

Takeaways from Actors' Think Tank, May 4, 2022

Haaz Sleiman - Artist

E-mail: haaz.sleiman@me.com

Shelby Hightower

shelby.k.hightower@gmail.com

Honestly, my takeaway this time is just his energy. He is so genuine and kind and it just radiates. He treated every person and every moment with such respect, it was a masterclass in generosity and presence.

Tyler McKenzie

Tyler@thetylermckenzie.com

Haaz was INSPIRING. I loved every second with him! I learned to allow my essence to shine in all of my work, as that energy is uniquely me and nobody else can match that!

Shauna Hurley-Hansen

Purepilates@gmail.com

I wanted to stand up and give Haaz a standing ovation, not just at the end, but throughout the entire session. I loved that Haaz talked about knowing who you are, trusting your instincts and using that to be of service. That by tapping into your own unique qualities and emotional intelligence, you will elevate and infuse your acting, which will enable you to give back by telling the best possible story. That you are being kind by sharing your gift with the world. Thank you Haaz for sharing your incredible insights today.

Sandra Bulk

snbulk1@gmail.com

Haaz, I am so sad that I wasn't able to be on your full session! But even in the short time I was, you said a few things that stuck with me. Number one was your comment: "Know your essence and be emotionally intelligent enough to use it in your role. That will elevate your audition because then you are no longer acting." To me, that advice dovetails with your comments about mental health; for, our job as actors is to reach down into ourselves to bring out our deepest truth without losing ourselves or the essence of the character we've been tasked with bringing to life. How can we do that if we do not first value and care for ourselves? Thank you so much! I can't wait to watch the full recording!

Dina Laura

dina.laura@gmail.com

You have to balance when it's time to lean into your type, and when it's time to lean away. Only you know what's right for you. Thanks so much, Haaz!!!

Greg Wagner

greg.wagner66@gmail.com

Really taken with Haaz's energy, passion and focus on truth in acting. Throughout all his stories, he always came back to being focused on self/truth/the story/the character/ and the complicated process of not "acting"...

Rich Henkels

rkhenkels@gmail.com

While we have to trust our own instincts and act accordingly when we perform, we also have to recognize that others have a different perspective on how a scene should be played out, i.e. the director who went with another take because he "...didn't want to jeopardize the dignity of the character". Writers, directors and others have their own interpretations; our job it to play it out. It's someone else's job is to decide what take is best.

Rosalyn Jamal

arjamal@verizon.net

Haaz exuded kindness and love. My takeaway is that Haaz sees acting as collaboration and teamwork, the goal being to tell the story in the best way possible. Acting is an art to Haaz and his way to give his love to the world. He feels actors should know and capitalize on their essence and always keep learning and working.

Shelley Brietling

sbrietling@gmail.com

Haaz's opening advise to start off our session was, "Never judge the character you play". What a powerful statement. We are in a place to preform and work our craft and by doing so, there is no need to "judge" but instead free ourselves from the obstacles and allow ourselves to "trust our instincts and nurture our instincts". Knowing who you are, your essence...capitalize on this and it will help you to become more aware of the character, giving yourself to the character, again: knowing who you are, that's what the art of acting is about.

Mike Provenzano

mike@mlprov.com

What a great session!! Thanks so much for all of the great pieces of advice and for me your line about as an artist you need to be a truth teller. And when you know who you are your essence comes shining through which is so important. BTW, I produced and starred in a short film last year also called "The Visitor"!!

Mariel McIntosh

marielmcintosh1@gmail.com

"Know who you are, your essence. Sell what is real to you and your truth." "Understand your power as a creator. You have the right to say no to roles that go against your integrity."

Lindsay Michelle Reed

Lindsay.m.reed1@gmail.com

Don't judge a character you are about to play.

Also want to add that I would vote for Haaz to be the next James Bond!

Paul Blumenthal

pblumenthal@comcast.net

Be generous with your character and know who you are and capitalize on it.

While you are always on, never allow cockiness to take over.