Charlie Sandlan ([00:03](https://www.rev.com/transcript-editor/Edit?token=VU7Ce0iqNhR8P9jzjYDVEvzNAWH74jHaiyvL4fESiDsNySMiDORZypu7ANAuVfxYgG-BZQeTOOpk1X9nIr9ctZ-Ni6E&loadFrom=DocumentDeeplink&ts=3.72)):

I love sports. I always have. I grew up in Cincinnati, Ohio, a beleaguered Midwestern sports down, but a sports town nonetheless. I love my Cincinnati Bengals, the Cincinnati Reds, but I'll watch golf, hockey, tennis. I love the Olympics, gymnastics, ice skating. I have always revered the athlete, because they work on themselves every single day. They are obsessed with craft. They work on the fundamentals of their sport every single day. They master their instrument and then the very best they get out there, they compete and they let their talent and their instincts come to the surface.

Charlie Sandlan ([00:46](https://www.rev.com/transcript-editor/Edit?token=npmx-9y85V_e1lm7A5Jl6t6XQiQVrQGv4KS7e5YDOljS5qRKQTV3lr-mrQdUeLVz0saWZg5aKIcsDaP45wcJ4lItIAc&loadFrom=DocumentDeeplink&ts=46.23)):

Well, I don't think it's any different for an artist, certainly an actor. And I use sports analogies all the time with my students. Well, what does it mean to bring an athlete's mindset to the craft of acting. Today, we talked to my former student Toby Sandeman. And we're going to talk about how his athletic career led him to the way he works now as a first rate professional actor. So put the phone back in your pocket, Creating Behavior starts now.

Charlie Sandlan ([01:24](https://www.rev.com/transcript-editor/Edit?token=ISWm5P3LqX7FUGGr3iMq3T8mftKTLdpymTj_wxgFRDCRLlNu6daJ2deqiu99DiO33fYP34z5DQyK7A64wNdiQ_buke8&loadFrom=DocumentDeeplink&ts=84)):

(singing)

Charlie Sandlan ([01:46](https://www.rev.com/transcript-editor/Edit?token=--SvdMjasfJmcXep-M-hC0L5xBMtLCaem7z0vXmx4He4SLbcRYVBTWqZcJhT_P78nNunicsD2LwE4gFUHpwRZIuzOrY&loadFrom=DocumentDeeplink&ts=106.37)):

Well, hello, my fellow daydreamers. The athlete, man, I have always had a deep reverence and respect for the best of their sport. And there's something about the best athletes, their obsession with their craft, their obsession and attention to detail, their willingness to work every single day to perfect what it is they do so that when they get out on the court, when it's time to perform and play and compete, they're completely out of their head. It is, I think, a great way to look at what's possible for an actor, honestly. And I say to my students all the time, the work ethic that you need to have, this commitment to your craft, and just a fascination with it, a curiosity about it, and a love with it, really. And so that's why today I'm really excited to share with you my conversation with Toby Sandeman.

Charlie Sandlan ([03:04](https://www.rev.com/transcript-editor/Edit?token=56AkXh8l75GM3pa98kyHdONthCmy7C1c3Q4eKQ9fk9FIH77Ffbi2JXRnvT_HTn7d7wQnqdKXoU03CndT77axIiXXlto&loadFrom=DocumentDeeplink&ts=184.35)):

Now Toby was a former student. He was at my studio for two years. And he came to acting after a long athletic career in his 20s. He ran track and field in England and competed at really the highest level. He was a two time gold medal champion at the European Athletics U23 Championships. He knows what it takes to be able to compete at that level. And the guy's gorgeous. He looks like he's been chiseled out of marble. Someone like that could probably just coast off looks alone. And you know a lot of people that do that. There are a lot of actors that are models and they make their money, but they're hacks, they're not any good. And they're just trafficking on their good looks, but that's not Toby. And that's why I have a tremendous amount of respect for this man.

Charlie Sandlan ([04:05](https://www.rev.com/transcript-editor/Edit?token=Nbn01gLRVVpNytEf0Ua4Na0ajXdF81Wo98qEshZQiuafhTOOHBL83YJk9xk4kNH_MqndKWt3Msqi6578X9gjLFkbLwM&loadFrom=DocumentDeeplink&ts=245.76)):

He brings and an athlete's mindset to the craft of acting. And we're going to talk about that. How does that actually manifest itself in the way he works and the way he approaches the business. And we are going to talk about some serious heartbreak, some serious body blows that he has absorbed over the last 10 years as he has been carving out a career for himself. It's going to make your jaw drop, I'm telling you. Some of the shit he is going to talk about here.

Charlie Sandlan ([04:35](https://www.rev.com/transcript-editor/Edit?token=ZJnMXOSsYJtnvZd_x0KmQXAiElUowR0lHQLK73NBNQfW36p14V2Avb9var3VfYe5aDxKV06v0ZVDTwyvihArzwM9tPI&loadFrom=DocumentDeeplink&ts=275.48)):

We're going to talk about his first time on set. Very first time on a professional set with the television show, The Royals, he came on for a number of episodes as a Moroccan prince. It was actually not a bad show, starred Elizabeth Hurley and talk about his experience with that. We're going to talk about what it's like to book a pilot, to be a series regular on an ABC pilot that shot that everyone thinks it's going to get picked up, and then it doesn't, and what that feels like. And we're going to talk about his new show, Raising Kanan, which comes out July 16th on STARZ.

Charlie Sandlan ([05:21](https://www.rev.com/transcript-editor/Edit?token=8FxTQfKO1an_dDbA_q65M90w2s4YFY-lLpk7Aun9V8QLWxG9jCM2nSdjuFgX3Qgzfr7MA06GUYoxnoCB0iZ66ycWKhA&loadFrom=DocumentDeeplink&ts=321.23)):

It is an origin story off of 50 Cent's successful show Power. So this is Power Book III: Raising Kanan. And we're going to talk about that. So at the top of the interview, however, I wanted him to talk about what it was like to actually save three people from drowning at the age of 11. And he grew up in Barbados, spent many years there, and he was knighted by the governor of Barbados for his heroic deed. And so that's where we start the conversation. And this was his response when I brought it up. Toby Sandeman everybody.

