

The A-list Work-Study Program Overview

By Janet Urban



Hey there!

I'm Janet Urban, founder of **Friends in Film** and the creator of *A-list Method*, a road map that paves the fastest way to get consistent work in the film industry.

The *A-list Method* is a shortcut into professional acting work, writing, directing, producing, editing...etc. As well as cinematography, sound, hair, make-up, costumes, stunts, special effects, and post-production.



In 2009, my dad asked me to speak to his classes about how to get started in the film industry. I made a bunch of videos from set for the students. Soon, both students and non-students alike wanted me to help them get into the industry. After hundreds of requests, I created a program where hardworking, passionate people could learn and get mentored by me daily.

That's how Friends in Film began.

This program has been a dream-come-true. I'm so proud of what we are able to offer to our people. The film industry pays very well, and I am showing people exactly how to get paid professional jobs. Then I get to see them create tremendous results and pave their own paths inside the film industry. It's extremely satisfying!

This program has helped people stop procrastinating and being stuck and confused... it has allowed them to move rapidly toward the lives they most want to live.

This is **not** theory... this is about doing what works to get you jobs and connecting you within the industry so you can move much faster into your niche and get paid by the industry.

I would love to have you join me and the rest of my students in a program that will most definitely blow your mind. But, more important, if you do the work, you will blow your own mind as well how

quickly you will be "in demand" in a very desirable industry and be making your living on a film set!

If you know me at all, you know I always over-deliver. I give you way more value than you pay for. This is my delight and makes my program so easy to sell. It's really a no-brainer when you understand what you're getting.

But, it's very important that you don't get overwhelmed with all the goodness. There is no race, and we are all transitioning into film using this program, so you choose your pace, you use this program to create the life you want.

Nothing is Required to Get Started

Each month, you will have two new Modules to study and implement. Each Module presents many methods and strategies. Each method tells you what to do out there in the real world. Then, you do it and you gain experience in your craft.

You will also be doing exactly what gets you paid professional work in your niche. How to stand out so you can move fast and get the kind of opportunities you need for your final career goal.

If nothing else, I recommend that you watch at least one video daily. If you skip a day, no big deal. Just pick up where you left off. If you get started late, no big deal. Just make a note in your notebook and start at that spot.

You can't fall behind in this program. It's there for you. The more you do, the better, but perfection is our enemy, so we don't aim for that. I understand some days are hard and exhausting... but here's the secret: Just do a little

something. Even reading a paragraph and is something!

We do weekly calls on the weekends... usually on Saturday. Here is an example of one of our A-list Calls (youtu.be/hoZ3S4UfEAA).

The calls are recorded so you can watch the recording if you miss one. As you implement the program, you're going to get on film shoots on the weekends, so you will miss the calls. That's perfectly fine as we want you to get on shoots. You can watch the calls later. You can ask your questions and get them answered on the calls or in the Mastermind.

We also have years of past conference calls that you can watch. You can actually follow some mentors when they first started years ago, and see where they are today. You can watch these calls when you have spare time.

You will be a part of a Mastermind of people who are all doing these methods



A-list Mentor Alex goes through the modules multiple times to make sure he isn't leaving out anything important.

around the world. You'll see people working on big TV shows and feature films in your area. There are also "get togethers" that are organized by the people in your area. And we do A-list parties at my house in the summertime and sometimes during the winter holidays.

Finally, when you've finished the program, and are working full-time in the industry. And if you've proven yourself to be a helpful and giving person in the Mastermind group, you may be invited to become an A-list Mentor. A-list mentors are invited to all parties, become a very close group, and share ideas, connections, and work. We also do A-list Mentor retreats at my house.

Here's one final note: You might join this program because you want to grow personally, overcoming anxiety, depression, negative thinking, overeating, overspending, and other unwanted habits. This is a good program

for you to do, to grow beyond these issues. No one is perfect, nor do we try to be perfect. By doing these methods out there in the world, you're going to grow beyond many of the things bothering you now, simply because you're doing so much and are having so many new experiences.

Most of my people binge-watch and that is fine. But please don't think that the mental work is irrelevant to you. Feeling stuck, procrastinating, numbing yourself with drugs and alcohol, are all symptoms of an underlying cause of pain and mismatch between how you want to live your life and how you're living your life. The cause of the problem is always your mind, your thoughts, and your beliefs.

The methods you'll be using here will work on your mind and your state, so you can truly grow into the person you want to be, and have the life you always wanted.



At one of our Friends in Film parties! It's always fantastic to see our new members bonding with our Mentors.

Behind-the-Scenes Videos

Each month, I'll give you a Behind-the-Scenes video of my own life and work. I get so many questions about how I run my life, maintain my weight, and manage my emotions and business.

I'll show you what I eat, the equipment I use, how I run my film business, and my philosophy on happiness. I'll take you on a walk with me; you'll meet my family, my creative team, and much more.

I also share what my own struggles and how I work to overcome them. It's not true that once you achieve a certain level of success, you're forever perfect and confident. You will have to work on yourself.

I do it every damn day, and I love sharing how my own disempowering wiring creeps up, and I thank it for sharing, and decide the state I want to generate.

Brand Ambassador Side-Hustle Bonus

This is how you will pay for this program and anything else when you're just getting started!

You can get overtime at work, or pick up extra jobs like Uber, dog walking, babysitting, art commissions, Etsy, or doing brand ambassador work.

Brand ambassador work is easy to get, and involved handing out samples to people, or representing a brand, like Coke, Toyota, or Samsung. It's a great way pay the monthly payments initially while you develop film work, through doing the A-list methods.

A-list Mentor AJ showing us the ropes of brand ambassador work. He's inspires us all!



Quiet Confidence

Bonus

I'm obsessed with teaching this; I believe I can help get anyone become confident and comfortable in their own skin.

