen for them or they're like, I don't know, like, I really just want to encourage the, to listen into the possibility here. Certainly there are places where I'm sure you had highs and lows and we'll get into that, but I just wanna make sure you hear that. So you heard some other actors do and you're like, oh, I want that too. If they have that, I betcha I can make that work. Right. So cool. That's so that's, I love that you took the jump then. So then walk us through just a little bit more so as you were going through the process. Yeah.

Speaker 2 ([11:53](#)):

Yeah. Well, I had a, a student of mine who ha got an agent in London and he was like, we just have to I'll, I'll give you some addresses and you just have to reach out. And then I was sitting and I really started procrastinating because I got into the whole fear vulnerable. I can't do this. And then it was so easy for me to just focus on my job. I'm a successful, uh, you know, individual, I can do other stuff. Yeah. And then, you know, he, every time I met him, he was like, uh, so did you <laugh>? That was no. Yeah. Yeah. And that was my student. I was a little bit like, oh yeah. So I, um, so I thought, what what's going on here? I can easily write an email saying here's my headshot and my resume, but there's something other than that.

Speaker 2 ([12:42](#)):

And I, I have a, a sense that there is a lot of stuff that I haven't dealt with within the last 10 or 15 years being back home. Um, so I need, I need to figure out who I want to reach out to what I wanna say. There were so many questions and, and I couldn't really get into the whole, I'll just write an email in five minutes and just, uh, see what happens. Uh, yeah. And then I, I, I actually don't remember how I saw your program. I got an email and I was immediately like filled with so many, so many sensations, you know, like <laugh>

Speaker 1 ([13:23](#)):

No, he's speaking to my soul. I'm mad.

Speaker 2 ([13:26](#)):

<laugh> yeah. Yeah. And I, I was like, why am I, why am I reacting so strongly? And then I thought, well, there must be something here. Yeah. And I, I had just joined a, uh, leadership program with Marie folio. Mm-hmm <affirmative>. Yeah. Great. And yeah, and one of the first questions she asked is which business do you wanna focus on? And I had just paid all this money to her and I was like, but it's the acting thing <laugh>. And then I was like, and then you, you were there. And I was like, okay, I'll buy another program. You know, <laugh> and I did. And I I'm so happy that I did, because I would never have been able to answer those questions on my own. I, I would've been a mess. I would've been vulnerable. I would've been in my emotions constantly. And I really think that is the main takeaway for me is that I can show up professionally as professionally, as I show up in my business, I can show up as an actor.

Speaker 2 ([14:24](#)):

Uh, and I didn't do that before, because I was very hurt and I was very confused and I wasn't grounded. I, I, I couldn't really figure out why, why I had been treated the way I had been treated here. And it was nobody's fault. You know, I was just so angry. Yeah. I felt like I had been, you know, uh, a placed on the moon, you know? Yeah. And, and I, I knew I couldn't show up with that, like boo. So I, I really needed to figure out how to be professional and still own my story.

Speaker 1 ([15:01](#)):

Yeah. Yeah. And I love what you're saying here de too, because, and I wanna just take it back to the beginning is like, we, we wanna think it's as easy, just write an email and what, I, I just believe that if it was that easy, then everyone would have an agent. Everyone would already have an agent would be having this conversation. And you, you could have probably gotten it up to just write an email, but I think ally, you wouldn't have attracted in the right match person. You would've had a meeting. You wouldn't have known what to say in the meeting. Like there's so many things that could have happened. I don't say that to be like, it's not possible to do that. I say that to, um, think about what I love that you said is I, you knew that you wanted to bring, so obviously the reason you weren't able to reach out while your student just suggested to is you were like, there's something about this where I don't feel conscious yet around this experience, something about this doesn't feel mindful yet.

