

VIDEO COACHING

Watch and Learn as CEO – Amy Lyndon Coaches Actors using Her Technique: “The 15 Guideline Map to Booking Technique.”

Now You Can See Why THE LYNDON TECHNIQUE Has Turned Out 50+ Network Series Regulars, an Emmy Winner and 1000’s Of Working Actors Across The Globe.

- 1. Know The Network Your Audition Is For** – In this Video Coaching Session, Amy works with Jamie on a Drama Episodic Audition. One of the key factors Jamie missed was that this audition was for AMC. The style of this Network is very specific. Jamie learned a great lesson this week to keep it real and slow down so that she feels every aspect of the moments.
- 2. What Do I Want To Make You Understand?** – In this Video Coaching Session, Amy works with Jackie on Guideline #12 - What Do I Want To Make the Other Person Understand. This will keep you focused. As well as, what am I doing? These transitions will make you interesting and keep you from falling flat.
- 3. Idea and Concept Vs Who Am I Relating To?** – In this video coaching with Victoria Grant, Amy works with her on knowing what you are doing rather than how you are going to do it.
- 4. Relax. Let Go. Trust Yourself.** – In this Video Coaching with Victoria Grant, Amy talks about relaxing and trusting yourself. Sometimes we worry so much about controlling the audition... going through a checklist we set up for ourselves to hit each mark... that we hold on too tight. Amy wants Victoria to Relax, to realize she is on the right path, to let go of control and just share the emotions in a great story. Trust the work and let go.
- 5. Every Scene Tells It's Own Story!** – Tamar Shani does a great job with this scene and even causes Amy to cry. In take one, Amy had given Tamar a note to be actively listening and to pay attention to the parentheticals. During the discussion at the end, Tamar speaks with Amy about a note she was previously given to pick it up in a drama scene. Amy talks with the class about how every scene tells it's own story. That every scene has an ebb and flow... sometimes faster and sometimes slower. The transitions set the pace of the scene. And, how it is important not to apply notes that were given to you in one audition to every scene for the rest of your life. Each note is case by case... so if you get a similar scene down the road you can think about past notes and apply what is relevant.

- 6. You Don't Need To Be Perfect!** – In this Video Coaching with Seth Hampton, Amy works with Seth on not correcting himself in the moment and let it fly. If you are constantly worried about the getting the words perfectly then you will fall out of the scene. When you lean into what you are doing and what you are feeling then the words will come. If you know what you are feeling, what you are doing, what you are saying and what is the point I want to make. Then the character will be shine through. At the end of this video, Amy gives Seth an assignment to keep going. When you are studying... don't stop. Keep going. Then go back and fix the holes.
- 7. What Happens When You Rehearse!** – Phil Nguyen is a new student to The Lyndon Technique. In this Video Coaching, Amy works with Phil on finding story and to break him out of the directorial place he put himself into by rehearsing. When you rehearse something over and over then you can get set in IDEA and CONCEPT, which can make it hard to take direction. You end up in a place of how you should do it instead of trusting that you know what you are saying, feeling and doing. And, then your talent won't shine through.
- 8. Be More Specific** – In this Video Coaching with Peter McNamara, Amy coaches Peter on being more specific. Peter had a strong base for the scene but he needed to go deeper on the specifics to make the feelings stronger. In the end, Amy speaks with Peter about reading the scene more than 10 times before he dives in so that he really makes sure that he understands what the scene is about. This will aid him in being more specific.
- 9. Nailing The 15 Guidelines** – In this Video Coaching Session with Julie Dell Phillips, Amy discusses what went right. She says, I always discuss what went wrong but today let's discuss what went right. At the end, Julie says she will never dip her toe in the water again. She is going all in from this point forward. Amy ends the coaching congratulating Julie for making her break thru and that she is on a great journey that will only get better from here.
- 10. Don't Try To Control The Scene** – In this video coaching session with Christina Ritter, Amy works with Christina on not controlling the scene. Christina is trying to control where the scene goes rather than just letting the emotions flow. Amy works with Christina on just letting go and feeling everything. Christina learned ... Don't hold back. Trust the work.
- 11. Why The Jump Off Is So Important!** – In this Video Coaching Session with Christi Romansky, Amy discusses why the jump off is so important. This is Guideline #3 - What is the character's emotional state of mind at the top? You need to relate on a deep personal level! It is the jump off point and FOUNDATION for 90% of the scene. If your opening emotion is weak, then you will fall out. Watch to the end as Amy takes Christi through an emotional exercise to find the opening feeling and connect with the line.

- 12. Timing and Pacing in Comedy Scenes** – In this Video Coaching with Chhavi Verg, Amy works on the timing and pacing of a comedy scene. Chhavi learns about picking up the cues, having the appropriate energy and the choreography of the transitions. Watch this video from beginning to end to see the transformation.
- 13. Tapping Into Emotions** – What makes an interesting Actor? The complexity of character. Most people hide their emotions but as actors we have to be in touch with our emotions. You need to understand emotions in order to tap into them and add them to the character. Watch this video coaching session as Amy takes Alonna Nicole through an emotional scene and discusses where to place those emotions to develop the complexity of the character.
- 14. Spending Time on Sequence of Events in Your Scenes** – In this Video Coaching, Amy spends time working with Tamara Lei on Breaking Down her Script.. line by line by line. Guideline #8 - What Are You Doing? Once they go through breaking down the sequence of events... Tamara understands that she totally missed Guideline #1 - What is the Scene About? The lesson Tamara takes away is that it is important to map out the sequence of events and not to jump into the dialog too quickly. This way she will fully understand what the scene is about.
- 15. Not Showing Up** – Let's talk about not showing up on the first take. In this Video Coaching with Karina Yzobel, Amy works with Karina on going deeper with her backstory so that she understands who the character is and also paying attention to the environment the story has placed her in. It is important that the character shows up on the first take... watch this video coaching to see Karina bring the character to life.
- 16. Allowing Yourself To Take The Time!** – If you rush... you will trip and fall. In this scene, Santeon Brown had to feel some very deep emotions. Amy explains the importance of filling up the environment, taking in what everyone is saying, and allowing herself to take the time on the moments to feel the emotions when they come.
- 17. Marinating on the Beginning, Middle and End** – In this Video Coaching session, Amy talks with Rashmi about taking a moment to break down what she is really, really trying to make the other person understand. What is the point you want to get them to understand? Marinate on the beginning, marinate on the middle, and marinate on the end.... Are you getting to the point of what the writer intended?
- 18. Picking Up Your Cues** – In this Video Coaching Session, Amy talks with Narmar Hanna about being more sharp in Multi-Cam Sitcom. Really look at Multi-Cam Sitcom as a choreography and if you aren't sweating after doing

your scene then you are probably missing something. Understanding the pace and the transitions will set you apart from your competition.

- 19. Respecting Each Line** – Guideline Number 7: Every Line Is a Separate Thought. You need to look at each and every line, respect them as a place to put your talent. Every line is an opportunity to draw people into you. In this Video Coaching Session, Amy works with Margie Foley to take the time to make the shifts and respecting the transitions.
- 20. Using Instincts to Find the Tone** – In this video coaching, Amy works with Chris Clawson on using the dialog to point to the tone in the audition. As Amy says... If it looks like a duck and quacks like a duck ... then it is a duck. Use your instincts. Find the tone and then swing all the way through to tell a great story.
- 21. Using Physical Action to Tell a Better Story** – Ask yourself... What am I doing? What is the point I am trying to make? How can I incorporate the action into the scene? In this Video Coaching, Brad Carter had a great scene with a lot of physical action. Watch this video to see how to use the physical action of the scene to tell a better story.
- 22. Disney Before And After** – In this video coaching session... there are two videos filmed 7 months apart. You will see Paxton Amor's growth from when she started training with Amy in October 2020 to her most recent class in May 2021. Paxton has recorded all her sessions with Amy to re-watch and learn from past experiences. In the first video... Amy's note was to have more fun. When Paxton went back to watch her first session... she realized it was so true. Her energy was low and she was playing it like a drama. She took the notes to heart and you can see during the second video it paid off. Great Job Paxton.
- 23. Point Of View Is Everything** – In this Video Coaching Session, Amy works with Zach Chyz on understanding his point of view. Without a strong point of view then your scene has no conflict. Watch to the end for all of Amy's notes on why Point of View Is Everything.
- 24. Comedy Is In The Transitions** – Zoey Burger has a scene from Disney's "Dog With A Blog." Amy is working with Zoey on using physicality in the transitions. Hilarity comes from truth magnified and the transitions being very sharp. Watch this full video to see how Zoey incorporates Amy's directions to make the scene pop.
- 25. Who Is This Character?** – Are you going deep enough? Think about the character you are playing. Are you marinating on who this character is? In this scene, Brittney Dioron is playing an addict who is in recovery. She did an excellent job on this audition but she needed to marinate on the

characteristics of an addict just a bit more. Watch this video to the end and see Brittney's own revelations on what she felt she could have hit harder to "book the job."

26. Find The Small Details That Can Set You Apart! – Every script has it's own nuances and rhythm. Changes in emotion. Action. These are the small things that will set you apart from everyone else. You may need to expand your imagination to set up the environment. Watch this video coaching with Alexis Landry to find out where you can add small details to make yourself stand out from the rest of the pack.

27. The Brilliance Is In The Specifics! – Watch this video coaching session to see how Allison Wick goes from being a great actress to being someone you could definitely see on the show. What makes an audition dynamic? Hit the truth and then go deeper. Really push the emotions and make the other person understand what you are saying or feeling. Don't put a cap on it. Don't let the emotion sit... push it out so that we can feel it. Remember the transitions. Don't play it all the same. Find the moments when the emotion changes.

28. Action in Zoom Auditions – Amy works with Brittney Paul via zoom on how to physicalize a scene during a zoom audition. How can you the use the space that you have available to take viewers through your action... to go through different parts of a room or interact with multiple characters or to have a fight.

29. What Happens When You Decide How To Say Your Lines? – What happens when a casting director gives you a redirect but you have already decided how to say a line... then you run that line over and over? In this Video Coaching with Demoreay White, Amy works on getting Demoreay to stop thinking about how he decided to do the lines and listen to the redirect. This is a great lesson on why the 15 Guideline Map To Booking was created... every line is a separate thought.

30. Why Running Lines To Memorize Is The Wrong Approach – In this video, Amy works with Howard on trusting his feelings. She helps him find his transitions, feel all his juicy emotions and swing through the emotions behind his dialog. In this Video Coaching... watch Howard go from saying the lines to feeling the lines. Howard really brings the character to life... watch to the end.

31. The Importance of Studying The Other Person's Dialogue – In this Video Coaching, Amy works with Rodrigo Moraes on understanding the clues in the dialogue of the other person. She explains that it is just as important to know what the other person is saying as it is your own dialogue. Guideline #10 - Write down next to each of your partner's lines HOW YOU HEAR what they

are saying from your character's point of view. This will keep you focused on what you are doing without thinking about your next line.

- 32. Teen Roles** – In this Video Coaching, Amy works with Kai Amour on a CW type show. This is a typical Teen scene. You have to think about how teens talk and why they switch to stupid conversations for no reason. Also, Amy discusses the importance of having an emotional journal to understand "How You Are Feeling" when breaking down a scene.
- 33. Breaking Down Multiple Scenes For An Audition** – In this video coaching works with Serena Burns on two different scenes. When you have two or more scenes then it means the casting director wants to see the different nuances of the character. Amy works with Serena on not being nice when the character calls for raw emotions over a broken heart.
- 34. Learn To Be Big and Silly** – For people who have a hard time doing sitcom... multi-cam comedy... it may be because you have a hard time being big and silly. Watch this video with Sydney Danger on how to POP Sitcom. He is not afraid to go big and be silly.
- 35. Going Deeper** – It is important to hit all your transitions. Think about your beginning, middle and end. How do you get from A to B to C. Marinate on each section. Think about your beginning. When you feel you understand the beginning then move onto the middle. Work that. Then move to the end. Once you feel you understand your beginning, middle and end then move onto the transitions between them. This will help you go deeper and feel the emotions of the character.
- 36. Powering Up Your Feelings to Add Dimension To Your Film Auditions** – In movies, filmmakers want the strongest people... you need to really invest in the character and the feelings. You want to be the most interesting. You want your feelings to really power up... this will add an additional layer of dimension to your audition for films.
- 37. How to Choreograph the Scene** – You need to know what you are doing in the scene. Who are the players of the scene? Where are they? Do they add value? What is the character doing? Create the environment. Who are you talking to? Read the action. You need to think about the choreography of the scene in order to successful make the scene work and your character pop.
- 38. What is your transitional process?** – The reason why people have ticks they do on camera is because that is how they process the scene when breaking it down and it sticks with them. If you work on breaking down each transition and fill up the space from one thought to another... then you will know how did I get from here to here. This will help ease anxiety and you won't have to resort to your nervous ticks to fill up the space.

- 39. Making Your Audition Pop With Only 1 Scene** – When you are auditioning you only get a small portion of the material to work with. It is important to make whatever you are given to strong. You have to make the character POP!!! You may not play it that way when you book it as you will then have the whole backstory of the character but for an audition you need to make it strong and clear.
- 40. Your Jump Off Is Key To The 1%** - The story ALWAYS comes first. The script will tell you everything. Read the sides 10 times. Don't make anything up. What you are reading is the truth. Your "choices" are already made BY THE WRITER. THIS IS THE KEY TO GETTING INTO THE 1%. You need to relate on a DEEP PERSONAL LEVEL! It is the jump off point and FOUNDATION for 90% of the scene. If your opening emotion is weak, then you will pick up the energy in the room and fall out.
- 41. Know the Environment** – Know your environment. The other person's dialog can sometimes give clues as to where you are or what you are doing. Read the script 10 times. Pay attention to all dialog not just your own lines. Know what you are saying? Why you are saying it? Think about when you are that way. Know what you are doing. Know what you are feeling.
- 42. Understanding Point of View** – Tell the story exactly as written... knowing your point of view based on the events going on. If there is something you don't fully understand in your dialogue then make sure you research it. Marinate on it. Taste your dialogue and know exactly what you are saying so that you can make the other person understand.... then you won't be acting all by yourself.
- 43. 1/2 hour Comedy: Sharp, Clean, Focused** – This video coaching with Kimmy Caruso will give you the tools to be sharp, clean and focused when doing half hour single spaced comedy.
- 44. Punctuation Dictates the Joke** – Punctuation is extremely important. Never ignore punctuation! You need to go over every single question mark, exclamation mark, comma and period. By the way, just because there's an exclamation mark doesn't mean you are yelling. An exclamation mark simply suggests that there is an intense feeling. By ignoring punctuation you will end up gliding from one thought to another. This will ultimately create a flat performance. You don't want to flat-line.
- 45. Who Am I Relating To?** – Satish has a scene that is heavy in the relationship. In order to sell the scene, he needs to understand the history of the two characters and how he would relate to that person. In this scene, Satish needs to make sure that he can see the "face" on that person. If you don't know who you are relating to then you are not really talking to or about anyone!