One of my favorite people, Jessica P, was dealing with depression when she started A-list. She wanted this huge life in Los Angeles, yet felt so far away and felt like she didn't deserve it. She knew she needed to change her emotional patterns of depression and anger if she were going to have the career she envisioned.

Through our work together, she stopped her disempowering patterns, and developed a new way to approach the world, leading her to connect with people easily and actually *feeling* like she belonged in her own skin, leading her to film shoots in Los Angeles, and booking jobs at Disney, Netflix and Facebook. She is full-time in the film industry in Los Angeles now and one of our A-list Mentors.

Most people in personal development programs never get a career going, so I'm thrilled to tell you most of my people quit their job in 6 months and make their living entirely in film... their view of themselves shift forever.

The inner work is a big part of the A-list Immersion training, because you're up to big goals, and want to feel great as you go after these goals.

We break it up into small chunks by topic (about 10-20 minutes each), so you can consume it easily. And then you LIVE these state shifts by doing the methods...

It's the ongoing process of practicing the empowering states, combined with getting results in the film industry by doing these methods, over a period of 8 months, that really makes the difference. The personal growth truly happens through learning and then doing. This is how you have sustainable change.

I challenge you to find anything more effective. Your emotional states will be developed by you, what's important to you, you will design that works for your life and is long term.

I have several students who have completed the quiet confidence workshop, implemented our methods to get film work, and are now in an entirely different place financially and emotionally—all for a fraction of the cost of an immersive personal development course.



A-list Mentor Clara (from the UK) earning her confidence via gaining experience from working both in front of and behind the camera!

Casting Director

If you're an actor, the Casting Director Internship bonus, will show you how to get into any CD office you want as an intern. With production experience, you'll stand head and shoulders above other actors.

As you know, the industry runs on connections... but it's actually more than that, it runs on referrals. That's another level of relationship.

The great thing about working alongside CDs while they cast for projects, is the closeness in relationship

that develops. You'll learn how to be their "right hand" person and they will take a personal interest in your acting career. I've seen it over and over and these relationships are very rewarding!

Alex, one of our oldest members, used our CD internship bonus to get a paid internship with a CD. He went from signing in the actors, to operating the camera (paid \$350/day) to being a reader. He has been referred work from his CD relationships. CDs have referred him to other CDs as well!

A-list Mentor Alex



Union Accelerator Bonus

As you're moving so quickly inside the industry, you'll want to be prepared to join the union as soon as possible. The Union Accelerator Bonus shows you how to save your call sheets and pay check stubs so you can prove your experience to join the union.

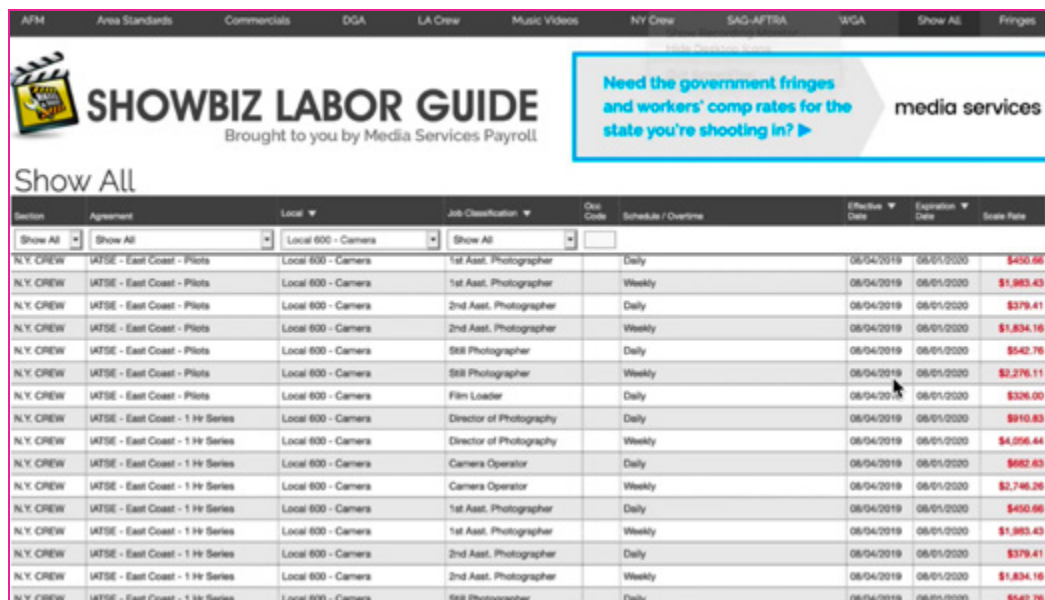
Once you are union, you can qualify for medical coverage, which is called Motion Picture Medical Insurance and retirement.

Many people are not organized, so when they want to join the union, they

have incomplete information and cannot join. It is impossible to go back and try to get paperwork after the shoots have been wrapped.

It needs to be in your practice to save certain paperwork that you'll need later. With this bonus, it's easy to file it away and keep it for when you need it, and cut years off working extra days at lower rates.

Get informed on what the union pays and how to become eligible for it FAST!



SHOWBIZ LABOR GUIDE
Brought to you by Media Services Payroll

Need the government fringes and workers' comp rates for the state you're shooting in? ▶