Speaker 1 ([15:45](#)):

Yeah. And I just can't bring myself to do that. Was your body knowing before you did probably yet you can't don't do this yet. Right? Yeah. And I just appreciate what you're saying, because I think that a lot of people, when they think of, you know, like getting an agent, they think, well, just about getting an agent. And so often, you know, I've seen it when these actors have success inside of this program and I'm just using it as an example. So y'all, I'm just sharing this story so that you understand what I've seen is that when they begin to own themselves as an actor, somebody different emerges on

the other side. And then they call in the manager or agent who sees that actor. And what you said, I so beautifully is like, you know, I felt like I was on the moon. You know, I get this picture of like, I'd been orphaned by this industry and felt, and like, and I was carrying some of that. I didn't wanna be carrying it, but I knew that I was, and I just love that you were, cuz it does demand a willingness to say, I'm gonna look at myself. Mm-hmm <affirmative> that does really demand a like, can you talk a little bit about what that was like for you?

Speaker 2 ([16:41](#)):

Oh,

Speaker 1 ([16:42](#)):

<laugh>

Speaker 2 ([16:43](#)):

Well, I, I, I always look at myself in my business as very capable of, you know, you know, I'm, I'm outgoing. I can talk to people. I am very professional. You know, I have the same clients I had 20 years ago. I'm reliable, et cetera, et cetera, et cetera. Yes. But every time I showed up as an actor, I was just a mess. So every time I looked at, you know, Deda the business person, I was like, that's who I wanna be, but why am I such a mess? So it took a long time to accept the fact that I was just lost. You know, it was a little bit like here's the highway. And I went that way or actually that way <laugh> <laugh>. Yeah. And I, um, I think the first part of, uh, agent goals, you know, we, we not to get too much into the program, but I was, I was faced with my story.

Speaker 2 ([17:31](#)):

And one thing that I realized pretty quickly was that the story, my teacher told me when he, he came to visit me in Denmark, you know, 15 years ago, he's been here a few times, we're close. And uh, he said, um, oh, did you, you, you were left outside the candy store. You know, people are sitting inside and they're eating all the candy and you are left outside. And that image really stuck with me. And it was true in the beginning. It was totally true. I was left outside and everybody else enjoyed the party, not everybody, but some enjoyed the party. Right. And when I did aging goals, I realized that the door had been opened for a while. I just hadn't gone in. And that was really tough to accept.

Speaker 1 ([18:13](#)):

Oh, that makes me cry. Yeah. That makes me cry. It makes me crazy. It really does because I just so understand it. I so get like, look at them all, having such success in there and I could walk through that door, but I, something about where I am right now feels more comfortable, more natural. I can't even see it where I am the door, the door's out of my sight. I don't even notice that it's open. I so understand what you're saying. Yeah.

Speaker 2 ([18:37](#)):

It was almost like the pain I felt being outside. The pain that I felt being outside was, um, was something that I hadn't gotten that I had gotten used to and I could accept. And it was, I didn't know what would be inside. So I just accepted the fact that this is what it's gonna be like. But when I got conscious about it and realized that the door was actually opened, then I, you know, I had to ask myself, well, why don't you go in? And I, yeah. I was like, I, I, I, I don't dare. I haven't dared. I haven't dared. I've just been using the same excuse. That was true. Some years back that the door was closed, but it's not anymore. Yeah. So what do you wanna do? Do you wanna go in?

Speaker 1 ([19:20](#)):

Yeah. Do, yeah. Do you wanna go in? Yeah. Cause you've been staring in there long enough in that party. You wanna be and like, yeah. I've been, that's so powerful. I think that's so powerful. So what I heard you say is that in the beginning, you know, you had to, like, you were kind of forced to look at this part of yourself, look at this part of yourself that was holding yourself out of the game. Yeah. That was saying, we're saying over here. So, so that you could identify that. And I think that so many actors listening can probably, um, you know, some days we can reduce this to fear of success, but I think it's so much more nuance and sophisticated than that because it's some degree of acknowledging. You're just as talented as the people in there and making them a little special or unique where they've got something I don't have and I don't, and I'm just never gonna be them. And it's just not, it's not true. And it's some part of you protecting yourself, obviously. Right. It's somebody trying to, it's just a perverse protection is what I'd say. It's just like, it's perversely protecting you from what you really want and what really you're meant to have. Yeah. So on the other side of this, so if you, and the other side of this, what, how does that now, how do you bring that in now? Like how does that now translate? What has that transformed into or transmuted into for you?

