

Takeaways from Actors' Think Tank, June 21, 2022

Sammy Sheik - Actor

Email: sammysheik@icloud.com

Kelly McCaughan

kellyNmccaughan@gmail.com

Sammy mentioned that "It's all a mind game: Whoever can stay in this the longest will play". It's easy to want to give up or stop trying because of all of the rejection and heartbreak, but it really is a numbers game. You just have to keep pushing. It was inspiring to be reminded of that.

Jeannette Nina

jplenzick@gmail.com

"So many juicy takeaways, it's hard to pick just ONE! Kicking in the door w/your type, watch audition tapes, you never know where your blessing will come from. Being reminded that this is a mind game and the one who stays the longest wins."

Rich Henkels

rkhenkels@gmail.com

You mentioned your time with Thomas Garner and how he recorded you and asked, "... what is this?", with regard to talking with your hands. Things we don't even realize we do, can be so distracting. I will look at my self tapes more often and more critically now, as I KNOW I have habits that are holding me back!

Shelby Hightower

shelby.k.hightower@gmail.com

So many good nuggets in this one - wow. I'd have to go with the story of not getting the part he thought he wanted in American Sniper, just to get an even better one. This life is mysterious, allow it to be.

Jackie Diehl

jackiediehlactor@gmail.com

It really stood out to me when Sammy said, "you never know where the blessing will come from." Nothing else is really in our control besides our own commitment, passion, and preparation. As hard as it is to have that blind faith, it was something that I really needed to hear today. Thank you Sammy for being so personable, friendly, and inspirational 😊

Sandra Bulk

snbulk1@gmail.com

Sammy, you shared SO MUCH good stuff, but I think what stood out to me most was your advice to watch a lot of audition tapes to see why an actor did or not get a role, and to help others with their self-tapes because you can learn from that process. I am always so happy when someone asks me for help for exactly that reason!

Gabi Faye

Actressgabifaye@gmail.com

Sammy! So many great nuggets of gold. My two favorites- you never know where your next blessing will come from, everyday is an adventure because our lives as actors are unpredictable. AND always say yes to helping friends with self tapes- you learn more watching them than from your own auditions. You were a fabulous guest, so full of insight. What a blessing.

Shauna Hurley-Hansen

Purepilates@gmail.com

As soon as Sammy came on screen, I knew we were in for something special. His enthusiasm, curiosity and joy for acting and for life shined right through. Sammy stated that you don't know where the opportunity and the blessings come from, so be the best Actor that you can be so that they have no choice but to choose you. Thank you for today Sammy!

Mike Provenzano

mike@mlprov.com

Today was incredible!! Thanks for being so down to earth with our group today. For me there were so many different great tips but for me your comments about how best to be remembered are what struck me the most. The advice of watching other audition tapes online for people that have booked roles to give you a sense of what they are doing was an idea that I've never heard of but really love and look forward to doing. Thanks again for a great session!!

Justine Reiss

Justinereissvo@gmail.com

Be prepared and know your lines, because that will dissipate the nerves.

Watch audition tapes, the clothes matter in auditions. If you are a bank teller, create a moment before: I would be filling out a bank statement before the scene or audition begins . Sometimes it's just LUCK, as it was with American Sniper. This industry is very random.

Stay in the loop, we don't know where the work is going to come from, follow Casting people and producers on social media, build your community,

"This is the most fun Tuesday I've ever had."

We had So much fun with you too Sammy!!

Dina Laura

Dina.laura@gmail.com

"We're spinning on a rock that's spinning into the universe and we don't know where it ends, so we might as well go for it!" I need to hear those things to remind me why I'm in this crazy world of entertainment. Life is so random, so why not do what you LOVE? Thank you, Sammy!!!

Roz Jamal

arjamal@verizon.net

Sammy dropped so many gems on us, but one that resonated with me is that the actor who is memorable and respected by the crew is the one who knows his/her lines, particularly in co-starring roles. Also that great preparation is the remedy to calm nerves.

Paul Blumenthal

pblumenthal@comcast.net

When on set, you will be remembered the most if you remember your lines. The crew knows this and will hold it against the actor if you don't come prepared. If you do it properly you will immediately gain respect.

Lindsay Michelle Reed

Lindsay.m.reed1@gmail.com

I had to leave early so I will have to go back and watch the recording to hear all the gems I missed! It's crazy that Sammy has been able to use the same headshots for 12 years! It really shows how great headshots can last a long time!