media services

Show All

Section	Agreement	Local	Job Classification	Dist. Code	Schedule / Overtime	Effective Date	Expiration Date	Scale Rate
N.Y. CREW	WTSE - East Coast - Pilots	Local 600 - Camera	1st Asst. Photographer		Daily	06/04/2019	06/01/2020	\$400.06
N.Y. CREW	WTSE - East Coast - Pilots	Local 600 - Camera	1st Asst. Photographer		Weekly	06/04/2019	06/01/2020	\$1,863.43
N.Y. CREW	WTSE - East Coast - Pilots	Local 600 - Camera	2nd Asst. Photographer		Daily	06/04/2019	06/01/2020	\$379.41
N.Y. CREW	WTSE - East Coast - Pilots	Local 600 - Camera	2nd Asst. Photographer		Weekly	06/04/2019	06/01/2020	\$1,834.16
N.Y. CREW	WTSE - East Coast - Pilots	Local 600 - Camera	S&B Photographer		Daily	06/04/2019	06/01/2020	\$542.76
N.Y. CREW	WTSE - East Coast - Pilots	Local 600 - Camera	S&B Photographer		Weekly	06/04/2019	06/01/2020	\$2,776.11
N.Y. CREW	WTSE - East Coast - Pilots	Local 600 - Camera	Film Loader		Daily	06/04/2019	06/01/2020	\$326.00
N.Y. CREW	WTSE - East Coast - 1 Hr Series	Local 600 - Camera	Director of Photography		Daily	06/04/2019	06/01/2020	\$910.83
N.Y. CREW	WTSE - East Coast - 1 Hr Series	Local 600 - Camera	Director of Photography		Weekly	06/04/2019	06/01/2020	\$4,096.44
N.Y. CREW	WTSE - East Coast - 1 Hr Series	Local 600 - Camera	Camera Operator		Daily	06/04/2019	06/01/2020	\$682.83
N.Y. CREW	WTSE - East Coast - 1 Hr Series	Local 600 - Camera	Camera Operator		Weekly	06/04/2019	06/01/2020	\$2,746.26
N.Y. CREW	WTSE - East Coast - 1 Hr Series	Local 600 - Camera	1st Asst. Photographer		Daily	06/04/2019	06/01/2020	\$400.06
N.Y. CREW	WTSE - East Coast - 1 Hr Series	Local 600 - Camera	1st Asst. Photographer		Weekly	06/04/2019	06/01/2020	\$1,863.43
N.Y. CREW	WTSE - East Coast - 1 Hr Series	Local 600 - Camera	2nd Asst. Photographer		Daily	06/04/2019	06/01/2020	\$379.41
N.Y. CREW	WTSE - East Coast - 1 Hr Series	Local 600 - Camera	2nd Asst. Photographer		Weekly	06/04/2019	06/01/2020	\$1,834.16
N.Y. CREW	WTSE - East Coast - 1 Hr Series	Local 600 - Camera	S&B Photographer		Daily	06/04/2019	06/01/2020	\$542.76



Travel Jobs Bonus

If you want to travel the world working in film, the Travel jobs training Bonus will show you how to set yourself up to get this work. This has been one of my most popular courses to date. We don't just talk about ideas, we talk about processes to produce, earn, and get this exciting work.

I got into the film industry because I wanted to travel the world, and see things from being part of a film crew.

I didn't know if I was being unrealistic... or if you could even make a living doing that. Turns out, you can and many people do.

It does take some different actions to find this work, but there are production companies that are doing it, and you can easily get connected to them by doing what I did... to get this exciting work.

Goran, who used to be a real estate agent, recently traveled to Cannes to accept his award for a short film that WON at Cannes. He has also traveled for DP work all around the US.

Plus, I'm always adding new classes to the assets section of the site. In fact, I added an Advanced Connecting

Conversation that is perfect for A-list members who have learned the basics and are ready to go to the next level in connecting with top people in the industry, like producers, directors, agents, and DPs.

If you signed up for this program, applied it for the year, and asked me questions, you would have received more than triple the value for what you would have paid.

This program is designed for people who want to change their lives. It gives the control to decide what you want to do, and make your vision actually happen in the fastest amount of time.

If you're concerned whether you're talented enough, strong enough, smart enough, good-looking enough, and have not had anyone tell you anything encouraging, please know there is a place for you. There is no reason you have to struggle with trying to get where you want to be, for the rest of your life. You can make concrete steps toward the opportunities you want now. Yes, this is going to be good!



Now let's talk about the A-list Method!

This is an unconventional approach where I teach you the methods that build upon each other, to make you an in demand professional who has *Get-it Factor*.

I don't teach you theory, or film studies. I DO teach you the ways you can get your education right on film set and get taught by professionals. I learned how to do my job as a professional entirely from working on film sets. I started with more simple jobs like interviews, events, behind-the-scenes, and then moved into documentaries, multi-camera shoots, TV shows, feature films and now I work mostly in the highest budget work there is, which is commercials.

The A-list Work-Study Program contains 10 Modules, plus bonus modules with case studies, templates, and how-to videos and audios. Right at the beginning, we help you to understand and finesse the details of "what you really want" and use the A-list Method to get you there FAST.

We start with Phase 1— Getting in the Door and learning the Get-it Factor.

In Module 1-2...

I teach you how to overcome your doubt, the doubt of your family, and generate commitment, courage, and confidence. How? By doing what a professional does, looking like a professional with business cards, learning how to come across like a professional in your emails, developing quiet confidence for when you're in person with professionals.

You'll learn HOW to do the Production Assistant job, even if you "think" you know how to do that job, if you're not working enough, you don't know what I'm going to teach you.

I'll show you how to use the assistant jobs on the film set and in the office, to have conversations for your craft, right off the bat. You'll learn how to get Director and Producer Assistant jobs, which give you another world of access.

I'll show you "get it" factor, by showing you mistakes I've made and others have made, to avoid not getting asked back

without them telling you why. You'll use this knowledge your entire career and it will make you move much faster, as your speed in the industry depends on one thing: Other people's impressions of you.

We are becoming MORE than others, so that's how we move so fast. The top people get the opportunities. The bottom people find the world dwindle away over time.

You are starting right from the beginning. I'll show you the typical day on set, and what to expect. You don't need to have ANY experience to do these jobs.

The **Experience List** will tell you what to do. You keep it in your back pocket and refer to it, so you're never standing around. You will eventually make your resume from your experience list and it will be all real experience you have!

I'll show you how to get on set of big movies and TV shows that may

be coming to town. I'll tell you how you're going to get on shoots you see happening around you!