Speaker 2 ([20:25](#)):

Um, I think I spend a lot of time not being vulnerable, being really tough and succeeding and showing people that I would not give up. So I was not in touch with my vulnerability. And that whole thing about standing in front of the door made me extremely vulnerable and owning that vulnerability was actually key. And I think that changed everything for me, that vulnerability is a powerful tool. And I mean, I remember bill, he always said to us, you know, you, you have to have skin like a rhino outside acting class. I inside you have to have skin like, you know, a small bird or, you know, very delicate when you open your emotions. But, but I, uh, I had, I knew that I was the bird outside also. I was just getting constantly getting hurt. Uh, so I, I needed to figure out how to be vulnerable without being hurt. Yeah.

Speaker 1 ([21:21](#)):

You know? Yes, that is. So that is such a great lesson. And what I love that you said here too, cuz I think a lot of actors can, oh yeah, I get that. My vulnerability might be super power, but what I think we're missing when we say that is how so many actors, it's normal and creative people in general just value. I value my determination and I value my ambition and my dog had approach and that I'm totally into this business and I'm going at, and what we don't realize is that can actually start to become almost an enemy of the state. It's like your dog in this is not actually allowing you to say, Ooh, there's also a fullness to me. And like this does mean something to me and I am actually sad that I'm not where I want to be yet. Or there's some, there's something behind it at times too. And because of course we value, you know, productivity, toxic productivity and capitalism makes us value the doggedness more than maybe the softness. But I think if we don't acknowledge it, then we're not showing up in our fullness. And so that's, I wanna get to that piece of when you're, when you're attracting in the right person. But if you had to identify, you might have already answered this, but if you'd identify one piece of agent goals that really helped you the most, what would you say that would be and why?

Speaker 2 ([22:28](#)):

It's very difficult to say because I just look back at it now, you know, the, the different steps. And I, I, I thought to myself, I'll even do this again. You know, I think <laugh>, it was so interesting because there are so many parts of it that fits right. When, when you're there and then at other times it they'll fit at that point. Yeah. So it's, it's, it's the whole shebang, you know, it's what you need. I mean, and you can, I think I went, went through all of it, but I can tell that I actually didn't. I, I selected stuff. Uh,

Speaker 1 ([23:03](#)):

And how dare you?

Speaker 2 ([23:04](#)):

Oh, dare I'll I'll need, I'll need some of it, uh, in the

Speaker 1 ([23:11](#)):

Future. Well, I'll just tell your detail that the one thing, if you do, if you decide I had another person who's in the UK looking there's, there's an actor, that's a woman of my clients right now. And he has reps in Los Angeles, Paris in the Los, in the UK mm-hmm and I also wanna be like, what is your life that you have? Like, I wanna like have your life that that's first of all, that's the first thing I always think. But he used agent goals again in the same exact way. Yeah. So I just encourage, if you're thinking about another market, cause you, since you said, it sounds like traveling is not gonna be difficult for you, then I would think about the possibility of that. So, yeah. Um, I think you answered this. I think you answered really what you learned, learned about yourself through this process. But if there was one part of this, like, cuz one of we're we're really talking about more of the, like the esoteric and the, the feels that came through on this thing. Was there anything practical inside of the course that you feel like you really leaned on hard, whether I'm not gonna give you any ideas I wanna, I don't wanna fill in the blank for you. Was there any practical piece there?

Speaker 2 ([24:01](#)):

Actually in the beginning you had a lot of like sayings, you know, we had to read out a pledge and you know, you had all these sayings and I still use them, you know, bird by bird did <laugh> oh, I love it. Good. There are so many things where I, at the point I was like, why do we have to do this? And now

Speaker 1 ([24:22](#)):

You're mad. You are mad. I get it. Yeah, exactly.

Speaker 2 ([24:24](#)):

Yeah. And now, now I just use it. I, I think those, uh, are very valuable to me. It was very valuable to me to have the community that you can step into. And, and also when you need it and also be on your own, I don't think I would've done this. If it hadn't been for, um, the coronavirus I had time. Yeah. I could really focus. Uh, I think accountability partners really are key for me. I didn't know they were that important. And I, I took that away also. I have two accountability groups, right? Yeah. One of writing group and another, you know, um, relationship group that I meet every week, you know? Right. Because of this. So I think, um, it's very hard to choose as well.