Toby Sandeman ([06:09](https://www.rev.com/transcript-editor/Edit?token=UB80ensO9UUgp19LKC3xdoGNwgiJAY7hnquE3Z4d1X5o97DyLOuc7jtiKflBpfelE3k1EXR_Z_8qDt2gswGUOp6Ot0E&loadFrom=DocumentDeeplink&ts=369.34)):

Oh, wow.

Charlie Sandlan ([06:11](https://www.rev.com/transcript-editor/Edit?token=cWNrq8iu7QCOHazozteumnCVycgzgAVBxKo7JF09tXXgJfCh0cmClpoXci0jGRd77OMN8KBzueMU6Bzk7m9zJhltdZY&loadFrom=DocumentDeeplink&ts=371.48)):

Because, you're I think-

Toby Sandeman ([06:12](https://www.rev.com/transcript-editor/Edit?token=ZE2F0F6tJb3g-ZxGWev6qqKiR-q363Skj00XTrs1l1dAVi0e8UcTY8o4Vt-dXgRLgru_ON96gE8YJL9ZXZaFERbYrC4&loadFrom=DocumentDeeplink&ts=372.44)):

You remember a lot. You remember a lot.

Charlie Sandlan ([06:14](https://www.rev.com/transcript-editor/Edit?token=UzKJaSvniP2D0Rx7tOyHC74rkwgClVvAA_EnlGLlf07PDn_KB8d0dFmFYrqs1rP7Wx1vFhMeULFx20sWrVMT7BCKS6s&loadFrom=DocumentDeeplink&ts=374.59)):

Listen, I think you're the only person I know, personally, that's actually saved, not just one person, you saved three people, and you were knighted by the governor of Barbados at the age of 11 for doing this. So what happened and what was that?

Toby Sandeman ([06:29](https://www.rev.com/transcript-editor/Edit?token=aMOJ5NMFMSD7JOTpQMAUuI0Eqik0h55OzYZHnIvAk0ZUkaMfFGDSzXvJZ6xgOvzRCUI-TgKWbZx-obQWp-htdimU52E&loadFrom=DocumentDeeplink&ts=389.97)):

Wow, it's so interesting, because, and I suppose we'll get into this in another way, and you talked about this early on, but I didn't know this, at the time, when your instrument' s working and things come up, you can get a wave through your body. I remember you talking about it with... You would say, you'd be in the grocery store and you'd hear this song playing in Whole Foods, but when you just said that, I just got to wave through my body, because I really remembered it. It's strange, I forget about these things, but I was with my brother, we were boogie boarding, avid boogie board surfers, and we were taking turns. We were very young at the time. He turned around and he started laughing. He said, "Oh, they're drowning over there."

Toby Sandeman ([07:19](https://www.rev.com/transcript-editor/Edit?token=wbwdeBKrg5HozfRZkR71FIk739xpYerOeWugHLnK6ln21XZmAsCcmeDU89LOwU5cVmlhVeE9pISgmdbhZAG6BuGEAHc&loadFrom=DocumentDeeplink&ts=439.64)):

And I turned and I saw, at the time, I only saw two things bobbing out in the distance. And so, I was like, "Give me the board, give me the board." And he was like, "No, it's my turn." He's thinking, I'm talking about the actual surfing. I took the board off him, and I started to go out. Something about the sea that you can't really see depth, in the sea. You don't know how far you're going out. And especially at this moment, I had such a goal to get out there. Not really knowing what I was going to do when I got there, but...

Toby Sandeman ([07:53](https://www.rev.com/transcript-editor/Edit?token=AYy6XahZz5eWy5HlnG1n3TXbDwvsTX9xXFjIY455I2gXG_Aeb0CIgxZPirfh5Rm4KHpHb0Naaqa0Hzj_52lzVgj4_UM&loadFrom=DocumentDeeplink&ts=473.35)):

And I got out there and there's three of them. I'm like, okay, so I got them at least onto the board, so they're holding onto the board, and there was a lifeguard and he came out, and he grabbed one and I took the other two. I don't know why the 11 year old's taking two. But no, no. I guess I had the board and he was actually swimming, holding, so I had to hold one and I started swimming backwards with the father. I remember seeing this line of people on the beach and I remember getting really tired.

Charlie Sandlan ([08:28](https://www.rev.com/transcript-editor/Edit?token=pcIIObhfBbdrpffx7JlbJMPDL12SAEp6GW3AcnJXavZjCprG2jkM1kZdb9uvO596rArIfPtH5vihwwflXxvvoxnSW1w&loadFrom=DocumentDeeplink&ts=508.84)):

You mean physically tired, because you're-

Toby Sandeman ([08:30](https://www.rev.com/transcript-editor/Edit?token=sh042t9V6LB_JPuoEQ14M05fHDOMyw9j9zvK9bq0qqcIu3HArusG67QzPWJv-55118G6cC_CKH65r1QbJtXxqNYB5vE&loadFrom=DocumentDeeplink&ts=510.21)):

Yeah.

Charlie Sandlan ([08:30](https://www.rev.com/transcript-editor/Edit?token=bJEyrzQqdmxMPMphJ3-Us62j1SiY-0VT49gBmTdcpoaZosUM1MglBgiMDqcSYv1JRIiwBltkuqyBgKr7G1HZ5w77GQk&loadFrom=DocumentDeeplink&ts=510.65)):

... taking to people back with you?

Toby Sandeman ([08:31](https://www.rev.com/transcript-editor/Edit?token=CAZNDSyZacYoQrts63Y_xBRogXSlfMddW9ICLNMAS9u6BcUAoR1bU4_kJQWmnqaXsKXhys0UPTykhkwWr9FYNgKiDJE&loadFrom=DocumentDeeplink&ts=511.71)):

Yeah. And the current was strong and I wasn't moving. I wasn't going anywhere. And I could keep seeing the people on the beach, but now, my vision is it's bobbing with the water. And honestly, I started praying.

Charlie Sandlan ([08:50](https://www.rev.com/transcript-editor/Edit?token=LYGKLMVF9iAYJVxOZ3tXVADn7553UfE4e9jNvmuNu5SPR3w8Zz3MUYr3Yv5vgISkMBZfCnOqyzBBbJl3I-Uj0bELCew&loadFrom=DocumentDeeplink&ts=530.82)):

Yeah, God.

