

Rachel Stiles

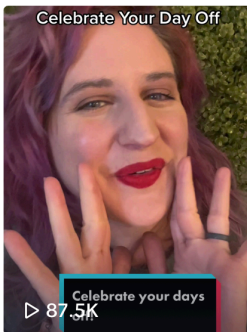
hello@rachelannestiles.com
<https://www.rachelannestiles.com>

Profile: Comfortable with video/on camera content creation using trending audio and clips.
Most social media is in the form of Tiktoks and Reels. Links below.
Integrations: Canva, Planoly, Contentful, ClickUp, Capcut, ConvertKit
Writing: Convertkit broadcasts, [TheatreArtLife](#)

Socials

Tiktok - <https://www.tiktok.com/@mythofmakingit>
Instagram - <https://www.instagram.com/rachelannestiles/>
LinkedIn - <https://www.linkedin.com/in/rachelannestiles>
Pinterest - <https://www.pinterest.com/stagecreativesnetwork>

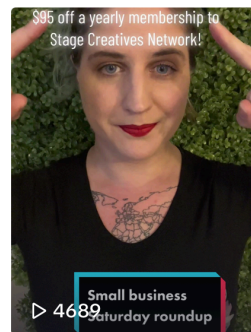
Top Performers:



Celebrate your days off! ...

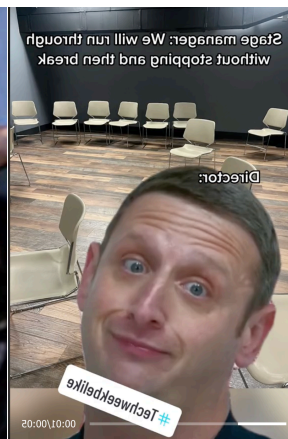


The information about th...

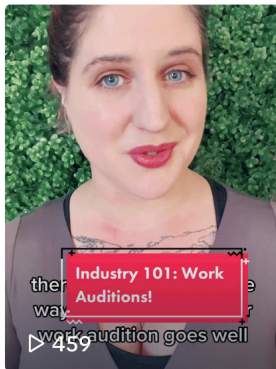


This week only! #smallbusi

Trending



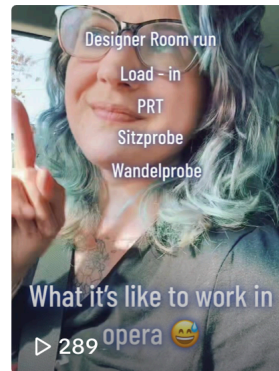
Free Value



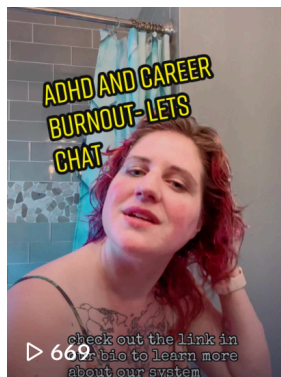
Have a work audition co...



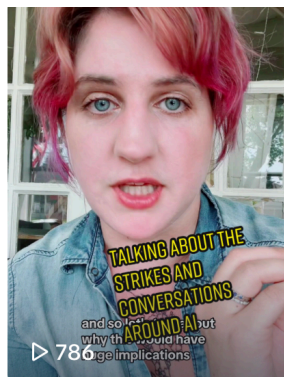
Have you had a career co...



Anyone ever wanted to ...



#grwm and lets talk about



#stitch with @Bryan Ch



In case no one has ever t...