Speaker 1 ([25:06](#)):

Those, I mean, those were all great. Are, can you just give a bunch of answers? Those are all super helpful. <laugh> you know, what's so interesting is so when you were doing the program is when we figured out, oh, we want to, now we create accountability groups for everybody because it became so valuable for people. And I just wanna acknowledge what you said around, like, because of coronavirus, I was able to get it done, meaning like I was hunkered down. I couldn't do other things in my life. And what's interesting is a lot of people, I have someone reach out recently who said, um, I'm gonna be, they're having some kind of a surgery and they said, I'm gonna have surgery and I'm gonna be laid up for a while. I'm wondering if I should wait. And I was like, actually you can go through it at such a leisurely pace.

Speaker 1 ([25:37](#)):

If you're gonna be enough night being like, you're gonna be in pain obviously, but that you can have the, the respite of like, oh, I've got time today to work on this. It can be different. You know, I also say that, you know, that is not to frighten anyone that you can't get this done when you're living your normal life. But there is a certain amount of conscious energy that I think you're gonna wanna put towards this. Isn't like, I'm gonna do it over the course of the next 10 months. I'll do the, I actually feel like you want it to feel like you're embarking on something. And if you're only touching the curriculum once every three weeks, and I feel like you're not gonna feel like I'm in this and it's gonna do the magic that it's meant to do. You'll probably still get a manager at the agent at the end, but you're not gonna have that experience that I want you to have. Right.

Speaker 2 ([26:13](#)):

Exactly. And I actually felt in the beginning that I would skip some steps and then I realized, ah, it. I have to go back and do it because

Speaker 1 ([26:21](#)):

Good that's cautionary tale, everybody

Speaker 2 ([26:24](#)):

<laugh>.

Speaker 1 ([26:24](#)):

So tell us, reaching out and getting meetings and how that all went. We wanna hear that part of the story. Tell us that piece. Yeah. Okay. Well,

Speaker 2 ([26:33](#)):

You, you also had this saying like no drama, no delay. And when I got my agent, I wrote you saying there was lots of drama, lots of delay <laugh>. And, and, and it was because it was a tough journey and I, uh, I really feared reaching out to agents. I, I, at the end, I still, you know, is my email good enough? Is, uh, is this good enough? And when I read the email,

Speaker 1 ([26:57](#)):

It's such a good email, too. How dare you? Your email is so good. So just so you all know detec, you know, I get a chance to look at everyone's email before they send it. And her email was so you guys y'all her, it was the bomb. It was the bomb. So, okay. I just appreciate you sharing that. You were still scared because it was a great email. Go ahead.

Speaker 2 ([27:12](#)):

Yeah. So I, um, looked up, you know, there are so many agents in London and I was so confused. You have you say a list of 500 or something? I and I, in, in London, I, they're not that many, but in comparison to Denmark, it's like 140, I don't know any. And I was doing research and research and reaches, and then I realized I, I just have to choose some. So I just choose 20, uh,

Speaker 1 ([27:36](#)):

Oh, oh, you ch you cheated a little bit. I'm I like, I like good for me to know this. Go on. Yes. Good cheated. And it worked though, so I'm okay. <laugh>

Speaker 2 ([27:44](#)):

And I was supposed to choose fine. I was supposed to do 20 and 20 and 20. Yes. Yes. But, but then, um, actually the, the, the emails they got, I got an reply pretty fast from a lot of people. And I was so, uh, woo.

Speaker 1 ([28:00](#)):

Yes, exactly. You're like, wait, it did work.

Speaker 2 ([28:02](#)):

Yeah. Yeah. And, and the, the really nice ones were, were it's coronavirus. It's. I can't take you. I can't take you in. I really wanna take you in, I just wanna let you know that whenever this is done, please, to reach out again, like those emails were really nice as well. It was just, uh, wow. But the first,

Speaker 1 ([28:21](#)):

So wait, what did it, wait before you go there? Yeah. What did it, what did it give you to receive responses like that? What do you take away from that? Even if they, I

Speaker 2 ([28:30](#)):

Took, yeah. I took away that the email I sent was really, it needed a reply. If you're, if you were a good person, if you, you were a professional person, you would reply that email. Yeah. Yeah.