Toby Sandeman ([08:51](https://www.rev.com/transcript-editor/Edit?token=WLoFblVOakW_PL3XR1HD21MpSI0erXOUJQd4z7hp9P7_mUcdkdJ3KeCMZWraCA6gfloOe9yVhw29nNT-4q1vwhmQY_0&loadFrom=DocumentDeeplink&ts=531.88)):

I just said, "Lord, please forgive me of my sins. And I hope you open up a place for me."

Charlie Sandlan ([08:59](https://www.rev.com/transcript-editor/Edit?token=oPxinA2XxgYUg_i1jJp1Mz_i6Zb2g2hGVZwcpqGdA5dSQixm2S6T_0jI-6nRolZGUnCxyCQNiFdEsqgWWbulTvvwbSk&loadFrom=DocumentDeeplink&ts=539.87)):

You really thought that you might die there.

Toby Sandeman ([09:01](https://www.rev.com/transcript-editor/Edit?token=gs-FNTl0mqOeWM8xg1VMqgitZVZf3PxV5Fb-mvzDnpmQAPYozLeoIouS8fktWdpLYcp_CR8_rAH9r7mzoJX4C4cr1IU&loadFrom=DocumentDeeplink&ts=541.98)):

Yeah. It was so strong and I'm holding onto someone and no one's really prepared for that. So he's fighting a little bit trying to help. And I don't want it to be cliche, but I felt like an ease in the ocean. It was almost like a push. And we got through that part. And then we got in, got them both onto the beach. The lifeguard gives the father CPR. He just sort of jumps up, says, "Thank you," and walks off.

Toby Sandeman ([09:32](https://www.rev.com/transcript-editor/Edit?token=1SPOnjX8XnS2s0aDC8Gf_djFpkNoihYeBNQsRJvQVei-xGSRl0v1jso27BjxCJPMiJV9_ySAaqG4TWxLP2UYgXX991A&loadFrom=DocumentDeeplink&ts=572.93)):

And it's this very weird thing, because you don't expect something, but it just felt so dramatic and then such an anti-climax for an ending. And I thought that was it. Because we were in Barbados at the time, it was where I was living for 11 years, stories get around there. And it was about this boy who went out and saved these people's lives. And it got whittled down to my school. And then I remember my head mistress asked me, "Did you do this?" I said, "Yeah." And then suddenly it became a thing in the news and newspaper. And then once the country read about it, they wanted to put that honor on me and I appreciate it.

Charlie Sandlan ([10:20](https://www.rev.com/transcript-editor/Edit?token=1uKg2xRWvzQIap4iLqDBLwqgYPi-XysUBmRVZ6QLLCf9dyAFn2UDpZvc_pOKcwArEahQZKDMV0YrejedK5bxUwQ0wb0&loadFrom=DocumentDeeplink&ts=620.81)):

Yeah. That's a pretty amazing story. You know this now, acting takes a hell of a lot of hard work. And I'm curious as to what your time as an athlete taught you about it. Because, I mean, listen, you were a real competitor and you dealt with a lot of like failure and not qualifying for things. And then, all of a sudden you get put in touch with one of the greatest athletes in British history, Linford Christie, which is unbelievable. Isn't he the most decorated-

Toby Sandeman ([10:53](https://www.rev.com/transcript-editor/Edit?token=-og-pXwXopz1DzqU3Xl1Sws6dmnsd52f18pbYUeoCLNWl8uz2loh0XpMpOeW8N5abpHVYYxd65enBT70TMNbHkNdY8Y&loadFrom=DocumentDeeplink&ts=653.48)):

Yes, yes.

Charlie Sandlan ([10:55](https://www.rev.com/transcript-editor/Edit?token=McajghHtjkiJkVtVulHhBtE_YgLwP8hNZp-rxvjRlCvj2mQiFxhFfyrnt1SOU-5glUZbL1AWxwVUFtOQzVEKBjSVTzk&loadFrom=DocumentDeeplink&ts=655.16)):

... athlete in British history.

Toby Sandeman ([10:56](https://www.rev.com/transcript-editor/Edit?token=QuWb2aZq_2afjT5fOgxk10IZVsfQCdaG-OkmH5cZmrxNExXLCAyF8UwzICN-1YlyuoJ_W1fkagjUzaEpHJAFuDrnNFk&loadFrom=DocumentDeeplink&ts=656.39)):

Yeah. And on him, right there before I forget, and this was hugely impactful to me, when I was coming up under his tutelage, under his coach, Ron Roddan, so I had that depth of coaching. I had his coach and his wealth of knowledge as well as thankfully Linford giving his time. I remember I said to Linford, "When did you know? When did you know that you could be Olympic champion?" And he said, "Toby, I would have been great at whatever I did." And I kind of looked at him, and he said, "No, no, no, let me tell you something." He said, "If I became a brain surgeon, I would be the best brain surgeon in the world. I just chose the 100 meters." My world sort of opened up, this man was telling me that... and it's through his work ethic.

Charlie Sandlan ([11:53](https://www.rev.com/transcript-editor/Edit?token=_Vw0sYTuHhBdUZYl5liNfV2v8kjWLf9H80enHGCdYOMXPJTJVAUiCBjAYLRYPV51IrZuclBR-BKySB_DfRHMYqes05U&loadFrom=DocumentDeeplink&ts=713.11)):

That's everything right?

Toby Sandeman ([11:55](https://www.rev.com/transcript-editor/Edit?token=kdjOSpmJkOFApZGNXtM5XcYErTy3egoOn4rOX3dGKk1fR_5KaqszJHCd_7701TRv6y0KSp2bRr1-uB11ncWZOKP0VS0&loadFrom=DocumentDeeplink&ts=715.28)):

Everything, no one trained harder than Linford at that time. And the type of training that he did, a lot of athletes couldn't handle. It's only when I went to Jamaica and I started training with Bolt and Blake, but I'll get to there the second, that I saw, again, people's work ethic just beyond.

Toby Sandeman ([12:16](https://www.rev.com/transcript-editor/Edit?token=CoIkFKXuAD-ovZw139eh37EFEwmyBAImAlKu_V7LypP7qZG05w9FQqfHQOdk4CMemb2MPELAgOINiBq-zEohBCyqFKE&loadFrom=DocumentDeeplink&ts=736.84)):

But bringing it back and connecting it to the acting, it's everything. It's how I go to work. It's why I've been able to have the opportunities, and I believe got to... And you spoke on this, too many actors rely on their talent. And it's the only art where they don't practice every single day in a very serious manner. Painters don't do it. Pianists don't do it. Certainly, athletes don't do it. But I actually, again, I saw that is something that I could make a real space for myself, if I was willing to do the work that I did when I was running track and put that into acting.