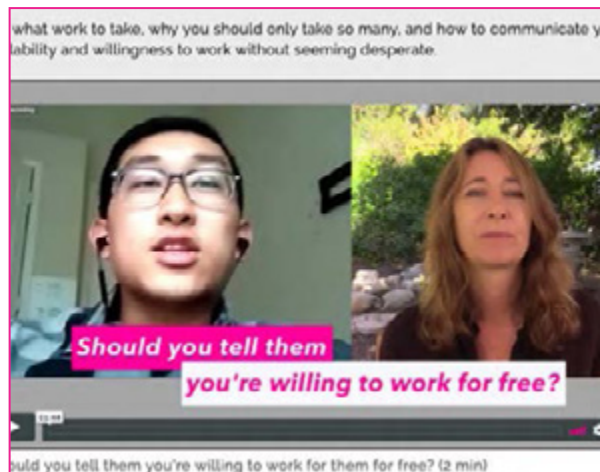
You'll also learn about getting into ACTING and Voice over, because even though you may not have considered it, you can do this as a 2nd craft... or 1st craft!

If you're a writer, I'm going to set you up to learn about how you should to **CLF** as a writer, to get in as a writer.

If you want to do background acting, I think it's a good idea, just for a few shoots, **ONLY** to get on these big sets right away to observe. I'll show you how to get on set doing background... not as a strategy to get in, but only to get you exposed... Remember, you are following a framework to become exceptional and these little bits of understanding help you in the long run.

Working with celebrities. This is going to happen quickly. You'll learn the do's and don'ts of working with celebrities... These are important to know as you can get fired if you don't know!

Scams. You'll learn how to spot one in a second. I'll keep you safe from scams, and I'll ask you to post anything fishy, in the A-list Mastermind so we can all learn.



We break apart and go through, in the most detailed and easy-to-understand way, the hardest questions people most frequently ask when they first start to get on set.

Module 3...

I explain the reason why so many people quit and fail in the film industry—it's not what you think. I'll teach you how you'll succeed even if you have disempowering patterns that have been slowing you down. Perfection is not what we're aiming for.

The **Magic List** will be your secret weapon for knowing more than everyone else. You'll know the production companies and what they do, the producers, the directors, the casting people, the camera houses, the unions, you'll know what people who are 10 years in the business still aren't aware of. THIS will set you apart.. People will hire you just because you know so much!

So, you'll actually be doing a Magic List for your area, your own Magic List. You will carry this list with you, as it's your hiring list!

Even if you live in a small market, I'll show you how to make your Magic List, and how to get yourself up to move to a larger market. You will be building experience in that smaller market, which is easier and less "at stake", than in the

big markets. You will find people to take you under their wing. You'll also make your mistakes in the smaller markets, which is good, because when you move to a larger market, you want to be already good.

This is still month one, and you'll start getting closer to getting your first jobs on set now... which can happen when you get out there. Magic List and meeting people at events will be starting this ball rolling. You're doing exactly what I did, which made me stand out. Because you may start getting paid work, you'll learn how to say thanks, how to follow up,

You'll learn how to budget so you can glide through the beginning phase of starting your career with ease. You'll learn how to do just fine without wasting money on eating out, shopping, going out with friends and blowing money without even thinking. You'll create an emergency fund for car, pet emergencies. You'll learn to keep your receipts and all your pay check stubs, sign up for direct deposit. You're getting organized for a freelance lifestyle and it starts now!

Also in Module 3, you learn how to meet professionals for your career to that will set you up for your first year. Most people, who are not in the A-list training, get nowhere during their first year, and I teach you how to have hundreds of people putting your in their phones so they can call you for work. Quite the opposite.

I'll show you exactly where to meet professionals, how to dress, how to open conversations, how to follow up, so you are never left with not knowing what's appropriate. There are professionals to meet that can help you with your career even if you live in a smaller market. These people can refer you to people you need to know in the major markets.

The fear of people will diminish... you'll know that how you're doing it, is perfect, especially when you get very positive responses!

You'll learn to interact with professionals naturally. You'll learn what to research, how to offer to help, what to wear so you differentiate yourself from others.

How to appropriately follow up is huge. No pushing, not too aggressive and not desperate.

You remember your "what you want" sacred list? Well, this is the HOW. The how is pretty straightforward when you know what to do, as you are getting into a word of mouth business with our methods!

Freebie work. Should you take it? How long should you work for free? How can you make sure you're not taken advantage of. I'll show you how to use freebie shoots for your purpose, because they CAN be a gold mine if you know how to use them.

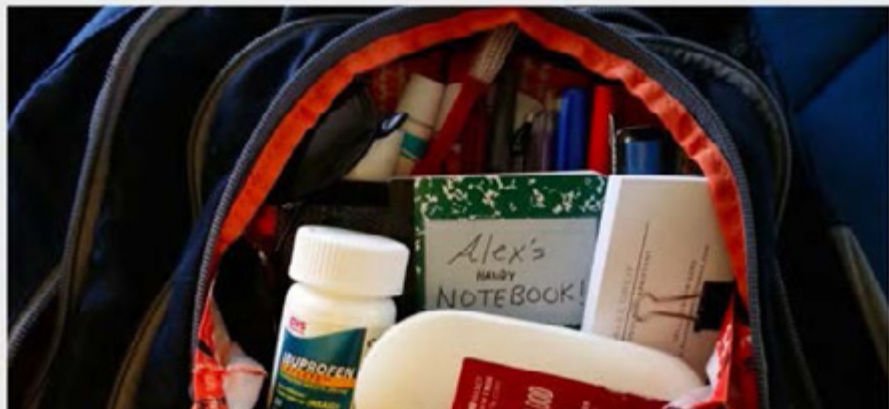
For actors: Learn your type, so you can confidently go after roles that match your type and look like a real professional. It's going to be important that if you're an actor, that you know these things. You will do an exercise to determine your type!