Speaker 1 ([28:41](#)):

And I, can I tell you what I want you to take away too? I'm just gonna give this to you. I want you to feel wanted. Yeah. Like, I think that's so important. Like, like yeah. I'm in on like the, the first that like, yes, we wrote an email that totally nailed. Like, they're not gonna not respond if you're a good person, like this is there's the emails written. So it compels you to respond. Mm-hmm <affirmative> so you're not having that annoying silence. And then number two is, oh, I'm wanted. Yeah. Like, I just want you to, I just wanted you to, to make sure you take that away. Okay. So go on. So tell me, keep walking us through.

Speaker 2 ([29:10](#)):

And actually, I, I cheated a little bit also because I sent an email to a Danish agent, not an agent gold email email, just to like, here's my headshot resume. And the reason why I think I did it was because I, that point, I actually don't think I wanted that agent. I just wanted to see, they didn't reply with after a week they replied for not interested, you know? Yeah. And so I got the same reply from the effort that I put into the email, I

Speaker 1 ([29:37](#)):

Think. Yeah. Oh, totally. What really well said really well said, because I think then, then you're not showing up vulnerably. Exactly. Right. You're reducing yourself to your headshot and your resume and that's, this is all I'm worth. Yeah. And so then they get to look at you as like, this is all they're worth. Right? Yeah. That's like, okay. Yeah. That's not enough for me because then we're just adding up our, how many pennies do I have in a stack right here? How many dollars do I have in a stack? It becomes receipts. And we don't, I don't want to, I think that that is where a lot of actors can fall into trouble. Yeah, yeah,

Speaker 2 ([30:01](#)):

Yeah. Yeah. And, and the, I remember, I, I would've thought that I would be annoyed or upset, or I didn't really feel anything when I got the reply, I was a little bit like, oh, I sent this out, I got this back, boo. You know, <laugh>. Yeah.

Speaker 1 ([30:15](#)):

Well also, cuz you're having that great experience with the London people. It was like, why would I let this disturb this beautiful energy over here? So tell me about one who came through, how that how'd it worked

Speaker 2 ([30:24](#)):

Well, the within eight hours a woman called Victoria emailed me and she had, it was her assistant saying Victoria really wants to meet you and can you be set up a meeting as fast as possible? And I was like, okay. Yes, yes. And then, then I was, um, you know, I listened to Bryan, think not tomorrow. I have to spend a few days to see if other people respond, but I just had such a good, uh, feeling, uh, about that, their email, their website, the whole approach. It was a little bit like we want you to, to decide we've already decided,

Speaker 1 ([31:01](#)):

Wow. Before you even met with them, you got that feeling.

Speaker 2 ([31:04](#)):

That's the feeling I got. And when we were in the meeting, she was like, it's your call? I'm here. Do you want some feedback, blah, blah, blah. Yeah.

Speaker 1 ([31:12](#)):

Ah, so I, so I want everyone to just notice, you know, like that can't happen when you just send a random email with your headshot and resume. And like here I am, because there, she had to know who you were and you did such a good job of willingly and you said it, you weren't being vulnerable in your acting, but like you obviously went fully vulnerable in your, in your, this email and said, this is who I am. Mm-hmm <affirmative> so someone could see you. And then I always think that that meeting, we won a meeting to be someone just confirming their suspicions about who they think you are. Just be the evidence of what they expected from your email. And it sounds like you really did that. So they're your people.

Speaker 2 ([31:43](#)):

Yeah.

Speaker 1 ([31:44](#)):

Aw, that's awesome. And how's it been going? How's it been going? I mean, I know that's not always a, we can't always gauge that in the beginning. I always think like you gotta give it some time, but how's it going so far?

Speaker 2 ([31:53](#)):

Well, the, I think just the first meeting she gave me feedback for the first time a professional feedback of what I needed to change, what she wanted more of. So we actually made a plan pretty fast and I, I had never experienced that before I have done that with other people, but this time, you know, being told exactly how she wanted it and she says, I'm tough. And I'm like, go ahead. I please.

