

Takeaways from Actors' Think Tank, May 26, 2022

Jonna Johnson - Acting and Life Coach

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Rich Henkels

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In Jonna's experience, the tipping point of people's careers depends on their "willingness to do what is required by the industry". That means taking classes, research, prepping, being "present" in your career pursuit each and every day.

Lindsay Michelle Reed

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It was a pleasure having Jonna on as a guest. I liked what she said about having a unique take. Instead of thinking about experiencing an emotion, it's about responding to an emotion in our own unique way.

Shauna Hurley-Hansen

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Such a lovely guest and a lovely introduction. I like that Jonna put a name to all of those inner stirrings we experience, our "inner monologue." That we need to use our humanness by proactively responding and filling things in as Actors and empower ourselves through our stories. Thank you Jonna!

Sandra Bulk

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It's really hard to pick just one highlight from today's session. The first thing that stuck out to me was the emphasis on special skills. While I know they are important, it never occurred to me that the "Special Skills" section of the résumé might be the first place a casting director looks. The second thing was "you can never do too much research" because that will fuel you as you play a character over the course of months.

Shelby Hightower

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Use your natural human tendencies in your acting. Be true to Shelby - that truth is undeniable.

Catalina Conrad

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Take advantage of the natural skills you have as a human being and use them in the art of acting.

Mariel McIntosh

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Give something a little extra that others will not think of during your audition. Have an inner monologue of the character you are portraying. Bring your acting back to the human form. Take your skills as a human being and apply it to different aspects of the character to create depth.

Mike Provenzano

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Thanks so much for your time with us Jonna!! So many tidbits of information but I really loved how you talked about our "inner monologues" and to really pay attention to them in your daily life. I look forward to implementing this into my daily life to really pay attention to this as it happens.

Rosalyn Jamal

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My takeaway from Jonna was regarding the "inner monologue." Jonna explained that this is thoughts going on in the actor's mind that are not verbal, but that match the energy of the scene. Inner monologue is important because it keeps the actor connected with the other actors in the scene versus just waiting to say their lines. Jonna was amazing and shared so much wisdom.

Justine Reiss

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Jonna, your visit with us was enriching in numerous ways beyond just the coaching expertise, it was so human and real, thank you for sharing so deeply with us!

When casting she asks:

Did the actor have the inner monologue going on, what else did they bring emotionally to the role besides the dialogue? If using a prop, justify it !

IF nothing stimulating is going on with your inner life , the attention will go to the other actor in the scene. You are having inner monologue opportunities in the real world, paying attention to how often you react to something, listening and note what is happening inside, then you will have more awareness of that inner life, plus focus to amplify your performance.

Marcie Ryan

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Inner Monologue to bring out our own unique emotions. Living truthfully in the moment.

Luca Cundo

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Wow her passion for bringing out her students passion was so inspiring. What a motivational session. Thank you.

Craig Woolridge

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When taking on a role, “ Stay natural; respond to an emotion the way you would normally do.”