Toby Sandeman ([13:03](https://www.rev.com/transcript-editor/Edit?token=6jwbVWx0qHVPSKAoKSmdxOkJud-zlFaGwAsdBQxFXc1ZuC45HJVrJLQzsYCYVSs5KSOOw0qpqhqlfPkA-4icUSvjdmc&loadFrom=DocumentDeeplink&ts=783.53)):

And that is how I go about doing things. I am an athlete through and through. I study tape. When I first got to Gersh, they never let me forget this though, when I first got to Gersh, and I got my agent, they said, "Okay, we need you to do these self-tapes." Well, I'd never done a self-tape. And I'm not sure why other people, but they say I was the first to do this, I said, "I need you guys to send me three of your best self-tapes." I said this to my agent. I need three of your best... Whoever the best are send me three of them, so I can see what a self-tape is.

Charlie Sandlan ([13:34](https://www.rev.com/transcript-editor/Edit?token=oxu9ZkaResuRXdJbUy5Q9jrsBvIL8a1wOYfE0mBX-5TD8vPJgj8C2B6kIs7ZjjVGukqxtzAoBICoNpHt5ER4nTnvj6U&loadFrom=DocumentDeeplink&ts=814.9)):

That's brilliant. That's a great... I don't know how many people do that, would even think to do that.

Toby Sandeman ([13:39](https://www.rev.com/transcript-editor/Edit?token=RuO8ef1z9rv7VFBRxG0xbZ2drf7Q0DBUalGEONjisrgH1MCY_E8M-wTK817hIKOKD8zKUJ5UCoJwC6hdJM1fOqYv4uo&loadFrom=DocumentDeeplink&ts=819.44)):

And they were like, "What?" And they said they had an internal conversation, like, "Wait, can we do this? I guess there's a couple of guys who are really good, who don't care if a youngsters saw." And they sent me three of them. And they were very good actors. But that's how I go about doing things. I try to break it down in the same way, so it's not this esoteric thing, because it-

Charlie Sandlan ([14:06](https://www.rev.com/transcript-editor/Edit?token=RDrK8elxvB6iAKTtVKFWU-wl_rvx-nwIW53xV1GDUpOTph5I-5E-gM6DWKiUltPaOVR1Mm9h0Yb_R17YXLWPap93p2g&loadFrom=DocumentDeeplink&ts=846.18)):

What did you discover in looking at those three self-tapes? What did you take away from it? What was the valuable piece of information?

Toby Sandeman ([14:13](https://www.rev.com/transcript-editor/Edit?token=69sV-AKYkxPBWjaPNBR-5wPY4XfVkB-JpPB1MSDPDnSSRLsbZl6lm5-zitqMSuIz8iRHhQHn_c4WgLpv_2neQqf1ZhI&loadFrom=DocumentDeeplink&ts=853.89)):

I was trying to see how they use the medium, and there was a lot of things that I didn't know I was seeing. And later on, you're like, "Oh, that's what that was."

Charlie Sandlan ([14:26](https://www.rev.com/transcript-editor/Edit?token=Ou9W66ZPd_nMNzz7CMGrzKT_J8jbxKOFZYtJUQQMM4uHrPgV8s4ozilUdZ9In5gLEz14_DSE_yj1Z5EmLUSAOb0IgTY&loadFrom=DocumentDeeplink&ts=866.82)):

Is that because you became more trained and you became adept at the art form?

Toby Sandeman ([14:30](https://www.rev.com/transcript-editor/Edit?token=1BhPiw26Z7MKVwBuqSTffgmUn-MXyerC_gFLmgea4qwHT6C7HCmG1_D_MpNbbIHYmsGvyglV0odXNTRqvDbBGUT8abg&loadFrom=DocumentDeeplink&ts=870.98)):

Yeah. Exactly. And you can only get, well, I don't want to say you can only get it, but I certainly found it through experience. You have to go through it. You have to go through that period and it's going to be a very rough period. But I would certainly say, something that really stood out to me was the intimacy. The intimacy in which they were speaking to that person, object, whatever they were communicating with.

Charlie Sandlan ([14:57](https://www.rev.com/transcript-editor/Edit?token=f60f9sR9FONt9tBeuBDzo6uxXXEd3xHLdD_JwHGWODhfqJsqLYV253qVJatXr2VB72Sk4dFgMMK7B7C-Shw6PIclN2M&loadFrom=DocumentDeeplink&ts=897.21)):

And just to be clear, you're not talking sexual. This is the open-hearted connection-

Toby Sandeman ([15:00](https://www.rev.com/transcript-editor/Edit?token=HaWEVFYVJd2DzLYVT86p7uU675LkdZIY2vGOCFbCB03gMvlA8QPMWTZ7ewSk4UL7Hy4WjcMrlBG-D4Cj5ANJ1_0WrdU&loadFrom=DocumentDeeplink&ts=900.96)):

Exactly.

Charlie Sandlan ([15:01](https://www.rev.com/transcript-editor/Edit?token=XGHfNXcVwDnVaw7iu6eMtRStIYqj2f-s6kWqLtAH2cFz-1WDoiX6Xnce9pvwcwsaSgM1VjkFioLt7fLxs3x2HY8pvqc&loadFrom=DocumentDeeplink&ts=901.47)):

... between you and another human being.

Toby Sandeman ([15:02](https://www.rev.com/transcript-editor/Edit?token=8eWlLQuK7WoYGIhlVUS5omk5jRINflgpIKdQltZZ5rkSIkM8QYZfvSfc8c2OG33MQQPEtqnqo0mtGuiYNx3s_3Hp2kg&loadFrom=DocumentDeeplink&ts=902.85)):

Exactly. And that to me was very interesting. When you're really communicating with someone, like we are, you have all these feelings come up and you can see them and you can feel them. And if you're a fly on the wall, which I think a good self-tape is like, when you're a fly on the wall, you will also feel what's going on between these two people.