- 46. Finding the Transitions** – These are the MOOD SWINGS. This is how we understand your character. Sit with the feelings until each one becomes clear. In this Video Coaching from the November 1st On-Camera Intensive, Amy works with Soma Mitra on a scene from Drop Dead Diva. Her character is being cross examined in the death of her boss. Watch as Amy takes her through several takes... each one feeling the emotions deeper and making the transitions crisp so that the character becomes clear.
- 47. Using Action to Enhance the Scene** – This video coaching comes from the On-Camera Class on November 1st. Paula has a scene from the TV show Dirt that aired on FX. It is a 1-hour drama. This Video Coaching ties in perfectly with Episode 2 - Action in Auditions from the Overcoming Audition Fears Docuseries as Paula learns about how to successfully applying action to her auditions. Remember it is okay to work with Action if it lifts the scene.
- 48. The Importance of the Guidelines** – In this Video Coaching, Amy takes Dina Wilson through a feature film audition with an emotional roller coaster. The performance from the beginning to the end is drastic. Amy takes Dina through several guidelines in this video coaching from her on-camera class July 7th.
- 49. Don't Act By Yourself** – In this Video Coaching, Amy explains the importance of visualizing the other character(s) in the scene. If you don't see them then the audience won't see them and you will be acting alone. Watch this Video Coaching with Chelsea Smith to see the importance of not acting by yourself even if you are alone in front of the camera.
- 50. Don't Be A Script Junkie** – If you know what you are feeling and doing as well as actively listening to what the other character is saying... then you will feel a connection to the dialog, be off book and not be stuck with your head in the script.
- 51. Don't Play the Middle in the Beginning** – Guideline #4: MAP OUT YOUR EMOTIONS in the beginning middle and end of the story. If this is not clear, expect to lose your audience with your one note. Sit with each feeling until it becomes a deep connected one. If you're having trouble connecting, close your eyes and locate a similar feeling you can connect with and lay the line on top. Ask yourself, "What am I feeling? What am I REALLY feeling?" NEVER RUN LINES! JUST FEELINGS! If you run lines, it will sound like lines run.
- 52. Trust Your Feelings and LET GO!** – Spend more time sitting in the dialog and marinating on what things mean to the character and how he/she is feeling about each moment of the scene. Make sure you understand your opening emotion. Trust your feelings and LET GO! The more real the feeling

the more the audience will experience it with you. Watch this video coaching with Robbie Stubbs to learn more.

53. Stay Out of the Process and In the Performance – Ride Your Emotions. Let your training do the work for you. Stay out of the process and stay in the performance. Watch this video coaching with Maray Ayres to understand the importance of doing the work and then letting it flow.

54. The Art of The Interview – In this Video Coaching with Alexander Klebanoff, Amy teaches a Proof Positive Technique on how to interview with Agents and Managers. Amy will show you how to construct what to say and how to answer all those questions that make you feel like you're still in development.

55. Choreography of a Scene – In this Video Coaching with Adam Lesar, Amy explains why being specific with action will help you book the job.

56. Physicalizing Scenes For The Camera – Watch this Video Coaching with Olena Fomina to figure out what your character is physically doing. What physical action can you do on camera? Learn how physical action can make it funnier.

57. What I Am Doing – Is the Map – Watch this Video Coaching with Steve Brock to find out why is it important to Choreograph what you are doing... make it clear. If you know what you are doing then we will know what you are doing and it will pop. Your action needs to make sense in terms of the camera framing.

58. What Am I Saying, Feeling, and Doing? – In this Video Coaching with Kariem Marbury Amy explains why it is important to ask yourself these three questions. What am I saying? What am I feeling? What am I doing?

59. Action and Environment Aid the Jumpoff – In this Video Coaching with Valerie Lohman Amy explains why the Environment and the Action of the scene will aid in the jump off. What are you doing? What is going on around you? What are you trying to make the person understand with your dialog?

60. Stop Acting By Yourself – Watch this Video Coaching with Chris Boudreaux on why you need to Stop Acting By Yourself. Amy covers “Guidelines #7 Every Line Is A Separate Thought,” and “#11 Who Am I Relating To,” in order to help students understand that even though they are auditioning alone they are not in the scene by themselves.

61. How To Keep Your Emotions Cooking While Waiting to Audition! – What do you do when you have a strong emotional or a violent scene... and the casting director wants to chat before you start? Watch this video

coaching with Roel Navarro as Amy explains the process of keeping your emotions cooking on the stove.

- 62. How To Connect On The First Take** – This Video Coaching with Sonja Fisher will help you learn to stay connected on the first take. How do you stay in the moment and connect to the other character? It really comes down to listening - Guideline #10 HOW DO I HEAR WHAT THE OTHER PERSON IS SAYING FROM MY CHARACTER'S POINT OF VIEW? This Guideline will help you to not pick up the energy in the room and to stay in the scene regardless of what is going on around you.
- 63. Which Guideline Is Your Nemesis?** – Working on Guideline #12 - What Do You Want to Make the Other Person Understand, Guideline #6 - Read Action in it's Entirety and Guideline #7 - Every Line is a Separate Thought. Three different coaching sessions from the On-Camera Workshop held quarterly. Francesco Galante, Jordan Franco and Elyssa Joy were each given a script in advance and then worked on-camera to understand what might be preventing them from booking. Watch these three great examples to learn why The 15 Guideline Map to Booking Technique works - if you do the work.
- 64. Breaking Down The Scene Into Beginning, Middle and End** – If you're running dialogue instead of studying the beginning. Then studying the middle. Then studying the end. You will flat-line. Don't run it through from beginning to end over and over and over. When you study your transitions, you're sure to pop in the room. Watch this Video Coaching with Terry Drollinger regarding Guideline #2.
- 65. Showing Physical Action in a 3 Person Scene** – Do you know how to handle the physical action within a 3 person scene when performing for a casting director on camera? Watch this Video Coaching with Gracie Rae to understand the correct way to handle the action in a multiple person scene.
- 66. Stop Sugar Coaching Your Feelings** – In this Video Coaching with Andrew Golubic, witness how putting a cap on your talent can stop you from being at competition level.
- 67. Understanding Tone and Style** – Why is it important to understand the tone and style of the show when you have an audition? If you don't look like you're on the show, then you won't be on the show. Each television network has their own tone and style for the types of shows they produce. Watch this Video Coaching with Wajid to understand why Tone and Style is an important component to booking.
- 68. This Is How The Guidelines Work!** – In this Video Coaching, Bibi wanted to work on Guideline #13: What is your Point of View? How do you see things? Your point of view is your opinion of how you see the world.

- 69. Let The Camera See You Thinking!** – Learn how to feel comfortable with silence and thinking. Slow Down! Focus! Stop trying to make it happen and let it happen.... it will take us along on your journey. It will feel genuine and real. Watch this Video Coaching with Damion to find out more on Making Your Auditions Stand Out!
- 70. Just Because You Wrote It Doesn't Mean You're Ready To Perform It!** – In this Video Coaching with Ryan Stillman, Amy works with Ryan on a Scene he wrote himself for his reel. Amy explains why it is still important to break down scenes that you write as if you are auditioning. Watch this Video to find out why just because you wrote it doesn't mean your ready to perform it.
- 71. Half Hour Single Space Comedy** – Do you know how to audition for 1/2 hour single spaced comedy? It is all based in story and relationship... not so much in the jokes. Watch this Video Coaching with Joey Sasso to see how to really break down this type of audition.
- 72. What Is Your Point Of View?** – In this Video Coaching, Amy works with Alexander on Guideline #13 "What Is Your Point Of View?" Watch this video from start to finish to understand how conveying the character's point of view will make your audition strong and sharp.
- 73. Typical Co-Star Roles** – In this Video Coaching with Seth Hampton we learn about Guideline #14 – Why are you in the script? You might just be moving the story along. Are you just a Bartender? Are you just a Sushi Chef? Are you just a Factory Worker? If that's who you are, then just do that. Everyone tries to be more than what they're supposed to be. Trust me, you'll stand out if you do what you're supposed to be doing.
- 74. Directing Yourself Out of A Job** - Have you ever directed yourself out of a job? Check out this Video Coaching with Andi Wagner to find out why directing yourself never works. When you use the 15 Guideline Map to Booking Technique it's easy to break down a scene and Book the job on the first take.
- 75. Character Is In The Transitions** – In this Video Coaching with Anita Liao, Amy stresses why it's important to stop worrying about the outcome of the scene and to concentrate on your character's transitions, instead. If you have strong transitions, we will see a strong character. It's not your responsibility to make the scene work. Make your character work and we will understand the story.
- 76. Disney XD** – This Video Coaching with Hanna Margulies is the perfect tool for understanding tone and style for the various shows which air on Disney XD. Do you know the difference between Disney and Disney XD?

- 77. It's Not The HOW! It's the WHAT!!!** – In this Video Coaching with Max Bogner, Amy explains why it is important to stop directing yourself. Stop trying to figure out how you are going to do it how you are going to say it and how you are going to feel it. Read the scene to see what you are saying, what you are doing and what you are feeling. Ask more questions. Don't rehearse.
- 78. Idea and Concept Never Work** – This Video Coaching with Jessica Esfandiary will explain why Idea and Concept never work. What is your point of View? How do you see things? What are your opinions? Don't make the scene come alive – make your character come alive.
- 79. You Can Play Any Character If You Get Out Of The Way** – This Video Coaching with Roopa Jeevaji will teach you how you can play any character as long as you are willing to get out of the way. Step outside of the character. Think about who the character is and how you can relate to it. Where is this person for you?
- 80. Memorization Doesn't Work** - In this Video Coaching Amy works with the fabulous Jeri Wingo on how to get off book without memorizing dialogue. Watch this magical session and learn how it works.
- 81. Know What You're Doing! Know What You're Saying! Know What You're Feeling** - This Video Coaching with Justin D'Abbraccio teaches how to look for and understand three key points - Know what you're doing! Know what you're saying! Know what you're feeling.
- 82. Lead With Your Feelings Not The Dialogue** – This Video Coaching with Bernadette Gambino shows how leading with your feelings and not the dialogue can tell a great story and help you get off book. If you understand the feelings then the dialogue will come naturally.
- 83. Don't Make \$*#! Up** – This Video Coaching with Dylan Busse focuses on remembering not to make \$*#! Up. Just do what is there.
- 84. Find The Transitions** – This Video Coaching with Mitch Morrison focuses on Guideline #9 – “Find The Transitions.”
- 85. How To Be A Strong Character** – This Video Coaching with Michelle Lawrence focuses on “How To Play Strong Characters” with emphasis on Guideline #11 – “Who are You Relating To?” And Guideline #4 – “Map Out Your Emotions.”
- 86. What Do You Want To Make The Other Person Understand** – This Video Coaching with Lissy Cohn focuses on Guideline #12 – What Do You Want To

Make The Other Person Understand?” What is the motivation behind your dialogue in the scene?

- 87. Don't Let Fear Stand In Your Way** – This Video Coaching with Seth Hillard focuses on over coming a fear of the camera as well as Guideline #4 – “Map Out Your Emotions.”
- 88. How To Book A Co-Star** – This Video Coaching with Diana Lu focuses on How To Book a Co-Star For Television by paying close attention to the Action and the specifics in the scene.
- 89. Know What You Are Doing** – This Video Coaching with Shai Wilson focuses on Guideline #8 – “What Are You Doing?”
- 90. Map Out Your Emotional Track** – This Video Coaching with Sam Lant focuses on Guideline #4 – “Map Out Your Emotions in the Beginning, Middle and End.”
- 91. Go To A Deep Personal Level.** – This Video Coaching with Casey Printers focuses on taking your audition to a Deep Personal Level. Where is it for you?
- 92. Who Am I Really Talking To?** – This Video Coaching with Seth Hampton focuses on Guideline #11 – “Who Am I Relating To?”
- 93. Respect Your Time and Yourself** – This Video Coaching with Stephanie Elzea focuses on Respecting Your Time and Yourself as an artist.
- 94. Perfecting The Co-Star** – This Video Coaching with Alfred Adderly focuses on How To Perfect a Co-Star that doesn't have a name.
- 95. Pimp Out Session** – This Video Coaching with Lana Giacose is a typical Pimp Out Session on why specifics will give you the advantage and helps you tell a better story.
- 96. Feel What You Are Saying** – This Video Coaching with Amory Watterson focuses on Feeling What You Are Saying. Mean what you say, say what you mean.
- 97. Breaking Down The Monologue** – This Video Coaching with Annor Doeman focuses on How To Break Down a Monologue using the Technique.
- 98. Multi-Cam Double Spaced Comedy** – This Video Coaching with Melinda Chilton shows you How To Break Down and Book the Multi-Camera Double Spaced Comedy. You will be funny if you pick up your cues fast, find the joke and pay close attention to the punctuation.

- 99. It's In The Specifics** – This Video Coaching with Joe Delano focuses on the Specifics regarding Action, Punctuation and Understanding the Importance of Tone and Style.
- 100. Know What You Are Saying** – This Video Coaching with Peyton Shayler focuses on Guideline #7 – “Every Line Is a Separate Thought.”
- 101. Perfecting The Dramatic Monologue** – This Video Coaching with Lisa Chung focuses on perfecting the Dramatic Monologue. Those who feel the deepest get the most bookings.
- 102. Monologues – A Series Of Connected Thoughts** – This Video Coaching with Gary Velasco focuses on the idea that monologues are a series of continual thoughts that are strung together.
- 103. What Am I Really Saying?** – This Video Coaching with Kye Kinder focuses on Guideline #7 – “Every Line Is A Separate Thought.” Do you really know what you are saying? If you don't know what you're saying, then no one else will.
- 104. What Is Your Point Of View?** – This Video Coaching with Paula LaBaredas focuses on Guideline #13 – “What Is Your Point of View?”
- 105. Half Hour Double Spaced Comedy** – This Video Coaching with Michael Kleeman focuses on How To Break Down Nickelodeon/Disney Comedy Kid Shows to compete like an Olympic Actor.
- 106. Half Hour Single Spaced Comedy** – This Video Coaching with Lauren Ray focuses on breaking down the Half Hour “Single Spaced” Comedy focusing on the relationship and punctuation, not the joke.
- 107. Ice Cold Reads** – This Video Coaching with Matthew Wilson focuses on What To Do with Ice Cold Reads.
- 108. Analyzing The Script Including The Action** – This Video Coaching with Sydney Smith focuses on How To Analyze the Script: Including the Action.
- 109. How Do You Hear What The Other Person Is Saying** – This Video Coaching with Meagan Campbell focuses on Guideline #10 – “How Do You Hear What The Other Person is Saying?”
- 110. Breaking Down the Script One Guideline At A Time** – This Video Coaching with Gina Scoles focuses on How To Break Down the script Guideline by Guideline.

111. **Every Line Is A Separate Thought** – This Video Coaching with L.J. Burns focuses on Guideline #7 – “Every Line Is A Separate Thought.”
112. **Who Am I Relating To?** – This Video Coaching with Mari Endo focuses on Guideline #11 – “Who Am I Relating to?”
113. **Truth Magnified** – This Video Coaching with Shauna Gringas focuses on the idea and concept of “Truth Magnified.”
114. **What Am I Really Saying?** – This Video Coaching with Cassandra Vincent focuses on the why every line you say must be fully understood in a deep and personal way.
115. **It’s All Connected** – This Video Coaching with Vanessa Blair focuses on How all the Guidelines are Connected to each other and why.
116. **Coaching For Reel** – This Video Coaching with Sam Spade and Nancy Lantis is a typical session when coaching for a Demo Reel Scene.
117. **The Brilliance Is In The Details** – This Video Coaching with Mychal Thompson describes how the Brilliance is in the Details and in the letting go.
118. **Tone And Syle** – This Video Coaching with Autumn Wendel focuses on Tone and Style.
119. **Feel It From The Inside** – This Video Coaching with Melissa Harris focuses on Feeling it from the Inside and Relating on a Deep Personal Level.
120. **Showing Dramatic Range in a Monologue** – This Video Coaching with Jule Leuren Jackson focuses on How Dramatic Range pops with strong Transitions and using Beginning, Middle and End while breaking down a Monologue.
121. **Read The Action In It’s Entirety** – This Video Coaching with Joshua Lee focuses on Guideline #6 – “Read the Action in Its Entirety.” Choreograph the scene! Then you will always know what you are doing.
122. **Focus On The Punctuation** – This Video Coaching with Pason focuses on Following the Punctuation to find the joke and how the character speaks.
123. **Making Strong Transitions In Monologues** – This Video Coaching with Valerie Hinkle is a typical Private Coaching Monologue Session using “The 15 Guideline Map to Booking Technique.”