Know that asking for your pay rate and possibly negotiating it works in your favor. You can do it where it shows you're in-demand but are *also willing to make things work so everyone's happy*. Take a look at how I ask the hard questions:



SUPERSTAR BACKPACK

In the list above, I started off with listing a Superstar Backpack. What is a Superstar Backpack? It has everything you need, neatly packed. When someone asks you for something, you pull out your neat little backpack and it shows everyone how you roll. You have sunscreen, you have band-aids, you have a hat, you have a notebook, extra pens, a sharpie, a highlighter, super glue!



Screenshots from our Modules: videos, templates, lists, and real-case scenarios on what to do when you're at different stages of your film career.

In Module 4...

This is where the real party starts! Remember, in the professional film industry, you don't APPLY to get work. You are getting work from people knowing you and liking you. They have to know you!

So, you are doing exactly what gets you out there, getting experience, where people will meet you and refer you. The professional industry runs on REFERRALS. You're building a referral machine with this framework.

I start out by giving you my proven formula for promoting your work, so you can duplicate it exactly. This is how you get top filmmakers to take you under their wing.

Experience. I teach you how to get PROFESSIONAL experience... even if you have none. Already from Module 1-3, you're going to be getting know how that others won't learn from 5 years or more, you're getting it in 1 month! So, now getting the experience on set isn't a big deal. You're probably already getting people inviting you to the production offices and to set when you're at this point of the training.

You'll learn what to do when you have shoots overlap on the dates, what to do if you can't take time off from work, so that you respond without burning bridges... and are remembered for their next shoot!

You'll learn what questions to ask if they want to do a video interview.

And you'll learn how to prepare for film shoots, so you show up TOTALLY ready to go, ready to work, ready to help out! I'll show you what to bring, how to dress, what to say, what to do the night before.

I'll teach you how you should respond if you see an ad that you're not qualified for, but you want to go for the job!

Finally, I'll show you how to put together a killer resume/CV when you don't have much experience YET. The CV isn't to get you in the door, because we don't APPLY for jobs... the resume is how you represent yourself once people have already worked with you and they want to show the producer or director who is on the job.

I teach you to put yourself in a position where people want to pay you for the value you offer because you know exactly what problem you are solving for them.

In Module 5...

I show you how to get EXPERIENCE that leads to paid professional work with the **Get on Shoots Method**. This is the exact process and formula I used to create relationships with people who hire me for 20 years! It all starts with this method. You'll use your experience list, to know exactly what to do on set and in the production offices.

I'll teach you the set lingo, walkie lingo and etiquette, so you always know what is going on. I'll teach you what gets you hired and what doesn't... I made SO many mistakes that caused me to not be hired again!

I'll show you how to ask for a higher rate without feeling desperate or weird. In fact, it's good to ask for a higher rate, because they'll assume you're good! Having respect for your own work is good!

I'll show you what to do when you're scared. Yes, scared. I've been down this path before, and when it's always new, you'll get scared sometimes. No matter what you've done in life, it can still be scary... but it's also exciting!

I'll show you what to wear on your body on set, a fanny pack, so you look

like one of the best on set. Remember, it's all based on impressions! What you have on you, forms an impression. If you're super prepared, people will be like, "I have to have you on all my sets!"

Same thing goes with your voice. Yes, using your voice, because there is your ACTIVE voice and your passive voice. You will learn how to use your active voice and this will get you hired!

Finally, you're going to use our **Want-to-Work Email**. This is our famous email that opens the door for work. Most people who don't work enough in the film industry simply don't know these simple ways of coming across as good. Less is more. You'll learn the less, and understand it, so you can come across "just right" for your entire career, because what is missing is making a good impression... and no one will tell you when you aren't.

If you're not working enough, there is a reason. There is always a reason. Learn it right and you'll have work coming out of your ears!

You're going to move fast and have film work coming out of your ears!

How do you reach out to these guys? By writing a *Get-it Factor Want-to-Work Email*. of course!



Download the *WTW Email* template [here](#) (PDF) for all ranges of circumstances.

If they ever want to pay you up front or want any personal info, like a Social Security Number, then let me know. I will look at it for you. Do NOT give them your SSN.

GET ON SHOTS METHOD

Situation: How do I build experience? How do I build connections?

Solution: Find freebie shoots and volunteer on them, between your day job and on the weekends.

Janet BEFORE experience: Only romantic notions of what it was.

Janet DURING: AFI shoot. Saw the cameras, all the departments, what they were doing to get ready for the shot, the adjustments, the mistakes, the attitudes, how long it takes to get shots, what is grueling. Worked with DP as student who I worked with professionally. I didn't impress.

Janet AFTER: I got a lot of know-how! It helped. And I could refer to it when I talked to people. Self starter!

A video player interface showing a woman with glasses and long blonde hair speaking. The video title is "All About the GOSM, the Union, Benefits, & the Jobs (53 min)". The player has a progress bar at 52:21 and standard video controls.

The modules call out the smallest details that determine how you are seen as a professional and then tailor these details for your individual needs.

Phase 3: Getting into your niche with waves of referrals!

Module 6...

Is about moving swiftly into your niche. How to connect with key people in your craft, help them out and get paid. We're afraid of making offers and asking for business because our brain thinks rejection is the worst thing that can happen to us. I teach you how to get over yourself so you offer help to people who need it.

What happens when you didn't get the job? What do you do when you're asked to do something you've never done before? How should you respond and what should you know?

Actors: What to do when you don't get the role?! You can get on set another way and get a role, another way. I'll show you how. I'll teach you how to get in the actor union, how to get an agent, a manager and how to run your acting career alongside your 2nd niche.

We show you the best way to use Facebook and Instagram and other methods to follow up so you come across short and sweet and want to come across as amazing. How to meet

with production companies, how and what to research so you impress the hell out of them. You want to work for Netflix, MTV, Disney, they use production companies to produce their stuff... this is who you will be meeting with!