Charlie Sandlan ([15:27](https://www.rev.com/transcript-editor/Edit?token=M3LjeetE14Ndgq2uQ97bTN0VhQn3wHTPZXK1Ltjl8BNTKEd-6ZSC0Edz7w8t2l583QvivEe_bVJk7F8F_BFsF3nxPsc&loadFrom=DocumentDeeplink&ts=927.18)):

So you have a successful modeling career, you travel all over the world. You're working for Calvin Klein, Vogue, you shoot issue with Naomi Campbell. I mean, you're at the top of your game. And then all of a sudden, you say, "You know what? I'm going to train myself. I'm going to put myself back in the classroom." How did you come to that decision?

Toby Sandeman ([15:45](https://www.rev.com/transcript-editor/Edit?token=0FFgRLgEg3TTWPBL2NHNcnlQgN5yYQ_xehpUp_uTs8RWhTlIW794TTnEitJTkoqI1iZMLoDxhgzZQAb2b4sXNJXXqQk&loadFrom=DocumentDeeplink&ts=945.05)):

In late, 2011, 2012, late 2011, when I decided to retire from track and field, unbeknownst to me, and I would find out the hard way, there was a huge void.

Charlie Sandlan ([16:02](https://www.rev.com/transcript-editor/Edit?token=fN66tqOOWMkyi3CJY-_LjBEcrI8ij0tvqCBiLd8z2bvQkWzPiBulmIgabgJGZICeAFoI2-eJ2FPi2GCRKBDSYkq7mwI&loadFrom=DocumentDeeplink&ts=962.64)):

I mean, you pour your whole life into training and just-

Toby Sandeman ([16:05](https://www.rev.com/transcript-editor/Edit?token=E9qpwtOYQf2KL-MN1M_vYoM6r6jayf_pKxWjpOEnItT_Jfb7ZNNujFi7Xty--SPy2gj7gdSAuQ4xdmuuZAWvpfEb59Y&loadFrom=DocumentDeeplink&ts=965.19)):

Everything.

Charlie Sandlan ([16:05](https://www.rev.com/transcript-editor/Edit?token=x3FVO8v9JKC8d9vtPmn29lzX2Yw_auuYi-MifW5l08rm3OOqg5HK51CSgr_CmcUZIVoykb0rJbdzNBlrk1OxSRvrkT0&loadFrom=DocumentDeeplink&ts=965.62)):

... daily grind.

Toby Sandeman ([16:06](https://www.rev.com/transcript-editor/Edit?token=ty-VbZgLcly_Y9FYdaeJuTsxmpBBbS7aCa1mETiKaJDb_7xGl9qhhuC5qudPfoZpmKAdv6VKLPn-eltI9njZ_qFvWTo&loadFrom=DocumentDeeplink&ts=966.48)):

Who is Toby Sandeman outside of track and field? My name meant nothing over here. People will sort of laugh at this, but they'd be like, "Oh, I heard you were an athlete. I used to run track in high school." And I know they meant it in the sweetest way, but it used to rip me at my insides. And so I had that going on and I fell into it, because I took my brother to an acting class. And very funnily, his girlfriend came as well, and we weren't allowed to sit out and we all had to do it. And I just found it fun.

Toby Sandeman ([16:45](https://www.rev.com/transcript-editor/Edit?token=RMdT7RnorX8L_vSavlLlXdGOc_UbN7aZIk5tINpN3Q9zTKtwu2xTB9DxG-noj3DxyIdmrJClQ-2toavAZmVFWHK7gPU&loadFrom=DocumentDeeplink&ts=1005.41)):

But I thought it was fun, but I didn't take it too serious, because when I left track and field, honestly, I thought, oh, that's it. The thing I love, the thing I was born to do, it's gone. I have to go out into the world like everyone else and try and make some money, and never again will I have a love for an activity or a passion for a job or profession. I thought that was it. And to be honest, before I came to your class, I got into acting for all the wrong reasons. I said, "If I can't do my love, if I can't do the thing that I was born to do, then I'm just going to hit a mark, say a line like Denzel Washington, how hard can it be?"

Charlie Sandlan ([17:33](https://www.rev.com/transcript-editor/Edit?token=4cfLSBY6I9frkelcWRf71bANo65v2nnPMmq1_fWhCtv0x86h_AMDcuVAAivkNqcKMZ7QqSG-BzJ_k92uaaYJBDe1XIU&loadFrom=DocumentDeeplink&ts=1053.8)):

Yeah, right. How hard can it be?

Toby Sandeman ([17:37](https://www.rev.com/transcript-editor/Edit?token=piBUwEmWgwoHUpBjaMau9Bab82Fa7hdE5-dgqtpKnwuL9jlwfOTOZWSNITFdByRrT4EcY3IQ4HoZfZ6DlEyh_UPiyRQ&loadFrom=DocumentDeeplink&ts=1057)):

And Charlie [crosstalk 00:17:37]-

Charlie Sandlan ([17:37](https://www.rev.com/transcript-editor/Edit?token=sQfSqiqcaVWFyJDGUSOJD5O2TaK398d7XG9SUqmsXwHk4iSYd6BDavHY6wGX-SxkeYIMIp_1oOeaMuRGhFrUtqTopu8&loadFrom=DocumentDeeplink&ts=1057)):

Anybody can act.

Toby Sandeman ([17:38](https://www.rev.com/transcript-editor/Edit?token=SaXaej_Xp1RUBgVxxtk7SJno2f06e1yF8V1qCyivhukHEv16VSXFoU9Mupn0-BsDr0UKfsafFgKzeTAeaTBeFsZwfvs&loadFrom=DocumentDeeplink&ts=1058.64)):

... it's about to be really hard.

Charlie Sandlan ([17:41](https://www.rev.com/transcript-editor/Edit?token=1ekyLiTYJ_FDrWu6GEs-UTtoS8H4TZ9iYPW3_LIhfvlAKFkhV99U8kRspnpMAiktWO1ibkr4Mx-1JCGLyC5C4_5zbLM&loadFrom=DocumentDeeplink&ts=1061.73)):

That must have been scary as hell, though, to go through the experience of retiring at such a young age and have to go the grief of that.