- 124. Who Am I Relating To?** – This Video Coaching with Misty Miller is a typical Private Coaching Session using the 15 Guideline Map to Booking Technique and focuses on Guideline #11 – “Who Am I Relating To?”
- 125. Finding Clues In The Written Dialogue** – This Video Coaching with Matthew Evans focuses on How To Find The Clues in the written dialogue and Guideline #9 – “Find The Transitions.” Amy Lyndon also explains why you shouldn’t focus on the breakdown of the character that accompanies the sides. All the information/clues is in the script.
- 126. How To Conduct An Agent/Manager Interview** – This Video Coaching with Riley Beres focuses on Interviewing with a New Agent/Manager and How To Deal with the Question, “Tell Me About Yourself?”
- 127. How To Make 1 Page of Uninteresting Dialogue POP!!!** – This Video Coaching with Tara Jayn focuses on How To Make One Page Of Uninteresting Dialogue POP.
- 128. How Do You Hear What The Other Person Is Saying** – This Video Coaching with Theresa Layne focuses on Guideline #10 – “How Do You Hear What The Other Person Is Saying?”
- 129. What Is The Key Line?** – This Video Coaching with Clinton Huff focuses on Guideline #5 – “What Is The Key Line?”
- 130. Using The 15 Guideline Map To Booking Technique** – This Video Coaching with China Brooks is a typical Private Coaching session using “The 15 Guideline Map to Booking Technique.”

VIDEO LECTURES

Watch These Inspiring Video Lectures And Benefit From Amy Lyndon’s First Hand Knowledge On The Acting Business From Being A Personal Manager/CEO Of Gold-Levin Talent For 9 Years, A Multi-Award Winning Filmmaker And A Working Actor With 100’s of IMDB Credits!

- 1. Know Your Packing Order** – Where do you fit in the bigger picture? What do you represent? Where is your placement in the project? How important are you to the story? In this Video Lecture, Amy answers these questions and more to help you determine the importance of your role. The more important you are then the more interesting you should be.

2. **Your Approach Is Everything!** – In this video, Amy breaks down exactly, in detail, what you need to do every time you get an audition. After watching this video, you will have the tools on what questions you need to be asking yourself in order to tell the best story and be competition ready. Let Amy help you to always know what you are doing every time you begin with that "blank canvas."
3. **FEAR = FALSE EVIDENCE APPEARING REAL** – In this Video Lecture, from Amy Lyndon's Master Class, she covers the subject of fear. She teaches you; where fear comes from, how to work with fear, how to harness fear and how to use her 15 Guideline Technique to get rid of fear.
4. **Q&A with Houston Actors** – In this Video Lecture Series, Amy answers questions on everything from The 15 Guideline Map To Booking Technique to Building a Business Package. Maybe the answer to a question you always wondered about is right here waiting for you. This video is 1 hour and 34 minutes long.
5. **Q&A: Booking and the Philosophy of Booking** – This 1 hour and 9 minute lecture on Booking and the Philosophy of Booking was done live in a private room on zoom as well as live streamed to the Facebook Group - Rehearsal & Self-Tape Partners For Actors. Watch this great video for answers to some of your burning questions.
6. **The Hollywood Winner's Circle Zoom Q&A and Audition Workshop** – In this Video, Amy answers burning questions during a Q&A with actors from Wendy Alane Wright's Hollywood Winner's Circle and works with two students on auditioning scenes using The Lyndon Technique 15 Guideline Map to Booking. This video is 2+ hours long.
7. **Amy Teaches Her 15 Guidelines on Zoom** – So excited to share this will all of you! The toolbox is so special to me. I get to help actors who truly get it! I love teaching my Saturday Intensive and meeting so many wonderful actors. It's a joy helping you achieve your goal of being a working actor.
8. **The Beginning Of My Script Breakdown** – Check out this video lecture for the process I go through when breaking down my auditions. Breaking down the scene I am auditioning today. How I use my 15 guidelines.
9. **Web Cam Set Up** – Here is a look at the set up I am using for Live Online Auditions via zoom or other platforms.
10. **Acting to Booking Live** – Watch Celebrity Acting Coach Amy Lyndon work with contest winner Paul Van Scott. Not only are you going to learn about the acting business and self-tapes, but you will see Amy Lyndon's famous THE LYNDON TECHNIQUE: "The 15 Guideline Map To Booking Technique" LIVE!

Within seconds you will see Paul's transformations from using 6 of her 15 Guidelines.

- 11. How To Stand Out** – In this video lecture, taken from the beginning of Amy's monthly technique intensive in October 2020, Amy sheds light on Booking Principals and cleans up acting misnomers.
- 12. Making 3 Goal Setting Lists** – In this Video Lecture, Amy discusses the importance of making 3 lists for goal setting... a list for goals to do this week, a list for goals to be met a year from now, and your big list... bucket list of dreams. Watch the video to find out why it is important to have 3 lists.
- 13. There Is No Competition** – Watch this video for more tips on standing out in your auditions.
- 14. Acting Demo Reel (What Actors Need To Know)** – Want To Learn How To Make The Best Demo Reel Ever? Watch this video for more information on creating a quality reel.
- 15. Creating Great Characters Exercise** – Amy Lyndon talks about how to build a character when a character is just not popping. Watch this video lecture and use the exercise to find aspects of the character and how to bring it into yourself.
- 16. What Do You Want To Accomplish During The Stay Home Stay Safe Orders?** – Amy is spending her stay home stay safe time learning about technology.... something that doesn't come easy for her. :) From setting up a new portable ring light to developing a clothing line website.... Amy is using this time productively. Since self tapes will be in high demand in the coming weeks as things start to reopen... now is the perfect time to make sure you have your self tape system in place and ready to go. Watch this video lecture, on using your time wisely during stay home orders.
- 17. Self-Tape Anxiety** – There is so much anxiety into getting it right. We are perfectionists. We want to do it right. We continually judge ourselves. We are our biggest critics. Sometimes forgetting one word can throw us completely out of the scene. Watch this Video Lecture for helpful hints on how to relieve your self-tape anxiety.
- 18. Emotions Are Everything** – In this Video, Amy talks about the importance of an emotional journal... she brings to light the importance of having a well oiled emotional vehicle and what actors everywhere can be doing during this vulnerable time.
- 19. The Importance of a Quality Demo Reel** – In this video, Amy talks about working with Actors in Chicago to produce quality footage for their demo

reel as well as the importance of doing all your homework so you nail your transitions and don't flat line.

- 20. This Career Is Hard** – If it was easy then everyone would be doing it!!! Do you have the discipline? Watch this video lecture to find out why you need to work harder than your competition.
- 21. Should I Leave My Rep?** – This is a common questions here at the Lyndon Technique. Watch this video for Amy's advice on how to make sure your Reps can best represent you.
- 22. Self-Tape Tips** – Today's technology has truly changed the game of auditioning. In this Video Lecture, Amy gives you helpful tips to booking the job via a self-tape submission.
- 23. Agents and Managers** – Amy gets emails from frustrated Actors all the time regarding their Agent and/or Manager. Watch this video for more information on how to help the people that are trying to help you.
- 24. Keep Trying** – In life... we make mistakes. Not just once, not twice, but many, many times. That's what life is about. So stop being so hard on yourself. Focus on learning the lessons of each failure. Watch this video lecture to learn why the next one will take you one step closer to success.
- 25. Amy's Personal Breakdown of The Guidelines** – Some people think that the 15 Guideline Map to Booking Technique needs to be done in order from 1 to 15, but that is not necessarily true. So Amy take's you through her personal process. Watch this video to learn the Amy Lyndon "Lyndon Technique Way."
- 26. GET BUSY! Create Content!** – This video was recording on Facebook Live for the Talent Manager For Actors Technique Tuesdays. Reem Kadem and Amy sit down to discuss creating your own content.
- 27. Marination is Key to Booking** – If you are one of those people that runs lines over and over and over... then you are running all the juicy emotions out of your audition. Watch this video lecture for information on how to connect on a deep personal level.
- 28. Inside the Audition Room** – Episode 7 of a 7 episode series on Auditioning. In this video, Amy gives tips on how to handle the audition room. From wardrobe and props to greeting casting directors to asking and answering questions... Amy explains everything you need to know in order to successfully navigate the audition room.
- 29. Before The Audition** – Episode 6 of a 7 episode series on Auditioning. Amy gives details on how to keep stress away and focus on your audition. Do you

know what to do when you reach the outer office? Watch this video lecture for some great tips to staying relaxed and nailing your audition.

- 30. How to Activate Crying** – Episode 5 of a 7 episode series on Auditioning. You are a walking talking emotional vehicle for the writer. You have to sit on it. You have to marinate in it. You have to know where that emotion is deep in your being. If you have trouble crying during auditions, then watch this video lecture to find out more.
- 31. Self Confidence** – Episode 4 of a 7 episode series on Auditioning. There is no one like you... you are special and unique. Watch this video to find out more on the importance of Self Confidence.
- 32. Don't Memorize** – Episode 3 of a 7 episode series on Auditioning. They tell people... memorize and then work on it. Watch the video to find out why this can get you stuck when auditioning.
- 33. Action in Audition** – Episode 2 of a 7 episode series on Auditioning. If it helps the character... then do it. If it hurts the character... then don't. If it helps you... do it. If it distracts us from you... then don't. That's it. That's action. Watch the full video for all the helpful tips Amy has on successfully showing Action in Auditions.
- 34. Nerves** – Episode 1 of a 7 episode series on Auditioning. One of the questions I pose to new students is, "What is your biggest problem when Auditioning?" A common answer is Nervousness. In this video, I talk about how to overcome being nervous when you walk into the room.
- 35. Social Media Is No Joke** – Unfortunately it just isn't about how great of an actor you are anymore... Networks and Studio Heads want to have a built in advertising platform via social media followers. They are hiring actors who will help get the word out through their social media. Listen to this Video Lecture as Amy breaks down the truth about Social Media.
- 36. Social Media Networking** – In this Video Lecture, Amy discusses some Social Media Networking Secrets. Watch and learn great tips on growing your networking web.
- 37. Key to Memorizing Sides** -People always ask.... How can I memorize my script? The reason you're having a problem is because you're just trying to learn the words without having a real emotional connection. Watch this Video Lecture to learn how to connect to the dialog and get off book for your auditions.
- 38. How to Audition for Movies** – Wanna Be Somebody? The first thing you need to understand is that Movies and Television are completely different. In

order to be a movie star you need to know how to translate to the bigger screen. Watch this Video to understand the complexity of character and auditioning for movies.

- 39. Don't Let The Photographer Choose** - In this video, I explain the importance of not letting the photographer choose the shots for you. Whose session is it? What are you selling? Your job is to produce your session. Their job is to make you look fantastic.
- 40. Theatre Is Not Film or TV** - In this video, I speak to the difference between movement in Theatre vs The Close Up of Film and TV. Don't overplay it. Just feel it. Bring the audience to you.
- 41. Accountability** - In this video, I talk to you about Accountability. It is important to have someone that is looking out for you and helping you to achieve your goals that will get you to the next level.
- 42. You Can Make It Happen For Yourself** - In this video, I talk about the importance of being brave and taking charge of your own career. You don't need to wait on other people to decide your fate. You are in control.
- 43. Things To Do Before 2017** - December and the Holiday's is typically a time when Hollywood slows down. You might remember back to when you were a kid on break from school and how exciting it was to do nothing but play. But as adults we have to be more focused. Pilot season is just around the corner. Listen to this Video Lecture for some great ideas on what you can do for your career before the start of 2017.
- 44. That Person On The Couch** – What is your Kryptonite? Just like Superman we all have a weakness. For me... it is that person on the couch when I go into audition. You know the one... the one that just sits there, not smiling, not laughing or crying, but glaring with their arms folded and you wonder why they are even there. Watch this Video Lecture to find out the best way to combat your Kryptonite.
- 45. Giving it 100%** – Why bother heading to an audition if your not going to give it 100% the first time? Very rarely will Casting Directors work with you to get you to the place they need you to be. You need to go in to your auditions and kill it!!! Let your talent do the talking.
- 46. Where Can I Find You?** – Every week I get requests from Casting Directors, Producers, Past Students, Agents/Managers and more... looking for people to cast in their current projects. I look through my list of past students for the perfect people to fill this request. Then I head over to IMDb and Actors Access to get a link to send with photo and resume. Let me tell you how

many times I can't find someone... not just on IMDb or Actors Access, but anywhere. That puts you out of the game. Watch this Video Lecture and find out why it is important to be found.

47. Be Specific? – Nothing is more annoying than being given a general note but not being told how to fix it. It is important to make sure you are clear on the adjustments you are being given. However, if you are given a specific note and you don't do what it takes to fix it then that is on you.

48. Co-Star Night Lecture: What Constitutes A Booking? – Do you know what you need to do to book the job? The last thing you want to do is look like an actor. Listen to this short video to learn how to nail your auditions and book the job.

49. The Small Stuff Really Does Count – Everything matters. It can be one little sliver of a difference that keeps you from booking a job. Pay attention to the small stuff.

50. Business Goal Setting Webinar Part 2 – Every year Amy ends the last week of classes with a Goal Setting Seminar. This webinar covers the Wednesday Night Class Opening Lecture. If you're not happy with the outcome of your career in 2015, then you didn't set strong enough goals. Discover how to put together a plan to succeed.

51. Business Goal Setting Webinar Part 1 – Every year Amy ends the last week of classes with a Goal Setting Seminar. This webinar covers the Monday Night Class Opening Lecture. If you're not happy with the outcome of your career in 2015, then you didn't set strong enough goals. Discover how to put together a plan to succeed.

52. Are You REALLY Working Hard Enough? – In this Video Lecture, Amy speaks tough truths into your lives to help you decide whether you are truly working hard enough to make your dream come true. Come find out if you are really, really working hard enough or if you are handing the job to your competition.

53. I Believe In You – In this Video Lecture, Amy reminds everyone how much she believes in you. She explains how the things that you are currently doing speak volumes about your dedication and determination to be successful.

54. HOW ARE YOU HANDLING YOUR BUSINESS - In this Video Lecture, Amy explains the importance of getting back to industry contacts as soon as possible. How you handle the business of returning phone calls/email speaks directly to how you will handle your business on a day-to-day basis.

- 55. WHEN PANIC SETS IN!** - In this Video Lecture, Amy talks about what to do when you have a last minute audition without much time to prepare. Before panic sets in use the technique to understand what is happening. Ask yourself several key questions to quickly get into the character of the scene - what am I doing, what am I saying, what am I feeling?
- 56. Should You Burn Your Reps At The Stake?** - In this Video Lecture, Amy talks about why it may appear your reps aren't doing the work you hoped they would do. She explains the importance of putting together a comprehensive package to help you help your reps market the best you possible.
- 57. How's That List Going?** - In this Video Lecture, Amy talks about the importance of having lists. She explains that checking items off your list will make you feel like you are doing something and moving toward your goal of being successful.
- 58. Get Out and PRACTICE, PRACTICE, PRACTICE** - If you are not out there practicing as much as possible then it will be hard to beat your competition. You need to practice every single day...just like Olympic athletes. Be a competitor. Get out and Practice.
- 59. Get Back On That Horse** - Acting is one of the hardest professions in which to succeed. Let's be honest, if it were easy everyone would do it. In this Video Lecture, Amy reminds you to Love Yourself and when you fall off that horse...just get back up.
- 60. Are You Taking Short Cuts?** - Are you trying to fake your way through this business or are you giving it your all? Are you putting in 110% to do what ever is necessary to make it? Start the New Year off with a bang and challenge yourself to skip the short cuts.
- 61. What Is Special About You** - You Are Special. There is no one else in the world like you. In this Video Lecture, Amy reminds you that it doesn't matter how many people show up for an audition as long as you bring What Is Special About You.
- 62. You Don't Have To Be Perfect** - You don't have to understand something perfectly in order to get started. If at first you don't succeed... try, try again. In this Video Lecture, Amy talks about getting out there and trying new things.
- 63. Don't Be A Clumper** - Clumping means running an entire paragraph of sentences into one quick thought. In this Video, Amy talks about Guideline #7 - "Every Line Is A Separate Thought" and why you need to rewrite the lines in your own words to get to the center of the emotion within the line. Take the time to talk around the dialog before you say it.