For Directors: I teach you your game plan for getting connected with executive producers. You'll learn how to work in the Camera department so you can become a Director/DP. I'll show you how to get AC jobs that pay \$500/10 hours. I'll teach you how to start directing on the side, and talk about it on set. This is crucial if you want to direct, you must be directing for people to take you seriously.

For Producers: I'll teach you your process for learning producing. The production jobs you'll start with and the ladder you'll jump. I'll show you how to get coordinating jobs that pay \$450/day, the beginning rate in production.

For DPs: I'll teach you how to get Camera PA jobs, leading to 2nd AC jobs (Assistant Camera) that you do for \$500/10 hours while you DP on the side.

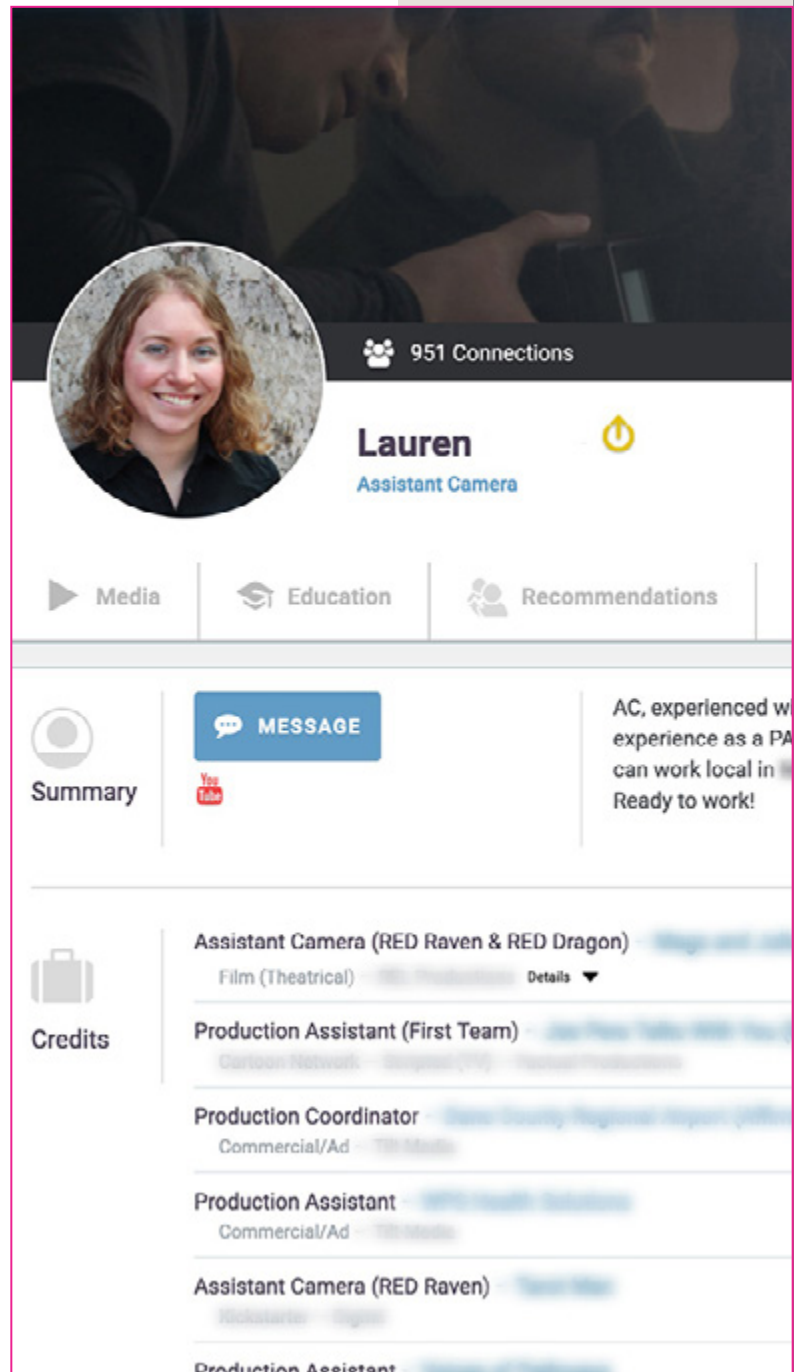
In Module 7...

I teach you how to look good on paper so when someone asks for your resume, you're able to write a concise email with the info they are looking for.

You are effectively your own boss and you're in charge of your own marketing! That means you'll learn how to properly use Staff Me Up, Facebook Groups, and Instagram and IMDb but you'll see that most of your work will come from how you conduct yourself on set.

Now, at this point, you're getting into the crafts, and the stakes are higher, so I teach you a whole section on what to do if you screw up. I have screwed up so much, I am a master at teaching it. :) It's very important to learn this, because if you don't handle it right, you will get blacklisted, which means they will not hire you again, ever.

A-list Mentor Lauren absolutely OWNING IT on Staff Me Up! She has even more titles on her page now!



Phase 4: the relationships-building phase, using Connecting Conversations.

I'll teach you how to develop mentors very quickly by the questions you ask, and don't ask. Forming these relationships is key to your career, because professionals know a lot of people, and if you can jog their memory, and their desire to hook you up, they will.

No big deal to them, but it's the world to you! You can get referred to:

- Professional jobs at Netflix, MTV, and Disney
- Paid travel jobs like Discovery channel and National geographic
- To people who can help you in your craft like photographers, website designers, and editors
- To acting coaches that are referral only.
- To get into editing suites to see the footage in action
- To special effects houses
- To agents and managers for acting, VO, or literary (for writers)

Now, you're starting to get professional jobs coming in, you're going to need to know how to handle overlaps. You will have so much work coming in, you'll need to have two of you! So, you must handle the overlaps professionally, otherwise you risk pissing people off!

In the beginning of my career, I pissed people off and they never called me again. I am teaching you my mistakes too, because chances are, you'll repeat the mistakes because they are easy to make!