CTA

The zero-shame tech week bingo card

Mystery wine- whose is it? no one knows	Secret corner- "where have you been?" They've been paging you"	Last minute Monday tech add-on	Load-in that starts before 7AM	Bulk McDonald's order
"wE aRe RuNnInG tHe U w/Out sToPpInG"	Stopping too many times and skipping the QC run thrus	Wrap at 11 but reset at 10:55	Saying "Nothing for the group" even though you have things, but it's 11:45PM and you want to go home and you can save it for tomorrow	Forgetting to wear all black for the invited preview
"The freight elevator is broken"	You have an hour and half break but it's a Sunday so everything closes early	"Sign looking blank"	"Day off" with 87 notes	"The PM needs your receipts"
Describing the stage door entrance to your Uberats driver	"Don't change out of costume but also don't eat or drink in it"	The veteran equity actor who buys everyone catering	Dollar fridays	"We'll make it work"
Laughing hysterically over something so minor that to an outsider you seem insane	Assigning a stagehand to coffee duty all week	Take a bonus space if it's in a white plastic coffee maker from the 80s, no one can find the filters, and there's only a single used spoon	Being called over out by the SM over speaker for forgetting to sign in	Setting aside pizza for the crew who has to work through the break

Join us Live 6/15

Let's swap tech week stories!

Share yours live or submit anonymously at

<https://forms.gle/vlP8ceL7iZaAmbbDA>

Carousels



1 THE ENTERTAINMENT COMMUNITY FUND:

THIS ORGANIZATION PROVIDES SERVICES AND RESOURCES TO THOSE IN THE ENTERTAINMENT INDUSTRY, INCLUDING COUNSELING, FINANCIAL ASSISTANCE, AND SUPPORT GROUPS.

2 NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI):

THIS ORGANIZATION HAS A WEALTH OF RESOURCES FOR THOSE WHO ARE DEALING WITH MENTAL HEALTH ISSUES. THEY OFFER SUPPORT GROUPS, EDUCATIONAL RESOURCES, AND ADVOCACY SERVICES.

3 THE BROADWAY DIETICIAN SUPPORT GROUP:

THIS SUPPORT GROUP LED BY LIBBY PARKER (WHO IS TEACHING AS A GUEST ARTIST FOR STAGE CREATIVES NETWORK IN JUNE!) IS A RECURRING COHORT DESIGNED FOR ANYONE WORKING IN THEATRE WHO STRUGGLES WITH BODY IMAGE ISSUES.

4 APAP NYC: MENTAL HEALTH & STRATEGIES FOR BETTER TOURING (RECORDED SESSION):

THIS PANEL SESSION FROM APAP (ASSOCIATION OF PERFORMING ARTS PROFESSIONALS) IS AVAILABLE TO WATCH ON YOUTUBE.

5 BEHIND THE SCENES' MENTAL HEALTH FIRST AID TRAINING

THIS PROGRAM, AVAILABLE TO IATSE LOCALS, BACKSTAGE WORKERS AND ANY OTHER ARTS PROFESSIONALS, TEACHES YOU TO RECOGNIZE THE SIGNS AND SYMPTOMS OF MENTAL HEALTH CRISES AND SUICIDE PREVENTION, HOW TO LISTEN WITHOUT JUDGEMENT, AND HOW TO OFFER APPROPRIATE PROFESSIONAL SUPPORT, SIMILAR TO A FIRST AID/AED TRAINING.

Stage Creatives Network :*

FREE VS. PAID VALUE:
A SERVICES/PROCESS BREAKDOWN

Free for everyone

THINGS THAT BRING PEOPLE IN...

- EMAIL NEWSLETTERS
- CONTENT/ARTICLES
- SOCIAL MEDIA POSTS
- ANYTHING I WOULD WILLINGLY DISCUSS WITH COWORKERS AND COLLEAGUES ANYWAY

Free for members

CENTRALIZING RESOURCES

THINGS THAT GIVE THE WEBSITE A BENEFIT, BUT MEMBERS CAN FIND FOR FREE OUTSIDE. EXAMPLES INCLUDE:

- JOB FEED
- PODCAST FEED (ON PROGRESS)
- PRODUCTION FRIENDLY DAY JOBS LIST (ON PROGRESS)

Paid for everyone

A LA CARTE WORKSHOPS

- ANYONE CAN PURCHASE WORKSHOP ACCESS AND ATTEND INDIVIDUAL SESSIONS WITHOUT FEELING LIKE THEY HAVE TO BE A MEMBER OF THE THEATRE COMMUNITY OR THE NEED TO NETWORK