Speaker 1 ([32:18](#)):

Yes. You're like, listen, I talk to leaders all the time, please. We want this.

Speaker 2 ([32:23](#)):

Yeah. So, uh, uh, you know, I signed with her in may and Corona wise was here. So I, I was okay with nothing happening until October kind of. Right. And everybody else said the same here that agents in London, that it was, the auditions were, you know, very few. Right. But then I was a little bit like, oh, I, I really want an audition, you know? Yeah. Was, yeah. So I, I actually, uh, talked to you about it in a meeting. Yeah. And um, and then I started a whole new process of, uh,

thinking that I might have gone back into the fear thing about, oh, now I've got that agent I need to, to watch out and, and make sure that she likes me, et cetera. And now it's a little bit like, no, no, no, no, no. This is a relationship, you know, I need, I can also say, Hey, listen, what's going on? You know, what do you want more of lets teamwork

Speaker 1 ([33:19](#)):

Please. And what you just said is so important to me because I, that I love that you had niece checked in with yourself. Like, wait, I'm not gonna let this dread sneak in that. Like, if I don't do a good job, she's gonna drop me any kind of that garbage that shows up because you started your relationship. So honestly you didn't like try to be like, look at my amazing career. That's already happening in the UK. Once you just, just sign me and get on board, like you were like, this is what's happening. This is what I've accomplished so far. Here's places where I'd like to, like, you were very clear. And so when you start a relationship like that, you don't get to have to be weird later. I feel like. And so I just love that you checked yourself from going there. You stopped yourself from having those weird thoughts.

Speaker 2 ([33:56](#)):

Yeah. Because it was me being weird. It wasn't her. She's been like, I'm here for you. What do you want? You

Speaker 1 ([34:02](#)):

Know, oh, I love this so much. So is there any, so I'm, I'm gonna coach for one second. Is there any reason you don't wanna get an agent in Copenhagen? Do you feel like it's a waste of time and energy?

Speaker 2 ([34:11](#)):

It's not a waste of time and energy and I would want one, uh, and doing this interview, I'm thinking about it, but, uh, uh, eh, yeah. I, I I'm, I, I don't think that I've finally decided whether or not to do so. I mean, and all the casting directors here, they know me and I'm they call me in. Yeah. So I think, you know, maybe at some point, but I just wanna see how it goes with

Speaker 1 ([34:35](#)):

No, I love that because I love that clarity here, cuz I think a lot of actors would be surprised to hear you say that, but because it's a different kind of market, like what is the point of having a relationship that might just distract my energy from the auditions? I'm already getting it. Like there's no, there's no, there's no loss from this. So I just appreciate you thinking about it, but then making the right decision with your energy. Um, that's incredible.

Speaker 2 ([34:55](#)):

Yeah. So actually I gave my age London, the first job,

Speaker 1 ([35:00](#)):

Tell us how to go. Yes.

Speaker 2 ([35:01](#)):

Well, I, I was, uh, one, one of my clients wanted to hire me for a commercial in Sweden. Um, and I had signed with Victoria in London and she said everything that takes place out outside of Denmark that's, uh, that I'll, I'll take care of that. That's our contract. Great. So, and it, it was just fantastic because it was a client of mine and I really felt like I need to do them a favor. So it's awkward if I do this. So I could just say, talk to Victoria

Speaker 1 ([35:28](#)):

<laugh> oh my God.

Speaker 2 ([35:30](#)):

Yes. We managed everything. And it was just like the longest, uh, you know, talk with these people who were really kind, but didn't know what they wanted and she did everything and it was just like, thank you. Yes. So it was interesting that I gave her the first job, you know, and, and now, and

Speaker 1 ([35:47](#)):

Feel great about it. Yeah. And you feel great about it. Right. And I always think it's so important is like when you build those relationships. Cause I think everyone wants to be offer only a point where people just know who you are and they offer you the role. But even at that moment, you want there to be an agent or manager who's stepping in and doing the negotiated because when you begin to negotiate for yourself, you almost always devalue yourself. It can make the relationship weird. And I just love that. You're like, Ugh, I have someone else who like, is covering my and also knows things that I don't know that I might not mean to ask in the first place. Anyway. That's so I love that. That's so, oh, that's awesome. Yeah. Yeah. Yeah. Um, so I want to, just for a second, there's probably someone who's listening right now or watching this on YouTube and who are, where you were when you started this process and what would you wanna say to them?