Handling your schedule when you have too much work, is very important. You cannot commit to the same days with different people. It's easy to do, as the shoot days change. So, there is a rule of thumb as people call you, for who gets the first "hold" and how to handle it when you have another job you want to do more, and you're already on hold.

In Module 8...

I teach you about how to follow up. People's minds are short term, simply because they have so many shoots happening every week. If you met someone a month ago, they may have done 5 shoots by that time, and worked with 600 people! So, you are a foggy memory at that point. It is was 6 months ago, forget about it!

I'll give you examples of how to follow up, "what to say" templates depending on the different situations. What you say also depends on your job and your relationship to that person. All good, I will show you what to say that is perfect!

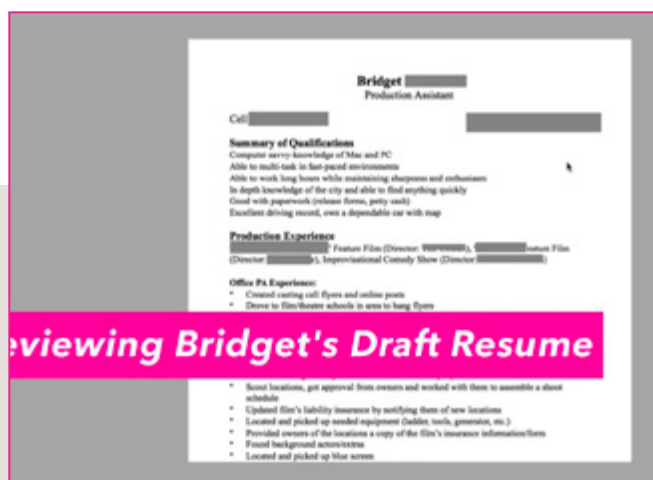
This leads to people having that little thought in their mind, "They are good to work with" and they hire you again. They

will search their memory banks and their phone for your info! That is the power of the A-list training! This does not happen to the majority of professionals, who are not able to get enough work to qualify for medical. And they are already IN, connected, and in the union!

The union doesn't get you work as you know... However, you can use becoming union to follow up with people as it's a status change. I'll show you how to properly do that too.

Next, we are re-designing your A-list CV/resume, into a next-level resume. The resume doesn't get you in the door, it shows people who they are working with, it's used for referrals. You need a great one because it represents you

You will have no more fear of resume-building after joining the A-list program. In fact, you'll be able to realize all of the things you're capable of and be proud of all your accomplishments!



when you're not there. So, now we will take the shoots, the experience you have, and put together an impactful resume that will really make you stand out. We hear that our resumes are the best they've ever seen, so you'll want to do your CV/ resume like this.

Next, I show you how to make a profile on Staff me up, Mandy, and other sites, that will occasionally send you work, but mostly the scams will be reaching out to you. As you know, the real professional work is people meeting you and hiring you, not looking for you on a posting site, or posting notices and looking through resumes. Still, it's good to have a presence, and you can refer professionals to your profile.

Negotiating rates technique. Amateurs accept whatever rate is given to them. Professionals who are "in demand", negotiate the rate for each job. When you negotiate your rate, you increase your income, and also look

good. Because the best people have many shoots checking their availability, you should let them know you are "in demand" and ask for a higher rate. Just this technique alone pays for the A-list program.

If they have a humble budget, you can still negotiate. It's tricky because they can get frustrated and never call you again if you push too hard or seem like you're clueless. You have to negotiate so they feel like you understand, you're on their side, and you're also "in demand". You can set yourself up so that you help them out at a lower rate, and when a bigger budget job comes in, you cover yourself.

Next, ***the 50/50/20 technique***. This method ensures consistent work. 50/50/20 is making relationships with 50 key people who hire you directly (producers, production supervisors, coordinators, 1st AD, 2nd AD, and 2nd ADs).

You'll be creating waves of referrals. You'll be focusing on 50 key people who refer you work, the production department who hires you as well as other Production Assistants, other people doing the same craft as you, (other DPs, other ACs, other sound mixers, other production designers, etc.).

Who you refer is basically representing you. So, you need to develop a list of good people to refer work to when you're overbooked as well, as have a healthy group of people referring work back to you!

And 20 people who are on your team. Since you are moving so fast inside the industry, you'll stumble into situations that you are not ready for. You'll get opportunities before you're ready. That's OK. I did and that's how you learn, BUT you must have a team of people to reach out to, to make sure you know what you're doing. You can look like you know what you're doing that professionals will trust you, and you can literally bring down the entire shoot if you don't know what you're doing.

Your team will be a huge part of your success and how fast you move UP. Your team is also your agent, your manager, your trainer, your hair stylist, your acting friends, your improv class, all people who are helping you with your craft.



A shot of me when I was at the earliest stage of my career... this was in Patagonia.



TOYOTA
OF PASADENA

SALES HOURS

Monday - Friday 9:00am to 6:00pm
Saturday 9:00am to 5:00pm
Sunday 10:00am to 7:00pm

In Module 9...

I cover cash flow and money, schedule, how to do an invoice and W-9.

You must know what to invoice for, and what production expects to pay, and what they will balk at. You must have a team of people that you check in with regularly to know what others are charging, so you charge the same.

I'll also show you how to do something that will give you such an edge, and that is calling people on your Magic List. By Module 9, you'll have been on probably 30 shoots so you know people, you have experience, and you can get on more people's lists. The **A-list Calling Method** is very effective and professionals will put you to the top of their list, just because you called them, when everyone else is afraid.

I'll show you to put yourself in a good state, what to say, what they want to hear, so you have a short and sweet call that results in people putting you on their hiring list!

Vectoring to stand out method. You've got the travel jobs bonus, that shows you how to get travel jobs, and in addition to that, there is a method that you use with **Connecting Conversations**, that allows you to find the kind of work you want to do, that you came up with when you first wrote down your goals in Module 1.

The kind of work you want to do, the kind of experiences you want to have, the people you want to meet are created through Vectoring.