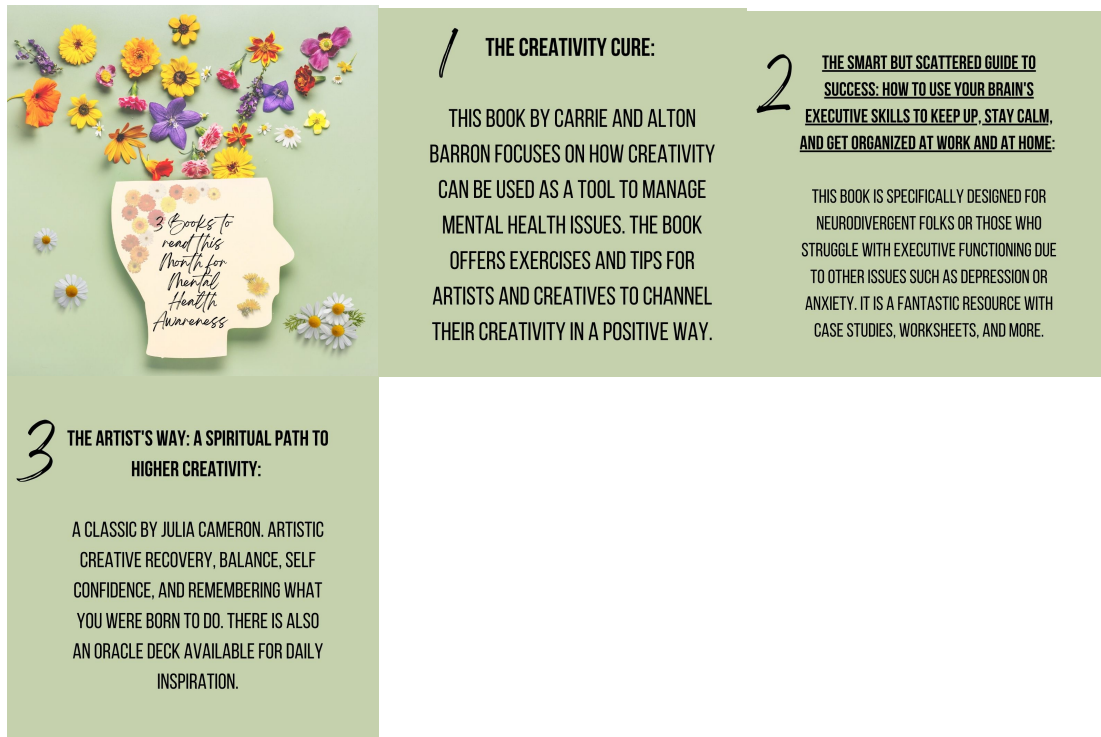
Paid for members

ELEVATING THE COMMUNITY AS A WHOLE

3 AND SIX MONTH MEMBERSHIPS WITH ACCESS TO:

- COACHING
- SOCIAL HOURS
- FREE AND DISCOUNTED WORKSHOP PRICING

YOU ARE SUPPORTED, BUT YOU ALSO ENSURE THAT A COMMUNITY EFFORT IS BEING MADE TO VALUE THE WORK OF ARTISTS AND GUEST SPEAKERS WITH A CONNECTION TO THEATRE



Email Broadcast Highlights

1. [Why did I Start Stage Creatives Network?](https://ckarchive.com/b/92uzhnhqlwpm6)
<https://ckarchive.com/b/92uzhnhqlwpm6>
2. [My #1 Piece of Advice for Anyone Starting Out in the Arts](https://ckarchive.com/b/lmuehmf0k34lo)
<https://ckarchive.com/b/lmuehmf0k34lo>
3. [5 Ways to Maximize Your Connections](https://ckarchive.com/b/xmuph6hrzodg0)
<https://ckarchive.com/b/xmuph6hrzodg0>
4. [5 Productive Ways to Deal With Stress At Work](https://ckarchive.com/b/gkunh5hdd9gnk)
<https://ckarchive.com/b/gkunh5hdd9gnk>
5. [5 Easy Ways to Supplement Your Income](https://ckarchive.com/b/gkunh5hdo3e0z)
<https://ckarchive.com/b/gkunh5hdo3e0z>