64. Don't Let Anger Rule – Do you ever get angry at your reps for not getting you auditions? Do you get angry because casting went with someone else? So much of this business has nothing to do with you. In this Video, Amy talks about not letting Anger RULE your life.

65. You Are A Success – Are you afraid of success? Have you ever thought, “What if I book it?” Do you get nervous going to those big auditions for fear of what could happen next? In this Video Lecture, Amy talks about not letting the fear of success overwhelm you.

66. Keep Your Hands On The Page – You might think that talking with your hands is a great way to get your point across, but in actuality it's VERY Distracting and can push people away from you and from the story that you are telling. In this Video Lecture, Amy breaks down the importance of keeping your hands on the page during your auditions unless, of course there's an action that enhances the story and your character.

67. Get Some Strange Love – Do you ever panic when you see that huge audition come in from your agent or manager? In this Video Lecture, Amy breaks down the importance of auditioning. Practice! Practice! Practice! Get out there and audition as much as possible to practice on people who are practicing on you. Be that Olympic Actor who's ready to play the game when big opportunities come your way.

68. Stinkin' Thinkin' – Do your relatives or friends put a kibosh on what you're trying to do with your life? Some people just don't understand how difficult this career is to keep the dream alive. In this Video Lecture, Amy breaks down the importance of not letting negative people mess with your process.

69. Compartmentalize – What are you doing with your 24 hours? Work, Family, Studying, Classes, Auditions – the list of things you need to do goes on and on and on. In this Video Lecture, Amy breaks down the importance of compartmentalizing. By learning how to focus you get a lot more done than you think.

70. Stretched Too Thin? – Are you stretched too thin? Have you accomplished everything that you want to accomplish? Are you focused on the goal? And what is the goal? In this Video Lecture, Amy breaks down the importance of goals.

71. Love Yourself – Quit beating yourself up! Learn how to love yourself! In this Video Lecture, Amy reminds you to love yourself. Instead of dwelling on what went wrong, look at what works and make yourself a template for success.

- 72. Let's Get This Party Started** – Are you treating your career like a hobby? Are you really intent on creating a huge business? In this Video Lecture, Amy breaks down the importance of gathering information and taking the business of YOU to the next level.
- 73. Goals For 2014** – The end of the year is quickly approaching and it's time to start thinking of all the amazing things you are going to do in the New Year! In this Video Lecture, Amy breaks down the importance of setting SPECIFIC goals for the coming year.
- 74. Do It Anyway** – Don't throw opportunities away! Your next audition could be the one that changes your life! There's so much to do in order to be a working actor and it's important to not let opportunities slip away. In this Video Lecture, Amy breaks down the importance of attending every audition and creating momentum in your career.
- 75. Change Is Good** – Actors are the most wonderful, loyal, fantastic, loving and kind people in the world. But, if your career is not working, then it's okay to make a change. In this Video Lecture, Amy breaks down why change can be good – even when it is scary.
- 76. Get Back Up** – It is really hard to get back up when you have been knocked down, especially when it happens over and over and over again. In this Video Lecture, Amy talks about the difficulty of being an actor and why it is important to pick yourself back up when you feel knocked down.
- 77. Get Out Of The Closet And Publicize** – Social Marketing can make or break your career when it comes down to casting a big Series Regular or Lead in a Feature Film. In this Video Lecture, Amy describes the importance of social marketing and building a fan base.
- 78. Guideline #7: Every Line Is A Separate Thought** – One of Amy's most repeated notes in class is, "I didn't know what you're saying?" If you don't know what you're talking about, then no one else will. In this Video Lecture, Amy talks about Guideline #7 and the importance of writing it all down.
- 79. Filling Up The Funnel** – Have you been submitting on all your acting sites? MOMENTUM is key to a flourishing career. Fill up the funnel and don't stop. In this Video Lecture, Amy explains why it's important to continue to submit even when you think you have too many auditions or are working on set.
- 80. Cover Letters** – Are you tired of not knowing what to say in a cover letter to Agents and Managers to get them to sign you? In this Video Lecture, Amy explains her step-by-step process regarding Cover Letters to get Reps excited about meeting and signing you.

- 81. Stop Spinning** – Tenacity is the key to getting results. It takes time and hard work to achieve your goals. STOP SPINNING and just do the work. It's never too late to achieve your dreams. In this Video Lecture, Amy breaks down the importance of getting out there and booking.
- 82. Pilot Season** – Are you frustrated because you aren't getting out this Pilot Season? Pilot Season is not the only time for actors, we still have Guest Star/Co-Star Season coming up which is a great time to book some resume builders! In this Video Lecture, Amy breaks down Pilot Season, the facts behind who typically goes out during this time, and she prepares you for the excitement of Episodic Season.
- 83. Distractions** – What do you do when you're on set trying to act and people talking about ridiculous things surround you? Distractions are EVERYWHERE. Learn how to protect your space and respect your work as an artist. In this Video Lecture, Amy breaks down how to deal with and how to avoid distractions.
- 84. Don't Shoot For The Callback** – You spent a lot of time and money preparing for your auditions. Why go through all the worry and hard work to only shoot for a callback? GET THE BOOKING! In this Video Lecture, Amy tells you to SHOOT for the Booking not the Callback! Leave them at “No Question” when you exit the office.
- 85. The Table Read** – Many actors underestimate the power and importance of the table read. Did you know you could be fired after the Table Read? In this Video Lecture, Amy breaks down The Table Read and explains the importance of being at top peak performance as if you're ready to be filmed.
- 86. Bad Audition?** – Ever had a truly awful audition? Of course you have - we *all* have. In this Video Lecture, Amy breaks down how to deal with a bad audition and how to avoid them.
- 87. Are You Ready** – In this Video Lecture, Amy breaks down how to build a comprehensive package. Are you putting your best foot forward? Do you have spelling errors on your resume? If you aren't putting the best product out on display... then who is going to buy the product? And the product is you!!!
- 88. Sabotage: The Sequel** – We've talked about sabotage before, but Amy continues to see it in her coaching clients and students, so we've decided to address it again. In this Video Lecture, Amy follows up on how self-sabotage can ruin your career.

- 89. Set Up Your Summer** – Summer is a really slow time for actors - or is it? In this Video Lecture, Amy explains how to make your summer a productive one and how to get ready for when the Industry kicks back into high gear.
- 90. Be Careful On The Way Up** – Every professional actor - including Amy - has stories of how stupid choices have come back to bite them in the butt. This video not only provides a great example, but also how to avoid potential pitfalls. In this Video Lecture, Amy breaks down the importance of being kind to people on your way up.
- 91. Every Line Is A Separate Thought** – One of the Guidelines that seem to cause students the most trouble has been Guideline #7: “Every Line Is A Separate Thought.” In this Video Lecture, Amy breaks down Guideline #7 in depth.
- 92. The Importance of Networking** – We've talked about networking before, but when Amy found herself in the middle of a big event recently she realized that there was a lot more to say - and a lot more opportunities to be found! In this Video Lecture, Amy follows up with more information on networking.
- 93. 24 Hours In A Day** – We all have 24 hours in our day. What are you doing with yours? In this Video Lecture, Amy teaches you how to use every minute of your day wisely.
- 94. Interactive Goal Setting** – All right guys! It's a New Year and a new opportunity for you to reach your acting goals! In this Video Lecture, Amy provides an interactive goal setting session for you to get that ball rolling!
- 95. Running Your Lines** – Building off Guideline #7: “Every Line Is A Separate Thought,” Amy shares with you guaranteed ways to have a terrible read! Get into the 1% of Actors BOOKING! In this Video Lecture, Amy teaches the importance of not running lines but running emotions.
- 96. Your Package** – What is the image you're showing to the Industry? Does your package say that you're still in development or does it say that you're a pro? Agents, Managers, and Producers are reluctant to sign on developmental talent because it'll cost them time and money with no guarantees. In this Video Lecture, Amy teaches the importance of having a comprehensive package and why it puts you a cut above your competition.
- 97. Preparation** – We can't even begin to tell you how many calls we receive at The Lyndon Technique from panicked actors about auditions. Even with Co-Star level stuff, actors flip out because they're under-prepared. The answer? Don't be. In this Video Lecture, Amy teaches the importance of always being prepared for anything.

- 98. Agents vs. Managers** – Finally! A concise answer to the following question: What *exactly* is the difference between an Agent and a Manager? As someone who worked as a successful Personal Manager for 9 years, Amy Lyndon knows. In this Video Lecture, Amy uses a metaphor to teach you the important difference.
- 99. The Outer Room** – The room outside the office will get you every time. In this Video Lecture, you will quickly learn some easy tricks to avoid the outer office psych out.
- 100. Networking** – What will propel your career further and faster? Networking! As you connect to people in the Industry, those people will connect you with work. In this Video Lecture, Amy teaches you how to build your network.
- 101. The 10 Minute Audition Prep** – Whether you get a last-minute audition, show up to casting and they've changed your lines, or they ask you to read for another part; there are plenty of times when you will not have a lot of time to prep. In this Video Lecture, Amy tells you exactly what to do when you've only got 10 minutes to knock it out of the park!
- 102. Self-Sabotage** – As actors, we have tough jobs. We face a lot of rejection and work really hard with very little results. Sometimes we unconsciously sabotage our own efforts when we're actually really close to a big Booking. In this Video Lecture, Amy points out how and why we shoot ourselves in the foot and what we can do to avoid it.
- 103. Biggest Challenges, Best Solutions** – As one of Los Angeles' Top Booking Coaches, Amy has seen a lot of actors struggle in their careers. As a coach and consultant, she's uniquely positioned to help those actors overcome those struggles. In this Video Lecture, Amy identifies 5 of the biggest challenges actors face and the best solutions for those challenges.
- 104. The Proof Is In The Booking** – Guys, you don't need feedback from your agent. As far as your agent is concerned, you want them to think that you are the best actor that ever walked the planet. In this Video Lecture, Amy explains why you shouldn't ask for feedback because the proof is in the Booking.
- 105. Reps Are People Too** – We received a direct message on Twitter from someone asking how they should leave their rep. In this Video Lecture, Amy teaches you how to properly leave your rep without burning any bridges.

- 106. How To Agent Your Agent** – Congratulations, you've got an agent!!
Now what? In this Video Lecture, Amy breaks down how to keep your relationship with your agent moving forward.

AUDIO LECTURES

Did You Know That These Audio Lectures Could Be Downloaded Into Any Device? What A Great Way To Learn “The 15 Guideline Map To Booking Technique” Or To Soak In The Lyndon Wisdom At The Gym Or While Driving!

- 1. Tell Me About Yourself (Interview Prep)** – This is an excerpt of a Lecture which was given to 80+ acting students at the Get Seen Showcase in Las Vegas in preparation for their upcoming interviews with Casting Directors, Agents and Managers. Every actor dreads the part of the meeting where the agent, manager, casting director or producer asks so.... "Tell Me About Yourself?" Well, you never have to worry about it again as Amy Lyndon walks you through exactly what to tell about yourself.
- 2. Work Your Career Every Day!** – Amy Lyndon lectures to her Co-Star Night Class about working your Acting Career every day like a true champion!
- 3. The Philosophy Of Booking** – This is the opening lecture from the November 2018 monthly technique intensive. Listen as Amy discusses common audition fears, why you might not be booking and some helpful hints to becoming a booking machine.
- 4. Booking Takes Practice** – This Audio Podcast from the opening lecture of the July 2018 monthly technique intensive. Amy talks about the importance of sticking to your dreams!!
- 5. Confidence When Auditioning** – This Audio Podcast is from the opening lecture of my monthly technique intensive. Amy talks to the students about using the 15 guidelines to help them feel confident and not take in the energy from the room. Knowing your jump off emotion and what you are saying, feeling and doing in the scene. Listen to this opening lecture to find out how to feel more confident when you walk into the audition room.
- 6. How to Format a Resume** – This Audio Lecture comes from the first 1.5 hours of the Career Consultation 101 Seminar. This Lecture will help you in formatting your resume... Amy goes into billing for Television and Film, Theater, Stand Up, Special Skills, Training and more. Listen to the full lecture to get an idea of how to develop your resume based on your own credits, training and skills.

- 7. Pilot Season Boot Camp Part 1** – Morning Session - Resumes/IMDB! In this session Amy works with Cynthia on her resume and IMDB. Amy discusses the art of making something out of nothing. Your resume should show your journey and show a continued advancement so that you don't get pigeon holed.
- 8. Pilot Season Boot Camp Part 2** – In this session Amy works with Anja on her resume. Great information is discussed regarding billing, special skills and what not to include on IMDB.
- 9. The 15 Guideline Map To Booking Technique** - Need a Refresher Course on the 15 Guidelines? Amy recorded her 15 Guideline Map To Booking Technique Workshop to help you break down your scenes and book the job.
- 10. Saturday Technique Workshop** - Every month Amy offers a workshop on her 15 Guideline Map to Booking Technique. This workshop is great for new students who want to learn the technique for the first time and current student who need to brush up on their skills. This workshop is typically the prerequisite to joining her Advanced Booking Class held on Monday and/or Wednesday nights. Listen today and Learn How To Book Acting Jobs.
- 11. Why Is The Lyndon Technique Important?** - Amy Lyndon opens her 15 Guideline Map to Technique Workshop by explaining why her technique is important and what you need to know in order to book the job.
- 12. Interview with Patricia Peterson for the Dream Girl Campaign** - Amy was recently interviewed by Host Patricia Petersen for the Dream Girl Campaign who's mission is to remind women to dream big while giving them permission to do so. Amy speaks about The Lyndon Technique, Obstacles that are unique to women, how to market yourself in the entertainment business, setting aside time each day to pursue your goal, knowing the intent of the writer to understand how to BOOK the Job and how to prepare mentally before the audition/interview process.
- 13. Conversation with Cyrus Webb** - Amy was recently interviewed by Cyrus Webb the host of Conversations Live. In this insightful interview, Amy speaks about The Lyndon Technique, the importance of using social media, why helping other people realize their acting dreams is important and exciting for her, how to become an Olympic Actor and much more.
- 14. Sneak Peek at The 15 Guideline Map To Booking Technique** - This lecture doesn't cover all of the 15 Guidelines, but gives you an idea as to what attending her monthly technique workshop would be like. This is a sneak peek at the 15 Guideline Map to Booking Workshop.