Vectoring is having conversations on set about what you want to do, what you love, leading you to referrals to people, places, and equipment, to work on these unique projects, which leads to more cool projects.

An example is my National Geographic work, that led me to commercials because people thought it was really cool. You have a lot to talk about, you stand out because you are doing MORE than most people... all driven by your own interests!

In Module 10...

You'll get the next phase of this method, which is called **Vector to your Sector**. By Module 10, you'll have been on 50 shoots, you'll have been on features, TV shows, music videos, commercials, and you'll have a good idea of what you want to do, in which craft.

You'll also have been working in your craft's department... so you're on set either in front of the camera or behind the camera, either way you're getting paid \$500/10 hours doing a craft.

You will learn what areas of film give what kind of lifestyle. For instance, working in TV is 5 days a week, either on location or at a stage. Indie features are often filming in 1 location or 1 city. Union features involve travel, shooting in different cities in the US, or even the world. Commercials are a lifestyle where you stay in 1 city and do the work that comes to town. Reality TV may involve travel. Documentaries involve travel. Nature documentaries involve a life of travel!

The film industry is the same all over the world, so these sectors, these jobs, are consistent across the world. And these jobs lead to travel opportunities in those sectors, in those crafts! You may not even need a work visa!

I traveled to the Amazon Rain forest five times, to Patagonia, to Africa, and worked on film shoots, and since I was hired by a production company, not working as a local, I didn't need a visa.

It depends on what kind of life you want, for the sector you decide to work in. It depends on what you want to do for a craft as well. You can act in feature films and work in camera for TV, for example. You decide.

You will build relationships doing the **50/50/20 Method** accordingly. See how it all fits together?

Bottom line, this is all super fun. It's exciting. You will meet people who will change your life. You may meet the love of your life, or at least friends who are huge sources of love and fulfillment!

Actors will meet many other actors, and also producers, directors, DPs, stylists, agents, all people who you'll know for the rest of your career, and life! Writers will meet other writers, directors, producers. DPs will form lasting relationships with Directors, producers, gaffers, key grips. And so on.

You will be becoming full-time very quickly and this career is not a hobby, it's a business, but a very fulfilling one that can enrich your life like nothing else.

So many of my students just want to become full-time in the film industry, they never expect to get to the levels of department head so quickly, and if that's you, just becoming full-time will be worth doing this program... but the friendships, the income, the speed of your career, will be a pleasant surprise, but also a natural surprise, because by becoming so damn good, you're going to move fast and have film work coming out of your ears!

Our A-list member Wesley and his pal, starting a great day on set by reviewing their call sheets.





*A shoot I was on in Hawaii
with Zoe Kravitz.*

Commitment

When you sign up, I highly recommend that you commit to having the goal of quitting your job and going full time into film. Just take the first few months to learn about all the jobs on set, talk to all of the professionals on set, and see which jobs give you the lifestyle you want.

You may have a good idea of what direction you want to go in... and you may find you are made for another craft you never considered before. For instance, when A-list Mentor Jake first joined us, he joined as an actor. Then, after being on set for some time, he found he actually LOVES designing the set as a production designer. He makes great money too, at \$800/day. The production designer is head of the art department.

He figured out his true love, through being on set and seeing he had an eye for design. Who knew? It's a great fit and he's having the time of his life, full time in the industry in Los Angeles. When he started the A-list program, he was all the way across the country, living in Maine with his dad.

A-list Mentor Jake





GOLD or PLATINUM

You can do the A-list Work-Study Program as a Gold or Platinum student. The Modules, Mastermind, and calls... they will be the same. The difference is the *level of access to me*.

When you're Platinum, I will look over your emails, resumes, and dig into situations with you. It's like having me in your back pocket! We'll tackle any sticky situations that arise together, for example, when someone wants you to sign a contract or if you have two shoots that want you for the same days and you don't want to burn any bridges. There's an art to making those decisions and responding to professionals.

If you can afford it, do A-list as Platinum. If you can barely squeak by, then do A-list as Gold. The most important thing is that you DO it and start this life!

What Happens When You Join?

You will be emailed your login as soon as you enroll, and you simply click on Module 1 to get started. You'll receive the fast start worksheet, so you'll know what to do right away.

If you need to get money coming in right away, be in the first 20 people, and start to implement the **Brand Ambassador Side Hustle Bonus**.

Inside that bonus, you'll learn how to find the companies who hire brand ambassadors, set up your profile, take some selfies, and start getting this work at \$30/hour.

Then, you'll get the invite into the **A-list Mastermind Group** on Friday, and our first A-list call will be on Saturday.

Any questions you have, you can ask Janet through email, at info@friendsinfilm.com.

She will respond to you personally.

You'll be making some great friends in the A-list Mastermind, these are your new film friends! You'll see examples of others who are implementing the same methods, and see the questions they ask, so it's a wonderful learning environment.

*Brand Ambassador
Side Hustle Bonus*



14-Day Money Back Guarantee

You have the 14 day money back guarantee if you find it's not for you. You'll know within that time for sure. You'll already have learned a lot by that point, gotten a good start, and you'll have the complete freedom to walk away.

All you need to do is email Janet at info@friendsinfilm.com and you can get a refund, no questions asked.

At the same time, I urge you to not come into this to just check it out, with no intention of doing what it takes to stay in and implement. Checking it out will not change anything in your life. You need to be all in and show up and truly apply yourself.

This program has changed countless people's lives, can really be the thing

that changes yours in the exact way you want to change it. Commitment to doing the work is the only way to follow-through. I don't say that lightly. I have used these exact methods to get into the industry, make a good impression with professionals so I got referred the kind of work I wanted. I used it to build a business that still blows my own mind.

This is my contribution to my industry and also to you, my client. It's my honor to offer it to you now.

You can sign up immediately by going to alistmethod.com and filling in your details. You will be emailed your login information within a few minutes.

SEE YOU SOON and see you on our next live A-list call! :-)

alistmethod.com