Toby Sandeman ([17:50](https://www.rev.com/transcript-editor/Edit?token=_1NR2ql_pWRrtNBtKGPHycalLERHkDULkvqYLiE2bseqDV8PHiZYZNAa9VqJa3Annc0Ojp510KmDu9CnhgFXb-3R98w&loadFrom=DocumentDeeplink&ts=1070.62)):

Well, that-

Charlie Sandlan ([17:51](https://www.rev.com/transcript-editor/Edit?token=NX2MCr1paRbCmO2_Zn5rnndpqYzAdd_ZfrlKWEZp3-jGKz6qbbBfDJI48DXKc7U3OXjQUQ0AXv3ItjrbKOXXq5h7JXQ&loadFrom=DocumentDeeplink&ts=1071.28)):

Must have been scary.

Toby Sandeman ([17:52](https://www.rev.com/transcript-editor/Edit?token=8fPf7ukCDPugDPk1YPCb3Y17bI2-IA7eJxSFag_4tL26og4qXEvNcSEZCqRaYMQlfNl5FkgYRyEGYPTLes3LR_0rRUk&loadFrom=DocumentDeeplink&ts=1072.83)):

And that played a huge part in our second year, because I did realize that I'd fall in love with something again, but I was scared of this love. The only way I can sort of describe it as that, if someone had went through a divorce, I didn't want to feel that pain again, I didn't want to let my... what if Charlie, what if I got into this thing, and I was really good, say, I worked really hard, really diligent and I got to the top, and I was, like I was in track the best in England, the best in Europe, and it just doesn't happen?

Charlie Sandlan ([18:35](https://www.rev.com/transcript-editor/Edit?token=0Q4OQekYswoVtSsAxLfEkI_LW_22co25LiCu2BzaC6lIoKmak8ftHFdRldXJ5KIy375LkoyTSh2Nd-KjTXyY85prh7I&loadFrom=DocumentDeeplink&ts=1115.22)):

It's the fear of success and the fear of failure happening at the same time.

Toby Sandeman ([18:39](https://www.rev.com/transcript-editor/Edit?token=_j3Ajc3Ldmk0vG38pfhy0gDOAmI9-LhaIh227dNZSTOVKkopwDnnsStTtlJrHpHVxmiGevXSDT7scREQHQKI-5L08gQ&loadFrom=DocumentDeeplink&ts=1119.69)):

I really did fear, because again, it's so subjective. I was in something that was black and white, and I still had a tough time with sponsors, and this, that and the third. What if this happens in this? And it was a real back and forth. But I do believe that the uncommitted life is an insane life. And when you don't go off to your dreams, I think it shows up as business later on, and then not really out of jealousy, but out of like, what if? What if you had? I never want to have that.

Charlie Sandlan ([19:19](https://www.rev.com/transcript-editor/Edit?token=xXix2kFakV9Hw5-ic0DOFrEk13CRLTxfe0ZsuOCuxhfwrSeCCl__pxz80LJxu5ae42aEAPdYwKbHXX7sK-g0reAz2uY&loadFrom=DocumentDeeplink&ts=1159.26)):

So you got out of school, what 2012, 2013, maybe?

Toby Sandeman ([19:24](https://www.rev.com/transcript-editor/Edit?token=RzWjQoZoG6ulBNOjgpxwMgN0Bricw-fcRa7yrkxDKhDRM_giXVKTZ0mwQ4Mczed0ERcbzWNjDLamrO6hey8r4tl_8vk&loadFrom=DocumentDeeplink&ts=1164.16)):

Mm-hmm (affirmative).

Charlie Sandlan ([19:26](https://www.rev.com/transcript-editor/Edit?token=1gSJrZSAb8ZOXsmOsZuiSqLy0Ii2LrV-JnECCQ6MducCx0z5hSbt1xr0-U4p0oRMoQUY963yQoroGV6vyj-nk66ToVw&loadFrom=DocumentDeeplink&ts=1166.55)):

What did that time at the studio, and learning a craft and a process, what's it done for you in this early part of your career?

Toby Sandeman ([19:39](https://www.rev.com/transcript-editor/Edit?token=WeFSWzk0RkbQwAo_ksjEpy77F5svwEnviso8_stbHycNnKJypSoEYOBe6AkaFc_PtkazuZnxd_eq2RCvU458XXODyjs&loadFrom=DocumentDeeplink&ts=1179.02)):

You know what, I want to say this on that as well, I came in extremely, socially conditioned and the studio had to break that. It had to break these ideas-

Charlie Sandlan ([19:54](https://www.rev.com/transcript-editor/Edit?token=x2aXzbVUefLEfc91XUW1WdsqXktdwvL_7aKCdpgl0ZISbzAiNF3VfffPllfI3_I1SS4cukMI2hEPix013cZmcUUqZlM&loadFrom=DocumentDeeplink&ts=1194.47)):

What do you mean by socially conditioned, because I like how that sounds?

Toby Sandeman ([19:57](https://www.rev.com/transcript-editor/Edit?token=5Vjz1KYv_vFlxHbXyttiKP6Al_QMhphZ-T-BIbDXYhNXV0_9yKqkLxX2tOemn0y1gj8O14YT8HL5sqnBhPq67iWVXg8&loadFrom=DocumentDeeplink&ts=1197.2)):

Well, I had these ideas about myself, and I think as humans, we're obsessed with putting ourselves in boxes. I'm not talking about gender or any of these things, just on a daily basis, I am this, I am... A lot of people lead with, "I am," and no, you're not, you're not. You get put in another type of situation and you'll do another thing, and we're always learning about ourselves. But also, and end shout out for tapping on to this early, because props where they're due, you said to a lot of us that were in that class, "You're a black man. What does that mean?" You don't have to hide yourself in here. Because you're scaring people. Socially conditioned that you're scary, so you have to temper it down. And truth be told, a lot of us had been.

Charlie Sandlan ([20:56](https://www.rev.com/transcript-editor/Edit?token=PFDOWdVLmTLcIM7pw9BSX6LfomG8Imw1gDwjVSNxeAfnLgDDbyJZzbmKTsUtFDtU75UT6i-KQi844FNE9ta3cMYsM-k&loadFrom=DocumentDeeplink&ts=1256.02)):

That's heavy shit man, and it's no joke, I don't know what it's like to be a person of color in this country or in this world, and have to temper who you are.