- 15. Goal Setting and Comprehensive Package** – Each year Amy holds a goal setting class to help her students focus on their goals for the coming year. This lecture covers the first part of her lecture on goal setting and the importance of a comprehensive package. (39:38)
- 16. Monthly Technique Workshop – The 15 Guideline Map To Booking Technique** – Each month Amy holds a Technique Workshop where she teaches “The 15 Guideline Map to Booking Technique.” Amy takes the class through each of the 15 Guidelines and answers questions as they break down their individual scripts. This audio lecture is an example of what you would experience attending her Monthly Technique Workshop. (1:37:48)
- 17. Las Vegas Seminar featuring - The 15 Guideline Map To Booking Technique** – Amy was invited by Frank Parrillo CEO - Hollywood Bound Acting Academy in September 2014 to teach a weekend seminar in Las Vegas. You can hear her work with individual students on each of The 15 Guidelines as they discover that all the information about the character is in the script. This audio lecture coaches you through the process of learning How to Book On The First Take because of The Lyndon Technique! (2:09:55)
- 18. The 15 Guideline Map To Booking Technique** – Amy’s reputation as Hollywood’s Top Booking Coach is clearly displayed as she combines The Technique with Business Principles. You will see why her clients’ are in the top 1% of the industry. Whether you’re brand new to The Lyndon Technique or just need a refresher, this audio is chock full of great information!! (1:41:20)
- 19. The Calgary Business & Marketing Intensive** – Amy was invited to Canada to teach her internationally renowned Booking and Business program. This audio goes in-depth on EVERYTHING you need to know about putting your package together. It covers resumes, headshots, demo reels, audition etiquette, dealing with your reps, and finding out what marketing methods work for you! (2:35:44)
- 20. A Taste Of The Boot Camp: Part 1** – In this audio lecture, Amy teaches an intensive course for The Lyndon Technique. This audio is Part 1 of the TLT Boot Camp Lecture Series. (52:08)
- 21. A Taste of The Book Camp: Part 2** – Part 2 of the Lecture Series. (45:36)
- 22. Who Is Your Competition** – You’re not competing with anyone else, but yourself. It’s all going to come from you. In this audio lecture, Amy teaches about competing with yourself and nobody else. (10:09)

- 23. What Is Standing In Your Way** – Do you cast your part in the waiting room? Are you easily distracted? In this audio lecture, Amy teaches you how to see what is standing in your way of success. (16:00)
- 24. Where Do You Fit In?** – Know what your type is. Understand that how you are 'bought' might not necessarily be what you play. Where would you put yourself? What type of show or film would you be cast in? In this audio lecture, Amy teaches you how to know what your type is and how to use it to your best advantage. (15:59)
- 25. The Philosophy Of Booking** – Do your homework. Work your business. Make everyone come to you. You are here to compete and work as an actor. You are enough exactly as you are. If you're in on the audition, then you're right for the job. (28:49)
- 26. Truths About The Business** – There are no rules. The only rule is to be brilliant and to not take any prisoners! In this audio lecture, Amy dispels the myths and untruths in the business. (17:05)
- 27. Red Carpet Secrets** – The secret is... work begets work. Don't negotiate the price of success. If you're looking at the results and jumping over nickels to save pennies, then you'll never walk the red carpet. (8:13)
- 28. Casting Pointers** – Amy Lyndon's crystal clear personal experience of the mistakes actors make when they audition from projects she cast. In this audio lecture, Amy teaches you about common mistakes made in the casting room. (21:12)
- 29. Breaking Down The Script** – A 50-minute TASTE of "The 15 Guideline Map To Booking." Learn why this technique has helped hundreds of actors realize their dream. In this audio lecture, Amy teaches her 15 Guideline Technique step by step. (49:59)
- 30. Every Line Is A Separate Thought** – In this audio lecture, Amy gives an in-depth clarification of the 7th guideline – "EVERY LINE IS A SEPARATE THOUGHT." Go over every single line and write down what you are saying in your own words next to each line. SIT WITH each line until you understand it from the WRITER'S PERSPECTIVE. Ask yourself, "What am I saying? What am I REALLY saying?" (15:07)
- 31. Finding Character** – In this audio lecture, Amy teaches how to quickly get into character. (13:56)
- 32. Aaron Sorkin Week Part 1** – In conjunction with Syracuse University, Academy Award-winner Aaron Sorkin invited Amy Lyndon to speak at "Aaron Sorkin" week for several years. Download this audio and listen to the

information that an Academy Award-winning writer wants his actors to know! (44:16)

33. Aaron Sorkin Week Part 2 (30:26)

34. Be Realistic – During one of her opening lectures to her ongoing booking class in Los Angeles, CA, Amy Lyndon shoots it straight and helps her students to get real about their career. She covers everything from typing to boob jobs; this audio doesn't pull any punches. (25:01)

35. Las Vegas Seminar featuring “The 15 Guideline Map To Booking Technique” – In September of 2014 Amy was invited by Frank Parrillo of Hollywood Bound Academy to teach a weekend seminar in Las Vegas. Amy takes the class of 20 through breaking down a script. You can hear her work with individual students on each of the 15 Guidelines as they discover exactly what the writer is looking for in each role. This audio lecture coaches you through the process of learning to Book On The First Take!

36. Monthly Technique Workshop “The 15 Guideline Map To Booking Technique” – Each month Amy holds a Technique Workshop where she teaches The 15 Guideline Map to Booking Technique. Amy takes the class through each of the 15 Guidelines and answers questions as they break down their individual scripts. This audio lecture is an example of what you would experience attending her Monthly Technique Workshop.

37. Goal Setting and Comprehensive Package – Each year Amy holds a goal setting class to help her students focus on their goals for the coming year. This lecture covers the first part of her lecture on goal setting and the importance of a comprehensive package.

38. Sneak Peek At The 15 Guideline Map To Booking Technique – This lecture doesn't cover all of the 15 Guidelines, but gives you an idea as to what attending her monthly technique workshop would be like. This is a sneak peek at the 15 Guideline Map to Booking Workshop.

MOTIVATIONAL MINUTES

You Said That You Wanted Amy Lyndon With You... Well, Now You Have It! This MP3 Library Of Motivational Minutes Will Inspire You To Get Out There And BOOK BIG. You Can Download Them And Listen To A Daily Shot Of Success Principals And Inspiration Any Time You Want!

1. Critical People Suck – This business brings a vulnerability and feeling of judgement. We are already so hard on ourselves as actors. So why have

people in your personal life who are critical of you and allow self-doubt to creep in.

2. **Just Say Yes** – Why should you say yes... when you are unsure about an opportunity?
3. **Goodbye Toxic People** – Why should actors stay away from toxic people? First, it is just not good for your mental health. But more importantly, for actors, you need to have a clear emotional funnel. Listen to this motivational minutes to find out why your funnel needs to be free and clear of toxicity.
4. **You Are Just A Decision Away** – What decisions have you been putting off? I am asking you to make those decisions and change your life today.
5. **Photos That Match The Roles You Play** – In This Motivational Minutes, Amy speaks about Branding. It is important to write down adjectives or descriptive words for the roles you have been cast in. Do you have pictures that match those descriptions? Make sure the essence of who you are is represented in your photos.
6. **3rd Day of Vacation** – You know that feeling when you hit the third day of a vacation... the feeling of complete and utter relaxation. That is the feeling you need to get to right before you go into an audition. You will be open and free... you will be able to take adjustments and focus. Listen to this Motivational Minutes to learn how to get to a point when you are crystal clear.
7. **I Am Proud Of You** – This Motivational Minutes is a shout out to each and everyone of you who are going after your dream.
8. **Your Past Does Not Define You!** – Your past does not define you... it prepares you!!! Everyone has emotional baggage, but don't let your past steal your power. Take back your power by putting those emotions to work in your auditions and bookings. Then let them go until you need to take them out again. Your past is a great stepping-stone for your future.
9. **Practice During The Holidays** – December is a great time to reflect on the year and to relax with family and friends as you celebrate the holidays. It is also the perfect time to look toward what is coming up in 2019. In this Motivational Minutes, Amy reminds you not to rest on your laurels during this downtime. Make sure you are exercising your emotional vehicles. Listen to this motivational minutes for some key advice to prepare for the New Year and pilot season.
10. **Schedule Your Career** – Time to get your life organized. Get a planner and start scheduling your career.

- 11. God Created You For Greatness** – You have a purpose. Check out this motivational minutes when you need a reminder that God created you for a purpose and that purpose will be amazing.
- 12. The Callback** – Do you have questions about how to handle a callback? Check out this motivational minutes.
- 13. Are You Lazy?** – Lazy by definition is not willing to work or be energetic. The result of laziness is doing nothing. How can you overcome it? Listen to this Motivational Minutes to find out how to become productive.
- 14. Watch and Learn** – Listen to find out why it is important to watch TV and learn from what you are watching. For an Actor... TV and Film is not just for entertainment.
- 15. The Elevator Pitch** – Listen to this Motivational Minute to find out how to sell yourself effectively to industry professionals.
- 16. Don't Squash Your Feelings... Use Them** – The best kind of acting is raw emotion. So if you are lucky enough to feel what the character is feeling that day... use it.
- 17. Guideline #11 "Who Am I Relating To?" In Depth** – When you are talking about someone or something... It can't just be a random someone or something. It has to be someone or something that you have had a deep personal connection to.
- 18. Getting Your Head Straight** – The Psychological Brain. You can't create when you have all this stuff running around in your head.
- 19. Don't Say Later - Say Now** – It's easy to continue to put things off until later. But later is NOW. So don't keep putting things off. Make a point this new year to stop procrastinating.
- 20. After The Audition** – Do you obsess after an audition? Do you constantly check your email or voice messages? Do you ask for feedback from your representatives? Listen to this Motivational Minute to find out how to handle yourself, "After The Audition."
- 21. Depression Will Not Take You Where You Need To Go** – I have said it before - Action Relieves Anxiety. Are you feeling overwhelmed? Do you look at famous actors and think why can't that be me? Listen to this motivational minutes for clues on how to overcome anxiety and depression stemming from your acting career.

- 22. So, What's Up?** – Do you know how to handle that dreaded question from Casting Directors “Tell Me About Yourself” or better know as So, What's Up? Listen to this motivational minutes to learn how to correctly chat with a CD.
- 23. TIPS TO TAKING CASTING DIRECTOR WORKSHOPS** – In this Motivational Minutes, Amy speaks about the Dos and Don'ts of taking Casting Director Workshops and how to know if your ready to step out into this type of promotional arena.
- 24. DON'T GET FIRED FROM THE TABLE READ** – Just because you have the job doesn't mean you get to keep the job. Listen to this motivational minutes to find out why it is important to shine at the table read.
- 25. DO THE WORK AND JUST MOVE ON** - Have you ever obsessed over getting something just perfect? This motivational minutes explains why it is important to just do the work and move on.
- 26. Let Your Dreams Guide You** – What is your plan to help your career happen for you? Are you doing something every day or are you letting life get in the way? Listen to this motivational minutes to get you back on track and into the game.
- 27. Fear Will Keelp You Broke** - FEAR - False Evidence Appearing Real. Don't let your fears keep you broke. This Motivational Minutes will help you realize and release your fears.
- 28. It's A Wrap** – This motivational minutes will motivate you to wrap up 2015 and get ready for the things to come in 2016.
- 29. Push Thru the List** – Do you have a list of things that you need to get done to take your acting career to the next level? It is time to check off the list of things that will help you reach your goals. Overcome the obstacles and get to your dream.
- 30. Other People's Stuff** – How do you avoid picking up the energy of the people around you when you need to be completely centered? Listen to this motivational minutes for Amy's secret recipe to a successful audition.
- 31. Swing Thru and Close the Deal** – Be brave enough to hit everything at a 10+. Swing through and commit to every audition. Why bother going if you're not there to close the deal?
- 32. Be Brave!** - Did you know that Bravery can be the ticket in the door? People want to work with others that are brave, show confidence, exude strength. Listen to this Motivational Minutes to find out more on Being Brave!

- 33. Don't Wait For The Email!** - Do you have your Actors Access, LA Casting, Now Casting, etc... set to send you alerts about potential acting jobs? When you submit, you just might be too late.
- 34. Keep Your Eyes On Yourself!** - In this Motivational Minutes, Amy discusses what happens when you are focused on other people's successes and reminds you of the importance of looking at your own journey. Keep your eyes on yourself because your journey is completely different and unique.
- 35. What Do You Want To Change About You?** – Is there something you wish you could change about yourself? Will this change make you happier? Now is the time to focus on making changes that will help make you happy because a HAPPY YOU is a BOOKING YOU!!!
- 36. Re-Evaluate Your Straight Job** – Does your straight job help you in the business you want to be in? You need a job that doesn't tax your mind and emotions or you need to work within the industry so that you can learn every aspect of this business.
- 37. Bring Your Reps Food For Pilot Season** – Pilot Season is very busy and most reps don't have time to go out for lunch. Take this opportunity to do something nice for your agent/manager. It is a win-win situation; your reps enjoy a yummy lunch and you go to the forefront of their mind when those breakdowns are released.
- 38. This Is A TV Town** – Are you tying up all of your time working on short films and plays? What are you going to do when you are working on that play and a big TV audition comes through? This Motivational Minute touches on the importance of knowing how to work in a TV town.
- 39. Forgive Yourself** – It is okay to ask yourself what went right and what went wrong - then correct it. Stop beating yourself up and forgive yourself. Listen to this motivational minute after you've had a bad audition for a quick pick me up.
- 40. Agent/Manager Holiday Gift Giving** – Have you ever wondered who to give gifts to and what to give them? These Minutes explain the dos and don'ts of Holiday Gift Giving.
- 41. I Wish I Had Me When I Was You** – Did you know that TLTAcess.com is updated with new materials to build your business each month? These Minutes explain the importance of using TLTAcess and consistently doing the homework.

- 42. Action Relieves Anxiety** – Momentum builds Motion. Motion = Action. Action relieves Anxiety. These Minutes explain the importance of doing something every day toward building your career.
- 43. Putting Yourself On Tape** – Have you ever wondered what are casting directors looking for when they view self-submissions? These Minutes explain the important factors behind putting yourself on tape.
- 44. Give Yourself A Vacation** – Do you ever feel overwhelmed with building your business and trying to make it as an actor? These Minutes explain why it's okay to take a break in the off-season and find some time to clear your head.
- 45. Know Your Purpose** – What is your purpose? Why are you here? These Minutes tell you that it is time to do what you're supposed to do in your life.
- 46. This Is A Competition** – Do you remember the last time you competed for something? Do you remember what it felt like to win? These Minutes explain how putting yourself in a competitive spirit can help you book the job.
- 47. Get To Zero** – Have you ever felt insecure or nervous as you look around the audition waiting room? These Minutes discuss the importance of leaving everything outside of the audition room and to stop casting the job in the waiting room.
- 48. Go With What You Got** – Have you ever thought, "I'm not ready" as you head to an audition? These Minutes explain that what you did in your homework might just be enough. Trust in yourself.
- 49. Do It Now** – Don't put things off for later. Procrastination sets you up for failure. These Minutes explain why it's better to do things now and not wait until later.
- 50. Goal Setting** – What are your goals? These Minutes discuss how making daily, weekly, monthly and annual goals can build your career to success.
- 51. Don't Stop Training** – Having lots of auditions is not the time to cut back on training. These Minutes explain how detrimental it is for you to stop training after you get representation and work.
- 52. Don't Stall** – Is your package ready for Pilot Season? These Minutes explain how holidays shouldn't stop you from training and putting your package together.

- 53. Don't Do Casual Reality** – Have you ever questioned if the audition is the same as when you work? These Minutes discuss how popping always rules over casual reality when Booking.
- 54. How To Stay In Touch With People After You Meet Them** – How do you network? These Minutes explain the best ways to keep in touch with people in the business.
- 55. Where Is Your Office?** – Do you treat your acting career as a business? These Minutes discuss the importance of having an area in your home set aside for your acting career.
- 56. Be A Team Player - Pay Your Reps Commission** – It is important to be ethical, moral and a team player. These Minutes explain how important it is to pay your reps on time.
- 57. Summer Slouch** – Acting is not a 9-5 job. These Minutes discuss the importance of staying focused during the down times.
- 58. Who Got My Job?** – Do you ever look on IMDB to see who booked your job? These Minutes discuss the importance of finding out who booked and why.
- 59. The Gift Is You** – Are you constantly thinking about what other people are thinking about you? These Minutes explain how judgment can kill a career and that you are special.
- 60. Focus** – How many hats are you wearing? These Minutes discuss the importance of focus in your career and the difference it can make.
- 61. Hollywood Traffic** – Have you ever been late for an audition or coaching? These Minutes explain how stupid Hollywood traffic can be and the importance of being on time.
- 62. Do Something For Your Career** – Have you ever lost hope? These Minutes discuss the importance of doing something for your career everyday no matter how small it is.
- 63. Training And Working** – Why are you here? Are you here to be an actor? These Minutes discuss how important it is to train in order to work.
- 64. The Full Package** – Have you ever wondered if Casting Directors/Agents/Managers are inspired when they look at your submissions? These Minutes explain what a comprehensive package is and how important it is to your career.