Speaker 2 ([36:36](#)):

Hmm. Sit down, close your eyes and feel your vulnerability and ask yourself why you haven't reached out yet. And if you really wanna reach out and it's something that's important to you then this, um, I'm sorry, it sounds like a commercial Brian, but it's really like, this will take you through everything step by step and you will, you will not regret it because there's so many areas that you can use this in for headshot or real. Um, how to, how to write an email, uh, how to approach people, how to create, uh, a professional relationship, how to show up, how to be accountable there. There's just a ton of things that I learned in this process and somewhere I, I already knew, but they were unconscious. So everything is on a conscious level now and I can actually go back and, oh, that's what we did. Yes.

Speaker 1 ([37:29](#)):

Although I, I love what you just said, Dita BEC about first. Thank you so much for the compliment about the program, but I love what you said about it's conscious now because I think that's, you know, full disclosure, you know, when I created this program, it was cuz I worked with a bunch of actors, one on one and was like, oh, I'm doing the same thing. And it's working over and over. How do I stretch this to be able to be accommodated by more actors? And I think some magic happened between that step where I got even clearer on what helps. And it wasn't like Brian woke up one day and knew what he was doing. It's cuz I had done all this trial and error with actors before it finally arrived and became agent goals. So I just appreciate you saying that something that was subconscious for me is now conscious.

Speaker 1 ([38:06](#)):

Cuz I feel like that's also the, how the program was created in some way. Something that I was subconsciously already helping actors do, like became more explicit for lack of a better word. Yeah. And then the other thing that you said that I think I, I wanna everyone to hear is the beginning of what you said is, you know, close yourself, close your eyes, get vulnerable and ask, do you really want this? You know, I'm gonna let the peacock Squaw for a second. Maybe we can cut that out. Uh, Natalie, or we can leave it in y'all that was the peacock. Yes. We love they're wild here. We'll leave it in. What, what, what you said is you do have to be willing to acknowledge that you want this. Yeah. And I think there is this

sticky pride thing that comes up where like, I don't want to have to say that I even want an agent or need a manager because why isn't that already fricking happened already?

Speaker 1 ([38:52](#)):

Like, and I, and I, and, and I just appreciate you saying that, like to really go be clear on if you really want this, if you want to have auditions at that level, we all know you have to have reps to do it and maybe you don't and that's really full permission. So that maybe like, you know what, I looked, I like the work I can get on my own and I'm actually okay at the level. So really just not having the contagious goal. I always think like if it's other actors goals cool, but is it actually your goal and your willingness to say, okay, I'm gonna put effort towards it in a thoughtful way, whatever that is, whether that's agent goals or something else, but just, I appreciate you acknowledging that mm-hmm <affirmative> um, Dita. It was really nice to spend this time with you. I just really know that there are probably a lot of actors listening right now that are so excited about knowing the international career that you have. I think that we're a little, or maybe a little jealous too. It sounds so cool and interesting. And the opportunities you're gonna get are be so are gonna be unique. Um, and I just wanna thank you for connecting with today. There's probably some actors who would love to like, be able to stay in touch if there's anybody could follow you on Instagram or anything like that.

Speaker 2 ([39:48](#)):

Definitely go to did really favor.com or did really you on Instagram. Yeah.

Speaker 1 ([39:54](#)):

Great. We will, uh, make sure we put that into the show notes so you can see, um, and if, if you have the chance to look at her website, I will just say that she's got some fabulous, really great footage and I love seeing you act. So I just wanna acknowledge if you have the chance to go over, look at that. And if you're watching this on YouTube, uh, you'll see that, uh, it is actually like seven o'clock where you are detail. Is that right? Mm-hmm <affirmative> is that right? Yeah. And it's 10:00 AM over here. So I just really thank you for after having a full day of life saying yes to joining me for the podcast. Um, and so grateful for hearing your story today. I know we will stay in touch. Thank you

Speaker 2 ([40:28](#)):

Anytime. Thank you so much, Brian, for sure. Thank you,