Toby Sandeman ([21:04](https://www.rev.com/transcript-editor/Edit?token=XOr7fnGQAvnLB_FL-BrdpJywYXdrPCtq_FSjUSjJsCcXzpqfZ1ISoShcMQCZKIyDie5qlAa0tzlM4kaaTNq-JtFFjOI&loadFrom=DocumentDeeplink&ts=1264.84)):

And you're shaking that up in that moment, and especially in someone like myself who was like... And you're trying to break out of it, but it's a social conditioning, and it comes out in other ways. So how is this going to ricochet in other places? But I-

Charlie Sandlan ([21:25](https://www.rev.com/transcript-editor/Edit?token=ezrsv74kAmMxPZX6Lm6h6qu65v1FFlYbUeRGFIA3OzdbQ4ROKPLmy8F9MN8vWH4Wm75hd1sVPPgbmo9cmllb0bW1tWo&loadFrom=DocumentDeeplink&ts=1285.2)):

Yeah, what are the repercussions? You feel the repercussions.

Toby Sandeman ([21:28](https://www.rev.com/transcript-editor/Edit?token=zpvlxbsODg_E4V4Jc-rO4kHdJmjulVtyrTofIvit-RWOpkr5EfC3gu3SwmGOVqEJP5ErhEpq6bsI_sAdc3wvFAkUKP8&loadFrom=DocumentDeeplink&ts=1288.86)):

Absolutely.

Charlie Sandlan ([21:30](https://www.rev.com/transcript-editor/Edit?token=6lTM4fmjc4oz_MG-vpA0bpfOfQfCsMkiGb04R_KtVdbbKRySxnxj1BES7RELDqcEfcftT0m10bSO0pKyksFqEbM1PEc&loadFrom=DocumentDeeplink&ts=1290.53)):

That's the good thing about acting, because there are no repercussions, and once you understand that, boy, it's freedom.

Toby Sandeman ([21:35](https://www.rev.com/transcript-editor/Edit?token=Zn0ptgYr9SghyrJEM3OcopS6s840VdfKqIFECUsP_VJ3FoI7aEJCGvl8UYhUoXT4HTQC9eIhTeoBnCXhTmYsGsLI17c&loadFrom=DocumentDeeplink&ts=1295.33)):

I mean, and I think that that's really where I fell in love, where I was like, "Wow, here's a place that I can have murderous rage, and I can live out a lot of these demons that I have inside of me, really. And have that, and through these words, through this character," not through mine, you don't have to know the dark stuff that goes on in Toby Sandeman, "but through this." And what's interesting, how am I going to talk about this? I tested 11 times in a year.

Charlie Sandlan ([22:13](https://www.rev.com/transcript-editor/Edit?token=OhaNzWC5SI0p2ZmqON4PWgAPlLWFFP34FhO2-EdtimMMlIF3LlqxgFlReKQpsTpb8auW3SEOzjGipvC0sAOtt8i9wVc&loadFrom=DocumentDeeplink&ts=1333.03)):

Holy fuck.

Toby Sandeman ([22:15](https://www.rev.com/transcript-editor/Edit?token=ICdFTU-vQYq-fqGYKoQoprTt-e3ombx_Nq7bdTqYFen5wSOLEVp3fK3to1FU1sgYbyjo8MtdGe3r_PRVu_kVrrRDQ18&loadFrom=DocumentDeeplink&ts=1335.62)):

11 times.

Charlie Sandlan ([22:16](https://www.rev.com/transcript-editor/Edit?token=at1zWb9iWJa_-eJwkVK3_TPFb0E_NAfV0OV2yosCYmH9g7s_gz-HAB4ct2erWdkJ945YIt50ZtxyBOeshfuXlaPDhOc&loadFrom=DocumentDeeplink&ts=1336.8)):

Tested?

Toby Sandeman ([22:17](https://www.rev.com/transcript-editor/Edit?token=Rm8tIJY7yBwshHS_yDpk4ueiDyCWpxgGzEy5AXGknhg1lKy4X2i2qSBNwAOQ5g9JPGs1MkZDVnJyp-Ci0vV0a6dwQzg&loadFrom=DocumentDeeplink&ts=1337.74)):

11 times in a year. Where we're talking life changing roles, life-changing money is on the table, you sign the contract, they've flown you to LA. I'll tell you this story. This must've been number, it was in the high bit, it was like number nine or 10. No, it was actually 10. He says, "How do you like the script?" And at this point, you've got to have a thick skin, because to go through it, that much is really unbearable at some points. But I said, "I'll tell you the truth." I said, "I really liked the script, but I know how these things go, so I don't want to get too attached." And he said to me, "Toby, you would have to do a lot wrong not to get this role." "Okay, I can do this."

Toby Sandeman ([23:11](https://www.rev.com/transcript-editor/Edit?token=XZ_9oLaKvKgzWSYv2GONeH2kTN59UyaagABUmIbEsT21mFt-nGhu_XCXbZod6qcLz82Skufw9DBwjGg54QZDhfuHOHw&loadFrom=DocumentDeeplink&ts=1391.41)):

So I played off the lead actress. It was a great part, but he was vile. These are the director's words, "The character was violent and unredeemable." And I just didn't see it in that way. I saw a guy who was an addict, and if I was going to play the character, look, the way I did. Especially in, this film was set in the early part of the century, look the way I did and had success, what would he have had to have gone through? And I worked with the director, gave ideas, changed the art, changed the words, changed the scrips. "Oh my God, this is great. Me and the lead actress and him watched documentaries, et cetera, et cetera, do to screen test, all of that, got the part.

Toby Sandeman ([24:12](https://www.rev.com/transcript-editor/Edit?token=CZcC86lYfnCgibL7_wsEf1Vqq9iOo826b8lnESie41KAHS53W50JQuKLDg1C3NGvwMoopp-sTFcoF7VQOlufit_F5YI&loadFrom=DocumentDeeplink&ts=1452.5)):

We go up to Canada to shoot. And I was very excited, because this was such a toxic relationship that they were having, these two characters, and the actress was, she was just fantastic. I mean, she was just oozing the part. So we get there. I even changed the fight scene, because when it's toxic love, it's more of a thing where you don't know if they're going to fight or fuck. I mean, when it's toxic like that, you don't even know which way it's going to go. You might even end up... So I was really invested, and the day before we started filming, I'm in Canada, I'm in Montreal, the day before we started filming, he calls me, and says that "I no longer have the job. I no longer have the part."