- 65. Just Go Out And Do It** – A New Year is the perfect time to erase the slate and start fresh. These Minutes talk about leaving the past behind and taking the right steps to building a bigger you.
- 66. Self-Esteem** – Do you have trouble with your self-esteem? These Minutes explain how everybody is dysfunctional and how to use it to your advantage.
- 67. You're A Guest** – Getting an audition is a big deal. These Minutes discuss why you are a guest in a Casting Director's office.
- 68. Matching Your Shots** – Remember what you do each and every take! These Minutes discuss the importance of matching your shots on set and how to not lose your best footage.
- 69. Dreams Awake** – What is your dream? Are you living your dream? These Minutes discuss that when you focus on the process and not the result how much happiness you can have.
- 70. Past Failures** – Past failures are a jumping off point for future success. These Minutes explain how to use your past failures as a strength, not a weakness.
- 71. It Ain't Over 'Till It's Over** – Is there something you want more of? These Minutes explain how nothing is truly over and you always have the power to change your career.
- 72. The Competition Can Go Home** – What is your mindset when you go on an audition? These Minutes are all about teaching you how to really walk in the room.
- 73. Karma's A B****** – How do you treat people on your way up? These Minutes explain all the reasons for being nice to everyone when you're at the top because they're the same people on the way down.
- 74. What If You Couldn't Fail?** – Time to let go of the concept of failure! These Minutes discuss what you would do in life and in your career if you knew you couldn't fail.
- 75. Motivation Is An Attitude** – What is your attitude? Positive or Negative? These Minutes explain how important your attitude is and how it can affect your career.
- 76. Shake Things Up** – Are you ever outside your comfort zone? These Minutes express how important it is to get out there and do something creative and to stop talking about it.

- 77. Default Top 50%** – Making it in this industry is usually not done overnight! These Minutes are about sticking it out in this industry and learning how to run a marathon - not a sprint.
- 78. Sculpt Your Career** – The artist is hidden inside of you. These Minutes discusses the time needed to process a career and that beneath all that extra stuff, the actor is in there waiting to come out.
- 79. Consistency Cures Anxiety** – Are you anxious with the direction of your career? These Minutes explain how consistency in anything you do can cure your anxiety.
- 80. Using The Weather For Your Great Success** – How do you stay motivated when the weather gets you down? These Minutes explain how to take negative and positive energy and direct it into your career for the better.
- 81. Don't Sit Down** – Don't get cold. Stay in the game. The industry will provide you with the time-outs. These Minutes discuss the importance of Momentum!
- 82. The Busiest Day Of The Week** – What can you do TODAY to propel your career forward? These Minutes discuss the 8th day of the week also known as someday.
- 83. Territory & Hierarchy** – What is your state of mind and how do you relate to other people? These Minutes explain the difference between Territory and Hierarchy and what both do to your career.
- 84. You're In Control!** – Are you tapping into your resources? These Minutes highlights the power and control you actually have in your career.
- 85. The Fighting Spirit** – Frustration is a creative state. Now is not the time to throw up the white flag. These Minutes explains that having a fighting spirit can ignite your career.
- 86. Don't Give Up What You Do Know** – It is time to challenge yourself and expand your knowledge. These Minutes explain how to keep your head in the game and not let negativity get you down.
- 87. Take Advantage Of The Moment** – Do you worry about change? These Minutes explain how living in the moment can help you in any situation.
- 88. Take Baby Steps** – Does your "TO DO" list overwhelm you? These Minutes discuss how taking baby steps in your career are more helpful then huge leaps.

- 89. Hope & Optimism** – Sometimes it gets a little tough out there for the sensitive artist. These Minutes highlight the difference between hope and optimism.
- 90. Professionals vs. Amateurs** – Aspiring actors defeated by resistance share one trait. What is it? These Minutes discuss the difference between being an amateur and being a professional.

ASSIGNMENTS

Okay! This Is Your HOMEWORK TO SUCCESS!! Get Busy With These ASSIGNMENTS And Create Some Serious Momentum To BOOK BIG!

- 1. Feelings Wheel** – Do you ever need a word for how you are feeling? Or a word to describe how your character is feeling? Check out this Image with a Thesaurus of Feelings.
- 2. Sample Resumes** – Need help with putting together a great actor resume? This assignment provides two sample templates to use. Pick the one that best matches with your credits and skills then fill in with your own information.
- 3. Learn A New Accent** – There are a couple reasons why you might need to learn a new accent or dialect... you have an audition, or have been hired, for a role that requires you to speak in an accent other than your native dialect or you want to expand your skill set and list the accents you can perform on your resume.
- 4. 11 Social-Media Marketing Tools** – Social Media is an ever-changing networking tool. If you are not up on the latest and greatest tools to help you promote yourself and build your brand (followers) then you are falling behind those who are. This assignment covers 11 Social Marketing Tools that might help build your brand.
- 5. Go See A Live Audience Taping** – Want to know what it takes to work in a “Double Spaced” live Sitcom? Going to see a taping of a multi-cam show can give you some serious perspective on sitcom acting.
- 6. Are You Matching A.K.A Comprehensive?** – This assignment offers three simple steps to find out if your package is working.
- 7. Accountability** – Accountability is the difference between your success or failure. Often people associate a negative connotation to accountability

because most people think of being held accountable when something has gone wrong.... This assignment will help change that mindset and help hold you accountable to further your career.

- 8. Social Media Marketing** – Social Media isn't going away. In fact, it continues to grow and shows no signs of stopping. Using Social Media as a marketing tool is important. This assignment will understand why you need to use social media regularly.
- 9. Postcards** – Have you been wondering if sending Postcards to Casting Directors is a waste of time and money? Are Postcards still appropriate in 2018? We have gone from a snail mail world to a digital world in the blink of an eye. Read this assignment to find out why sending a postcard could increase your chances by 100%
- 10. Are You Having Problems with Picking Up Dialogue? – Soap Opera Stars can retain 30 pages of dialogue for each day of shooting? How do they do it? This Assignment will help you with retaining information for your everyday auditions and bookings.**
- 11. Emotional Shopping** – This isn't an easy exercise, but it will help you create a discipline to access the emotions when they are needed. Do this assignment to give Casting Directors, Producers and Your Film Shoots the emotions that are needed when they are needed!
- 12. People Watching Journal** – The best way to learn about HUMAN BEHAVIOR is to people watch. As an actor you are a mirror to real life. You need to understand human interactions and behavior in order to recreate it for the characters you will be playing.
- 13. Why Are You In The Script?** – A closer look at Guideline #14. Do you know what to do for those simple one or two line Co-Star Roles? Work on this Assignment to perfect the Art of the Co-Star.
- 14. The Art of the Self Tape** - Hollywood is beginning to follow the footsteps of the rest of the entertainment audition world and go "Green." You will see more and more requests from Casting Directors for Self Tape Submissions. Do you know what makes a good Self-Tape? Follow these simple guidelines and get ready to book.
- 15. Fear Exercise** - Ralph Waldo Emerson said, "Fear defeats more people than any other one thing in the world." Don't let fear stand in your way for reaching your dreams and goals. This assignment has one goal in mind... to clear up that mind chatter and get you motivated.
- 16. Write Your Own Scene** - You don't need to wait until you are booked on a

series to showcase your talent to casting directors. This assignment will inspire you to write scenes to use on your own demo reel.

- 17. Attitude of Gratitude** - Change your mindset; Create Solutions; Be contagious. An attitude of gratitude can change the world... it all starts with you.
- 18. Sample Cover Letters** – An amazing cover letter is your calling card to submit yourselves to Agents/Managers. Knowing how to sell yourself is half the battle. When submitting yourself to representatives make sure they don't currently represent a lot of people with your Essence. Write a great cover letter and include your Actors Access link to your comprehensive portfolio with resume, varied headshots and demo reel/clips.
- 19. Your Essence** – Otherwise known as "Branding" or "Type." The ability to understand or influence the way people see you is one of the most important aspects of your acting business. This assignment will help you gather the information you need to determine your essence and update your marketing package.
- 20. 25 Ways To Grow Your Social Media Presence** – As an actor you are a small business. Integrate these tips to best promote yourself and gain a Social Media following worthy of the Studios casting big budget projects.
- 21. Handling Rejection and Criticism** – As an actor, or entertainment professional, dealing with the inevitable rejections you encounter pursuing your dreams can be overwhelming. Do you know how to deal with this in a healthy manner? If not, this assignment will help you cope with the feelings of rejection and criticism by turning it into a positive experience.
- 22. 15 Guideline Map To Booking Technique Cheat Sheet** – This worksheet is the cliff notes version of the book. The basics of each guideline as a handy dandy reference when breaking down scripts.
- 23. HEADSHOTS!** – Your Headshot is just one part of your Comprehensive Package. A great headshot is a powerful tool for making people remember you. Hopefully you will be using your headshots for several years. So spend your time and money doing it right the first time. Here are 7 guidelines to help you have the perfect headshot session.
- 24. 10 Steps To Leave A Lasting Impression On Casting?** – What does it take to have a great audition? Follow these 10 Steps to Leave a Lasting Impression on every Casting Directors you meet. Booking the Job is great. Being called back for future projects because you impressed them is even better.

- 25. Biography: Who Do You Want To Be?** – Who is the Actor/Actress you aspire to be? Write a Biographical Report on their journey. There is a lot to be learned by researching the path of those who have gone before you and following in their footsteps on your own journey to success.
- 26. Word of the Year** – What's your word for 2016? Pick a word for the year and take the steps in this Assignment to make your word a reality in your life.
- 27. Goal Setting Worksheet** – Did you miss out on attending the end of the year GOAL SETTING CLASS? This worksheet was given to each student to help him or her set his or her goals for 2016. Listen to the Business Goal Setting Webinar under the tab Video Lectures, and then complete this worksheet. Keep your goals in front of you and make your dream come true in 2016.
- 28. Amy's 10 Step Formula To Success** – In this 10 Step Formula to Success, Amy breaks down what is necessary to successfully compete as an actor/actress in the entertainment business. It is more than just being great at acting.
- 29. Finding More Time** – Are there things you want to do but don't seem to have enough time in your day? This assignment will help you carve out more time in your day for the things you love to do.
- 30. Do Your Homework** – Have you done all of the assignments? Now is your opportunity to excel and become great at the business side of your acting career.
- 31. How To Learn The Technique On Your Own Time** - Do you live outside the Los Angeles Area? Is your schedule packed and don't have time to attend class? Do you want to learn the Technique on your own? Here's how.
- 32. Looking For A New Agent/Manager** - Before you set out to find a new Agent/Manager, check out this assignment on how to write an email that appeals to their business side.
- 33. The Will and Grace Exercise** - Where is Double Spaced Comedy for you? Are you having trouble picking up the tone, pacing, knowing where your "top" is, or the style of Double Spaced Comedy. If so, then this exercise is for you.
- 34. Acres of Diamonds** - A concept that will completely change your perspective on marketing and business. Do you know that all of your wealth and opportunities are in your own backyard?

- 35. Who Do You Want To Represent You?** - Your Comprehensive Package is done - Now What? This assignment will help you find the agent/manager that will work best for you and your type. Don't reinvent the wheel. Work with what already exists.
- 36. Prepare For Opportunities That Might Not Come** - Are you ready? It is time to put together your Acting Emergency Preparedness Kit. Don't wait until the audition arrives. The time to get ready is now. These helpful hints will get you well on your way to being prepared for any opportunity that might arise.
- 37. Something Good Jar** - The thought "Nothing good ever happens to me!!!" often plays in our heads throughout the year. NOW, we have a way to help you overcome that thought and remember all the good things that have happened in your life.
- 38. Create An Emotional Journal** - Can you easily access your emotions and then switch to another one and another one and another one effortlessly? This emotional journal will help tune up your instrument so that you can hit it on a dime.
- 39. Update Everything** - Are you ready to welcome in the New Year? Now is the time to check and re-check all your business sites, photos and resumes to make sure everything is in order. Pilot season is just around the corner.
- 40. Are You Taking Time For Yourself?** - In our busy lives, taking time for ourselves seems to take a back seat. This Assignment explains the importance of having a clear mind and making sure you take time for yourself each day.
- 41. Casting Director Workshops** - Casting Director Workshops can be an important part of every actor's networking process. This Assignment explains when it's the best time to let Casting Directors know who you are and what you can do.
- 42. Dress for Success** - If you look like you belong on Television, then you will be on Television. Having a comprehensive package is so much more than a resume, great headshots and dynamic demo reel.
- 43. Research The Journey** - Take a look at the Actors or Actresses that are similar to you and follow their path. If they can do it, then so can you.
- 44. Make Your Weakness Your Strength** - Think back on your past auditions, and ask yourself, "What worked and what didn't work? How can you improve what didn't work?" Turn your weaknesses into strengths and take your acting to a whole new level.

- 45. Opportunity Meets Preparedness** – Are you really doing all the work? Re-read the book. Make sure you are asking all the questions. Are you taking a short cut to success? Success is when opportunity meets preparedness.
- 46. Top 30 Shows** – Have you watched the top 30 shows? Do you know what shows would fit you perfectly? Do you have tools in your toolbox to help you be seen for those shows? Work on making your package comprehensive.
- 47. Wrap It Up** – The end of the year is a great time to follow up on your networking connections. Take a look back at the people you met over the year and reconnect with a holiday card. In business you need to give in order to receive.
- 48. Accomplish 5 Things** – Have you been procrastinating that TO DO List? You don't want to end the year with, "I wish I had..." Get busy and cross 5 things off your list and make your business a success.
- 49. Put Yourself Out There!** – How much are you putting yourself out there and how often? It's not going to come to you. You have to put yourself out there so people can get to know your work. Make your reps chase after you.
- 50. Produce Your Photo Session** – If you need photos, the first thing is to not to "take" a photo, but to "experience" one. Act in your photo session.
- 51. Who Has Your Job?** – Tired of seeing actors on the big screen with your job? Then kick them out of the running and get to work on working.
- 52. Sit Down With Your Reps** – Your acting career is a business and you are the CEO. You have heard this a million times, but remember that a business is also made up of its team members, not just the head boss. Every once in a while, the head honcho has to sit down with the team and come up with the next move for the company.
- 53. Give Gifts** – Gift-giving is a powerful way to reinforce your relationship with your industry network of agents, managers and casting. This Assignment shows you how to give effective gifts without going broke.
- 54. 30 Days Of Thanks** – Thankfulness is one of the strongest muscles an actor can use to grow their business. A positive mindset is fertile ground for opportunity. Spend the next 30 days taking note of something you are thankful for.
- 55. Becoming An Athletic Actor** – If you've been on a set, you know that being an actor is not a cakewalk. It is long hours, bad food, exposure to the cold and

rain and a lot of physical repetition. Regardless of your size, there's no excuse for your lack of fitness and endurance as an actor.

- 56. Risky Business** – Being an actor means putting everything on the line in the hope of living your greatest dream. How do you do that without going crazy? Take a risk.
- 57. Look Back & Track** – The greatest tool for business and actors alike is TRACKING. If you can objectively look back on your career and point out the common pitfalls or patterns, you can work on your shortcomings and boost your strengths.
- 58. Build Your Money List** – Actors always say it's "about who you know." Well, guess what? You know PLENTY of people. Use this template to put together your Money List to propel your career.
- 59. Tweet Tweet** – You've put it off long enough; it's time to get a Twitter account. But why? How? This month's Assignment breaks it down for you. Learn how to start a twitter account and use it efficiently for your business.
- 60. Marketing Materials** – Every professional actor needs to have their basic marketing materials in place. This month, use our guide to get started on the most important ones - including social media.
- 61. Budget 101** – Every legit business runs off of a budget, yet many actors don't have a clue where their acting business stands financially. This guide tells you how to put together a simple budget for your success.
- 62. Build Your Website** – Your website is the nexus of your marketing and it can be an important tool EVERY actor needs to have. This Assignment has a helpful checklist for getting the foundation of any good actor's marketing package in place - let us help you build your website.
- 63. Realign Your Type** – Our marketing is dependent on knowing WHAT YOU'RE ACTUALLY MARKETING. Know your type.
- 64. What Works?** – We challenge the traditional goal-setting rituals of the New Year and help you create your own customized plan for a successful acting career. This Assignment is also this month's marketing article, so kill two birds with one stone by reading this article and customize your annual goals.
- 65. Give Thanks** – Any business coach will tell you that one of the most powerful words in marketing is "thank you." People love to feel appreciated, and saying thank you creates feelings of good will and camaraderie between the thanker and thankee. In this industry, that's gold.

66. S.M.A.R.T. Goals – Goal Setting can be overwhelming, but we've got a S.M.A.R.T. way of doing them that will empower you to make goals and stick with them.

67. Create & Design Your Office – This Assignment takes you through the steppingstones to becoming a professional actor. "Professionals" all have offices that are the hubs of their respective professions. Yet artists often ignore this one simple concept - YOU are the CEO of JaneTheActor Inc.

68. Power Group – Being an actor can be a lonely business. Very few people understand the amount of sacrifice and hard work that goes into striving for your dreams. This month, learn how to pull together a mature group of dedicated actors to help you reach your dreams.

69. Take A Break – Burn Out is a phrase often heard in the acting world. It is okay to give your self a break. This Assignment will tell you why.

70. Dream Board – The secret to success is being able to stay motivated with a positive attitude. Like a muscle, your attitude can grow stronger if properly stimulated, and we believe that a Dream Board is a powerful, yet often under-utilized tool.

71. Facebook Page – Being a professional working actor is all about exposure. This Assignment is to use "Facebook's Pages" feature to increase your exposure on the largest social media network on the Internet.

72. Local Agents – Ever heard the expression, "Too much of a good thing?" Yeah, we don't believe that either! This month's Assignment is to expand your team so that you have a LOT of agents working to get you a LOT of work!

INDUSTRY INTERVIEWS

Get Out That Notebook Because These Industry Interviews Will Blow Your Mind! Talk About Getting First Hand Major Advise From The Pros!

- 1. Interview with School of Hollywood** – School of Hollywood's Steve Owens chats with Amy Lyndon about Audition Tech from Cold Reading to Self Tapes auditions. Plus Amy shares tips on interviews with Agents.
- 2. Interview on Quest For Excellence Podcast** – Amy sits down to interview with Shane Costa on the Quest for Excellence Podcast to talk about her life, career, The Lyndon Technique, I am Enough Clothing Collection and how she's helping others get to the top and stay there.

3. **Learn Podcasting with "Audrey Helps Actors"** – Have you ever wondered what goes into developing your own podcast? Come listen as Audrey shares the insider secrets of how to begin podcasting and become a successful podcaster.... being invested in the subject you discuss, editing content vs sharing entire show, importance of acknowledging listeners and advertisers, best formats for posting content, monetizing, and much much more.
4. **The Art of Booking Series with Shandon Youngclaus** – An 11-Part Series talking about all of the traits for Consistently Working Actors.
5. **Interview with Stephanie Massman "Marketing with Postcards"** – In this interview with Stephanie Massman, Amy discusses using a postcard service - "Send Out Cards" as a marketing tool.
6. **Interview with Audrey Helps Actors** – In this Interview, Amy speaks with Audrey Moore from "Audrey helps Actors" about what actors need to be doing in order to book more and book bigger.
7. **Interview with Photographer Collin Stark** – In this Interview, Amy speaks to Head Shot Photographer Collin Stark. Collin and Amy discuss all aspects of the shooting a great photo session. Collin explains why you should **LET LIFE FUEL YOUR PHOTOS**.
8. **Interview with Wendy Alane Wright** – In this Interview, Amy speaks to Wendy Alane Wright... The Hollywood Talent Manager. Amy and Wendy discuss the difference between an Agent and a Manager, things that make an Actor look less than professional, what makes people excited to work with an actor, the importance of a comprehensive package, the importance of believing in yourself and your talent, qualities of a successful actor and much much more. Come learn the Secrets of The Hollywood Talent Manager Wendy Alane Wright.
9. **Interview with Will Roberts** – In this Interview, Amy speaks to Will Roberts from Acting Up Radio about the NEW audio Book- "The 15 Guideline Map To Booking Technique - Extended and Unplugged!" and much, much more.
10. **Interview with Wendy Braun of Actor Inspiration** – In this Interview, Amy speaks with Wendy Braun about how she got started with Actor Inspiration, the importance of positivity, using meditation to help combat the nervousness of auditioning, and much much more.
11. **Interview with Jessica Esfandiary on The Making of a Movie** – In this Interview, Amy speaks with Jessica Esfandiary regarding producing a New Media project through SAG/AFTRA. Many actors are taking advantage of the SAG New Media category in order to Taft Hartley themselves and become

SAG Eligible. Listen to this interview with Jessica if you are considering producing your own projects. Jessica offers great advice as a first time producer.

- 12. Second Interview with Cyrus Webb for Conversations Live** – In this Interview, Host Cyrus Webb welcomes back Amy Lyndon, actress/booking coach and author of The Lyndon Technique to discuss how she has been able to pursue her own goals and dreams while helping others do the same.
- 13. Interview with The Melody Trice Show** – In this Interview, Amy talks with Melody Trice about The 15 Guideline Map to Booking Technique and why it is important to be able to tell the best story. Amy also discusses the importance of auditioning, working on a web series, and how to be ready for those big opportunities.
- 14. Interview with Relentless Film Works** – In this Interview, Amy chats with Steve Whelan and Tony Price from Relentless Film works about the importance of having a quality demo reel and comprehensive package.
- 15. Interview with Bobby Reed** – In this Interview, Amy chats with Bobby Reed about her career in the entertainment industry, what she has learned over her years of acting, what she sees for the future of the entertainment industry and her Vimeo Video Project. Listen and hear the great advice she has to offer.
- 16. Parent Interviews** – In this Interview, Amy asks the parents of her teen students - One Piece Of Advice for parents considering bringing their child to Hollywood to pursue acting. Some of the parents are new to the business and some have been here a long time navigating the waters. Their advice is varied but one important thread through out their message is do your research.
- 17. Sharon Holleran** – In this Interview, Amy Speaks with Amy speaks with Sharon Holleran, Personal Manager with A&R Management, who has 14 years experience in the industry. Sharon shares her pet peeves, the importance of a having positive mental attitude and why you need to treat acting as a business.
- 18. Frank Parrillo** – In this Interview, Amy speaks with Frank Parrillo - CEO Hollywood Bound Acting Academy in Las Vegas - about working outside of Los Angeles. Frank focuses on the student and the art of acting to help people succeed.
- 19. Judy Kain** – You all know Amy Lyndon is the Guru Theatrical Booking Coach, well meet Judy Kain, The Guru Commercial Coach! She's here to teach you How To Book Commercials!

- 20. Denice Duff** – In this Interview, Amy speaks with Denice Duff an amazing photographer that has known Amy for years! She gives her insight on How To Take Amazing Photos!
- 21. Brandi Kamenar** – Brandi Kamenar, CEO and founder of Image Design Studio, sits down with Amy to discuss the importance of Branding and what her company can do for your career!
- 22. Steven Le Vine** – Amy Lyndon sits down with Publicist Steven Le Vine, President of GrapeVine Public Relations, to talk about when you should hire a publicist and the importance of publicity.
- 23. Theo Caesar** – Theo Caesar, 90210 Talent Agency Owner, takes time out of his busy day to talk with Amy about being an agent and how much he loves working with actors.
- 24. Amy Lyndon** – Amy Lyndon talks about how she got her start, her greatest roles, what she looks forward to everyday and her biggest passions in life.
- 25. Face'** – CEO of Face-To-Face Model and Talent Management (now an Agent at 90210 Talent Agency). In this Interview, Amy speaks with Face' about what it means to be a Talent Manager and the difference between a Manager and an Agent.
- 26. Portia Scott-Hicks** – Voice Overs are a different and mysterious world for most actors. Voice Overs are just another facet of the acting business. Portia Scott-Hicks, the celebrated Voice Over Agent from Coast To Coast Talent Group, breaks down the process of getting Voice Over work and Representation.
- 27. Ben Whitehair** – Ever since Friendster and MySpace, social media matters, and nothing is more relevant right now than Twitter and Facebook. Marketing Director Justin Turner sits down with Ben Whitehair, a social media maverick who has built a name for himself through the use of social media. If you're new and/or overwhelmed by Twitter and Facebook, listen to this expert break it down for you in a way that's fun and accessible.
- 28. Michelle Tomlinson** – Michelle was Amy's Assistant for The Lyndon Technique, but what you may not know is that she is also an Actress, Producer, and Director. In this Interview, we break down that misconception and give actors the chance to learn how to interact with today's Assistants who can also be tomorrow's Executives.
- 29. Ken Jacobson** – Ken Jacobson is an A-list Personal Manager to the stars with former clients such as Ben Foster, James Franco and Juliette Lewis. Ken has

not only a reputation for developing talent, but also for being an "Actor's Manager." In this Interview, he gives practical insight on grooming talent for stardom.

30. Learn from the great Late Carolyne Barry – Carolyne is one of the most respected experts on Commercial Technique in Los Angeles. With decades of experience, she knows *everything* there is to know about getting work as a commercial actor. This Interview has a ton of information. Get ready to take notes! Carolyne Barry passed in 2015. With this interview her legacy lives on. Learn from the great Late Carolyne Barry.

ARTICLES

These Articles Cover Acting As A Business, Provide Great Marketing Strategies and Inspirational Messages To Keep You Going And On Track!

1. **Powerful Hearts by Connie Danese** – I came across this article when I was clearing out my files this past weekend. I found the message about love to be a great reminder. I hope it hits you like it hit me.
2. **Work Harder** – Just when you think you are working hard, work harder. The gold is for the champions. Are you missing the gold because you think the work that you are putting out in the world is good enough?
3. **Ask Amy** – Over the years, Amy has been asked questions on different forums about Acting and developing an Acting career. In this multi-part series, Amy will be sharing the questions asked and answers given. Maybe you have these questions too. (Six Part Series)
4. **How To Get The Best Headshots** – The photo session needs to be fully produced by you. Everything needs to be well thought out and executed. Then you will be happy with the results.
5. **It's Okay To Admit You Need Help** – There are actually people out there who have taken the same journey, the same paths, and are ready to guide you in the right direction.
6. **Do You Feel Lost And Alone?** – I know that sometimes you feel lost. Not knowing if you made the right call to be an actor. Maybe you should ask yourself... if there were anything else you would want to do.
7. **Great Actor – So What? I Don't Know What To Do With You** – Take the time to understand how business works. Know that you're the product and

they're the buyer. Is your product in the right condition to be sold? If not, then something needs to change.

- 8. You Are A Success When You Have Purpose** – There comes a time when you need to live in your purpose and joy. If it's Acting or whatever you chose to do or be, stop looking for the validation and success from what others see as success.
- 9. 5 Self-Confidence Tips From a Hollywood Celebrity Acting Coach** – Author Thai Nguyen from The Utopian Life reached out to Amy to discuss how her 15 Guideline Map to Booking Technique for Actors could help anyone and everyone become more self-confident and successful. Here is his takeaway from that discussion.
- 10. Should You Break Up With Your Reps?** – When is the right time to leave a relationship that has become stagnant? Have you done everything you can to give them the tools necessary to be successful? This article will help you decide if it is the right time to move on.
- 11. When You're The Little Guy** – Are you a small fish in a large pond? Have you ever felt insignificant at an audition, running errands, at work? How do you react when you are treated as a blip on the radar? This article will help you get through life peacefully as you navigate the world as The Little Guy.
- 12. Rampage of Appreciation** – It is often said that to change your mindset you need to change your attitude. If you live in a spirit of negativity then negative things are bound to follow and you will never find happiness. Spiritual Teachers at Abraham-Hicks wrote about the "Rampage of Appreciation." Read this article to learn how to flip the switch and have a more positive outlook.
- 13. Pilot Season – Rabbit Season** – Pilot Season is perhaps the most stressful time of the year for actors but if you put it into its proper perspective then it might not be as maddening as you think.
- 14. 10 Requirements for Consistently Working Actors** – Have you ever wondered why some actors are working more than others? The question you should really be asking yourself is, "Am I doing everything in my power to put my best foot forward?" In this article, Amy Lyndon breaks down 10 Characteristics that will help you succeed in this business.
- 15. 4 Questions To Ask Yourself** – Have you given it your all? This article gives you insight into what to ask yourself before you throw in the towel and give up on your dream of being an actor. The only way you don't make it is if you quit!

- 16. Supercharge Your Event Marketing With Twitter** – The game has changed. Marketing once consisted of PR, direct mailings, and traditional media such as film and radio, but today's Internet savvy world is changing up the way people discover information. This article will teach you how to effectively use social media to promote yourself and your projects.
- 17. Discipline** – Results do not come without process. Discipline involves recognizing areas of weakness, making a game plan to improve, and developing a routine to obtain the goal. This article helps you understand the importance of making the move to a better you.
- 18. The Levity Ball Interview** – This interview with Amy Lyndon TheLevityBall.com covers her acting achievements, The Lyndon Technique and the importance behind building a marketing package alongside your acting career.
- 19. Pop Goes The Week Interview** – In this interview with Popgoestheweek.com Amy talks about the application of The Lyndon Technique and her philosophy regarding a great marketing package for popular artists in Hollywood today.
- 20. These Seemingly Hard Times** – During these seemingly hard times it becomes easier to buy into the notion that nothing is going to happen with your career. In this article, Amy is here to be the voice of optimism – You will never make it if you quit!
- 21. Stop The Spinning Madness** – Everyday new opportunities are put in front of us with the potential to veer us spinning off course. In this article, Amy discusses how to know what's important to advancing your career and how to recognize what's in the way.
- 22. Find The Joy** – I want all of you to think back when it was, where you were and how it felt when you made the decision that you wanted to be an Actor. For me, I was in camp muddling through the play "Two Gentleman Of Verona" for 10 year olds, when a wave of utter joy filled my heart. At first I didn't know what it was, then it hit me. I want to feel like this for the rest of my life. I want to be an actress.
- 23. The Formula For Success** – While it is true that achieving success may be difficult, people have done it before you – and they've all followed this formula. In this article, read the simple and effective formula for successfully achieving your goals. The work works if you work it.
- 24. Living Your Personal Mission** – We as actors have been given a precious gift – to inhabit the lives of others in order to publicly explore the human experience. It is a fact that we have put up with rejection, mockery,

unprofessional people, and poverty to do it. That is brave, and it's that kind of bravery that creates dynamic people and dynamic actors.

25. Next – Ari Emanuel is arguably one of the biggest and most important talent agents of all time and represents stars such as Denzel Washington, Mark Wahlberg, Steven Spielberg, Charlize Theron and dozens more. In this article, find out how he got to where he is today.

26. Why Great Athletes Make Great Actors – If you want to make \$25,000 a week on network television or a million dollars or more on a film, you are going to have to stop thinking like an actor and start thinking like an athlete!

27. Hold Onto Your Dreams – It hurts me when I hear stories about people who have taken a vulnerable talent and squashed their dream with words. Words can sting, but you can pick yourself up and be whatever you dream to be.

28. Don't Be Entitled – Taken from our faithful Wikipedia, "the term 'entitlement' refers to a notion or belief that one (or oneself) is deserving of some particular reward or benefit." Given the parameters of our business, it is true that your representation works for you, but the truth is, what are you doing to contribute to the success of the whole? For some reason, artists often believe that they deserve success just based on the principal that they are talented.

29. Self-Sabotage Is A Four-Letter Word – There's a buzzword floating around the actor community. It's "self-sabotage," and this article tells you why that's a four-letter word inappropriate for polite company, small children, and your inner self.

30. Watch Your Mouth – You know when you were a kid and your mom said that if you can't say anything nice, don't say anything at all? I find that the advent of social media has made most people forget the good manners they were raised with.

31. What Vacation? – Actors, we are not in a standard 9-5 job, so what can you do to take control of a career that is untraditional? Momentum is a key ingredient to success in this industry. Now is the time to put your checklist together to reach your goals.

32. The Secret How Of "How" – Mindset is an important part of an actor's career but it's also the part that trips many people up while they try to "Stay Positive." In this article, learn how to shift your brain from passive resistance to proactive problem solving.

33. Finding Your Way – Everyone wants to claim that there is a system or formula to become a working actor. While there are universal principles, we

at The Lyndon Technique believe that YOU have your own path - and we are here to help you find it!

- 34. What's Your Endpoint** – You know that being an actor is what truly brings you happiness, so how can we turn that desire to become a working actor into a plan with concrete results?
- 35. Serious People Do Succeed** – A lot of actors get easily tripped up as they pursue their career, but true success always comes to those who are serious about what they do. Serious actors attract serious projects.
- 36. Are You A Jungle Or A Desert?** – A lot of actors and so-called gurus talk about the actor's "mindset" and having positive energy – and we at The Lyndon Technique agree, for the most part. Where we differ is that we think it's not enough to just "be positive" and that being positive is more than a mindset, it's a state of being.
- 37. Little Action = Big Results** – It's the little stuff that can get your career moving. Build the momentum and keep the ball rolling. In this article, learn two little actions that equal big results.
- 38. What Works?** – Goal Setting!!! In this article, learn how to customize your goal setting for a successful acting career by following a simple chain of events to learn what works?
- 39. Holiday Gift Guide** – Every year, the proactive actor (that's you) decides to take advantage of the holiday cheer by reconnecting with industry contacts such as Agents, Casting Directors, and Producers. Gift giving is a great way to go, but all too often actors get confused about what to give to whom. So, we're proud to present the Holiday Gift Guide For Actors!
- 40. Some Booking Tips** – Every actor needs an edge to booking and every actor needs a reminder about the edge they already have. In this article, Amy breaks down some of her most basic booking tips.
- 41. The Law of Reciprocity** – The Law of Reciprocity states that we are psychologically hardwired to try to reciprocate good deeds done to us. Actors can use the Law of Reciprocity to gain new industry relationships and solidify the ones they already have.
- 42. Ten Thousand Hours** – I've recently finished reading a book called "Outliers: The Story Of Success" by Malcolm Gladwell and I wanted to share a concept of the book with you. The book analyzes the super-successful; The Beatles, Steve Jobs, Mozart, etc. – to see what they have in common. One of

the factors he points out is that each person had Ten Thousand hours of real-life experience before they make it big.

- 43. Keeping The Funnel Full** – A lot of actors complain to us that their careers are not where they want them to be. We understand the frustration, but we also know that most actors don't know how much they are in control of their own career. The problem is, actors usually put forth some (or a lot) of effort for a short period of time, get a tiny amount of results (if at all), then get frustrated by the fact that they have no momentum. The answer is simple: they don't keep the funnel full.
- 44. Who's Who On The Crew** – One of the factors that distinguish a newbie actor from a professional is their lack of familiarity with the crew. Creating scripted content for film and television takes a small village made up of various creative, technical, and economical talents. In this article, learn who's who on the crew.
- 45. Are You Working Hard Enough? Really?** – It's very tough to be an actor. Rather than bail on your dreams; you should tighten your belt, roll up your sleeves and beat the crap out of it.
- 46. Don't Get Burned By Burnout** – As actors, we have a highly stressful job. Even if you reach A-list status, you're unemployed when filming wraps and the next job is never certain. We pour so much of ourselves into getting and working each job that burnout is a very common side effect of getting bitten by the acting bug.
- 47. Change Is Good** – Did you know that change creates energy, and that energy breeds movement? Even though change can be scary on an extreme level, it ultimately becomes liberating and sheer bliss. Believe it or not, you just need to break the pattern and do it!
- 48. Consistency Cures Anxiety** – I don't know about you, but choosing acting as a career choice has proven to be a bit stressful at times. It's easy to get stressed and anxious about your career. However, there is a cure.
- 49. Branding: The New Actor Buzzword** – The new buzzword in the acting community is "Branding." Going beyond type, the term "Brand" is meant to put your type in the context of show business rather than just casting. If you understand your brand, then your marketing package will always be in line.
- 50.4 Obstacles To Our Personal Calling** – With an excerpt from the international bestseller *The Alchemist*, this article dives deeper than just marketing. Our hearts are in this game, and that makes it dangerous, because we get hurt. Learn how to identify the challengers to your dream - and overcome them.

- 51. TWITTER: What is it? Why Should I Care?** – If all the Twits Tweeting on Twitter confuses you, don't feel bad - you're not alone! This Article breaks down the basics of Twitter and tells you why you should be utilizing this revolutionary social tool!
- 52. Booking Is A Separate Beast** – What you do on set is often going to be *totally* different from what you do in your audition, so much so that you may ask yourself, "Why did they even pick me?" The answer: Booking is a Separate Beast!
- 53. The Three Cs Of Postcard Making** – A great follow-up to The Rule of 7, this article goes into the details of making a postcard mailing work. The great thing is, these principles apply to A LOT of other marketing methods. So check 'em out!
- 54. The Rule Of 7** – Ever wonder why your postcards don't get you called in or casting director workshops never work? Because you're doing too much too little. This one simple Rule can change all that.
- 55. Don't Confuse Training With Experience** – If you were an athlete, would you wait until game day to practice your moves? No, you would have trained first then used that training to improve your performance. See the differences between Training and Experience.
- 56. Grease Some Palms** – Continuing with the theme of networking... you need to remember that the more you do for others, the more they will do for you. Amy talks about how to use that strategy for success!
- 57. 3 Easy Ways To Market** – This article addresses the need to network and how to do it without feeling like you're being smarmy or creepy. Network with ease!
- 58. Are Great Actors Born Or Made?** – The renowned industry trade magazine, *Backstage*, approached several well-respected industry professionals asking them, "Are Great Actors Born Or Made?" Amy responded, "Cream really does rise to the top."
- 59. Brilliance Is In The Specifics** – There is a principle in exercise called the principle of specificity. What it says is if you want to do a particular activity very well, you need to train specifically for it. The same is true for acting! Amy Lyndon expands on the importance of paying attention to the tiny details in your script and when doing so... your character will POP with brilliance.

60. Anatomy Of A Demo Reel – A 19-year veteran of the actor reel business, guest author Phil Gibson of Video Solutions LA breaks down the exact elements that need to be included in your demo reel. Take it from the expert - it's more than just throwing together some random clips.

61. Are You Ready? – In the real world of show business, a one-liner can have as many as 2000+ submissions! It's a competition folks. Are you ready?

62. How To Stay Actively Positive – Your attitude and mindset can make or break you. Learn how you can take the proactive steps to developing your mental strength.

63. Don't Be Stupid – Actors do a lot of dumb things. This article is a brief kick-in-the-pants that wakes you up to some of the stupid stuff you might not even know you're doing.

MARKETING CALLS

Amy Lyndon Answers All Your Questions Without Having To Pay Hundreds Of Dollars For A Career Consultation.

- 1. Ohio Marketing Seminar** – In this Marketing Call, Amy answers questions from students during an Ohio Workshop. Everything from Resume to Technique to Going With Your Gut Instincts and more. This almost 4 hour workshop is packed full of information.
- 2. The Winner's Circle** – In this Marketing Call, Amy was a guest on THE WINNER'S CIRCLE with Wendy Alane Wright. She answered questions, reviewed self-tapes and much more. These actors zoomed in from all over the world.... watch this video to learn practical advice you can apply to your own career.
- 3. Toolbox VIP Member Event “No Margin For Error”** – This 2 hour Marketing Call was held for VIP Toolbox Members. The actors brought their questions and most seemed to focus on the new world of self-taping becoming more prevalent. Watch this 2-hour marketing call to find out how to set yourself apart and book the job.
- 4. Toolbox VIP Member Event on “Headshots”** – Actor's Toolbox members who had been active for 2+ months were invited to a special event with Amy. The Assignment was Headshots... look at your current headshots. What TV show do they represent? What Series Regular character? Pick 5 headshots you currently use and match them with a Series Regular Character on a TV

Show. During the zoom meeting you will show your photo side by side with the character then share why this represents you.

5. **Booking and Business** – In this Marketing Call from January 20th 2019, Amy answers the burning questions of current Toolbox Members. This Marketing Call was a special opportunity for Toolbox Members only. In this call, Amy goes over member questions on Photos, Demo Reels, Shoot your own scenes, Keeping in touch with Casting Directors, CD workshop and more.
6. **Goal Setting** – In this Marketing Call, Amy discusses the importance of setting goals for the New Year and walks several students through the beginning steps. What are your Goals for the New Year?
7. **Stop Complaining, Get Busy** – This Marketing Call focuses on the importance of using your time to get busy rather than complaining about what isn't going right with your career.
8. **Reel Ladies Interview** – This Marketing Call focuses on the Business Of Acting and also touches on her “15 Guideline Map To Booking Technique.”
9. **How To Take A Successful Headshot** – This Marketing Call focuses on the importance of taking headshots that match your resume, as well as your demo. Learn how to create a comprehensive marketing package starting first with a photo that represents where you fit in the industry.
10. **Open Q & A** – This Marketing Call focuses on a variety of questions and answers to those questions to help you with your acting career.
11. **Get Your Sh*t Together** – This Marketing Call focuses on the importance of having your package ready for Episodic Season.
12. **Checklist For Pilot Season** – This Marketing Call focuses on Pilot Season. Are you ready? Did you know Pilot Season might not be all it's cracked up to be?
13. **Self Esteem** – What do you do when it feels like the world is ending? This Marketing Call focuses on the importance of realizing that most of what goes on in this business has nothing to do with you and how to not let it effect your Self Esteem.
14. **What Now?** – This Marketing Call focuses on the importance of setting goals, putting your package together, and putting your best foot forward when you're auditioning. So what's an actor to do when it comes to preparing for the next step? Amy coaches each individual on the Marketing Call (a good reason to actually BE on the Marketing Call rather than download it) and gives some insights on how to move onto that next step!

- 15. To Schmooze & Network** – This Marketing Call focuses on the importance of Networking. No one likes to do it, but it's essential. The key is to find ways to schmooze and network that you DO like to do. Amy breaks down ways for you to work your network and get more people to like you.
- 16. Producing Your Own Project** – The future is here! You, as an actor, have the power to create your own work. Not only is it a good chance for you to workout your skills but it's also a great opportunity to jump onto a whole new level in your career. Listen to the pros as they talk about How To Produce Your Own Project.
- 17. Resumes** – This Marketing Call focuses on the importance of having a great resume. Your resume is your calling card, the FIRST opportunity Casting Directors have to make decisions about your career. Yet the resume is one of the most overlooked parts of an actor's package! Amy will tell you EVERYTHING you need to know about billing and formatting your resume like a pro.
- 18. Annual GIANT Q & A** – This Marketing Call focuses on your questions... 96 people joined us to ask questions and learn more about the business of acting.
- 19. How To Stay Ahead Of The Competition** – This Marketing Call focuses on how you can stand out and stay ahead of the thousands of other actors vying for your part.
- 20. 15 Guideline Basics** – This Marketing Call focuses on The Lyndon Technique, a Technique proven to launch actors from obscurity to celebrity. It's a system, and while it is simple, it's not always easy. Great Q & A about the Technique.
- 21. Don't Be Afraid To Be Brilliant** – This Marketing Call focuses on the importance of working harder than everyone else so that you can get what you want in a highly competitive business. The Lyndon Technique was never designed to teach acting, but rather to teach actors how to BOOK and get work. It takes talent and training, then makes those ingredients pop. This is essential because the competition is so fierce!
- 22. Diversification** – This Marketing Call focuses on the importance of expanding your opportunities in the acting business by working other aspects of the entertainment industry. Actors have a tough job, but it gets even tougher if you put all of your focus on keeping one egg in one basket. Get more eggs, and get more baskets!

- 23. Reps: How To Get 'Em, How To Lose 'Em** – This Marketing Call focuses on how to get an Agent or Manager and get them excited about you. Getting an Agent and/or Manager is an important step in any actor's career. Learn how you can seal the deal .
- 24. What They Want Is YOU!** – Actors are always trying to figure out the key to booking a job. "What does the director want? What does the producer want? If I knew, I could give it to them." Well, now you'll know. This Marketing Call focuses on the importance of bringing YOU to the audition. Just be yourself and bring the very best of YOU.
- 25. How To Agent Your Agent & Manage Your Manager** – Your representation is a very important part of your career *if* you know how to work with them! Amy was a Personal Manager - CEO for over 9 years and founded a large management company, and in this Marketing Call she shares her expertise!
- 26. Tell Me About Yourself** – Every actor dreads the part of the meeting where the agent, manager, casting director or producer asks him/her to talk about himself/herself. Well, you never have to worry about it again as Amy Lyndon walks you through exactly what to tell about yourself.
- 27. Episodic Season Q & A** – This Marketing Call focuses on answering questions regarding Episodic Season.
- 28. How To Use Momentum To Propel Your Career** – An actor's career is always in motion. The question is: are you on your way up, or are you on your way down? You have the power to decide, and this Marketing Call will tell you how to gain and use that momentum!
- 29. Translating Training Into Booking** – One of our best Marketing Calls yet, this audio goes into depth about the challenges that face trained actors! You might have a BFA or an MFA, or you may have taken a ton of scene study classes. To be blunt: it's worthless for film and television unless you understand the principles contained within this audio. This Marketing Call focuses on what it takes to turn what you already know into booking the job.
- 30. Booking Do's And Don'ts** – This Marketing Call focuses on specific booking Do's and Don'ts that actors tend to miss when breaking down a script.
- 31. Motivation** – It's not easy being an actor and sometimes you feel like you're running on empty. In this Marketing Call we talk about what it takes to stay charged up and the importance of identifying your "WHY."
- 32. Agent Night** – This Marketing Call focuses on the difference between agents and managers, the process of representation and how to agent your agent.

- 33. Putting Your Package Together** – This Marketing Call focuses on the specifics of what goes into a professional actor’s package. Learn about the cover letter, interview process and demo reels.
- 34. How To Pop Your Read** – This Marketing Call focuses on breaking your self-sabotaging habits and making your audition pop when you get in the room.
- 35. Goal Setting for 2011** – This Marketing Call focuses on breaking down the “how” and “what” of goal setting.
- 36. Burning Questions About Booking & Business** – This Marketing Call focuses on actor’s questions about Booking and the Entertainment Business.