Charlie Sandlan ([25:05](https://www.rev.com/transcript-editor/Edit?token=qNAD5mAaZo_H6ln2bhp1k2vgIkxXkr3FvK4RRRJFnJLBJlJZVPIXY1N0jrokn8S8WRlZnRCHuGT9uwsyDLNp1BM1q4Q&loadFrom=DocumentDeeplink&ts=1505.04)):

Oh my God.

Toby Sandeman ([25:09](https://www.rev.com/transcript-editor/Edit?token=UkMDH6DeyTcHO2BbIJuSZuiTKq0j8OKqQ97sDzgBjCMTsX45eJV79i-F3VADjmLteMbRzAjdo7bnowBlPRgdzgFnqf4&loadFrom=DocumentDeeplink&ts=1509.27)):

The first thought that went through my mind was jumping out the window. There's no way, I couldn't feel my feet.

Charlie Sandlan ([25:17](https://www.rev.com/transcript-editor/Edit?token=BN5YASGsLedsDqhBe1DMKIz3hgGJ7guKEveb8igqK6HfeqbuhojhF4KMcsUwadRW0zKByuWl8kW1Y0RfYgunHMCml20&loadFrom=DocumentDeeplink&ts=1517.11)):

I can't... I'm trying to put myself in that moment.

Toby Sandeman ([25:19](https://www.rev.com/transcript-editor/Edit?token=bNDS85V3yhSd7lyNbQew5TwSfUxBMGP5hl1P6hoaB1m__lKcqQIllXuxDKUd_iejb-92bqA2cn6UwyHu4CpwdHdoIcM&loadFrom=DocumentDeeplink&ts=1519.56)):

It was six months. It was six months of work and research and working on the character and working on this part, and the day before, I mean, you can't make this shit up. And honestly, anytime I'd heard a story like this, I was like, "No, the person must have done something. They must've done something. There's no way that people do that. Why would they do that?" It happens.

Charlie Sandlan ([25:40](https://www.rev.com/transcript-editor/Edit?token=mH6WcxnkoMjlks8xr-y6m4LJHw6Pi3v17cJzbNQ1SYGV8qOFNIWTigKqeI1sj3a2-8XfjUeR8Cg0Fpe-hDuA9Z2WrAM&loadFrom=DocumentDeeplink&ts=1540.07)):

Well, what was the fucking reason?

Toby Sandeman ([25:42](https://www.rev.com/transcript-editor/Edit?token=vGxZ7KhXQVZBDuaPqpIxk5yeA1znkd4GBUpgA7naMV6tQTTRwbnPIk4FvxhkmFCi5VSZj7rqJuT4rUfMhSa9P3VHavc&loadFrom=DocumentDeeplink&ts=1542.32)):

Business reason I got. There was a name that got put in. They gave the part-

Charlie Sandlan ([25:47](https://www.rev.com/transcript-editor/Edit?token=5fd8MtlpSTqG_4E1Vc-x2g5MqJ5sXC4uUmoZ4rf0FKszsHZ4YY5QUmgKdgPtUwo0h0ehEhhiyuumzxx5pLn-9ASuSdw&loadFrom=DocumentDeeplink&ts=1547.95)):

A star.

Toby Sandeman ([25:48](https://www.rev.com/transcript-editor/Edit?token=BRWSxHRcfmsy6KMYFJHoal3oi7u-W0bStiD1Y2tpD-YsxtpmvQLlHbBruUy5aEAI2O8qxUFsCSNzgxgZ7r_eY9oaKvA&loadFrom=DocumentDeeplink&ts=1548.77)):

There was a deal that got done and Toby Sandeman... But that's not the kicker. Let me tell you the kicker.

Charlie Sandlan ([25:57](https://www.rev.com/transcript-editor/Edit?token=Ozxv_Jmncd6-jkt6kdd4ne3FflpM8yc_qrsG1zyze_6T_ZzkD_dlpcu1n2EyQhcxiBhzPVGovW_drLxm7cG3dIGXZmQ&loadFrom=DocumentDeeplink&ts=1557.53)):

Oh my God.

Toby Sandeman ([25:59](https://www.rev.com/transcript-editor/Edit?token=_px_-SpS9v0r-si3uQihie2NMwUg6k-xEVEgZ8ry6b-r1RXlocxbeQka3u5Tr_RzV3sQKyMhgY9A0LFT1BFNDN9o0QQ&loadFrom=DocumentDeeplink&ts=1559.31)):

I know a couple of people on the set who were still working on the thing. I hit them up and I'm like, "How's it going?" And they said, "They're doing all your ideas. They're doing everything that you've said."

Charlie Sandlan ([26:13](https://www.rev.com/transcript-editor/Edit?token=JsZ8NiAL4X5SAX3DfR9xVKKsQ12R6ZmSjLTmrAJ468TMudop0dIyYOd9F0TvlWTCh9iPNPMaASRqm_bk3x-MzOFj9S8&loadFrom=DocumentDeeplink&ts=1573.36)):

All the work, all the work you put into it. All the ideas, the creativity-

Toby Sandeman ([26:15](https://www.rev.com/transcript-editor/Edit?token=K-sEsfbtnU6IupeP2Ia7JMh5n7vuvwxqVWolDnxJp5zJp4w6hXBiGAtKuxVc1nvI0Y6OTVKEIffb5NgbeLbc1t14iKo&loadFrom=DocumentDeeplink&ts=1575.47)):

All of it.

Charlie Sandlan ([26:15](https://www.rev.com/transcript-editor/Edit?token=yng1_Naz86Mg-W5To_hOlAPNAh9BkifM7yekvcltmXiyOG5ZhE1pivUU9D1rCSGHpW37h5f7up1-9YDkfzKOV-8lHTM&loadFrom=DocumentDeeplink&ts=1575.58)):

... the vision of the character.

Toby Sandeman ([26:17](https://www.rev.com/transcript-editor/Edit?token=mcH_N0KyvQ2jHiQhH1bm5lJe7-JNlRMMjAMI1bGYs0UQLwjYMxbKR1bdG2whcoZuAM8ajfMaw6PNCUxDfCUyT_Ns_uI&loadFrom=DocumentDeeplink&ts=1577.26)):

Changed lines, things that I would ad-lib, written in. And do you know what, I said, man, "There is a director who is a huge name using my ideas. This is amazing. I'm better than I thought I was." Hold on a minute, you know what I mean? It was an opening moment, like, "Oh, wow. If he wants it, imagine what more? I'm just getting cooking. I'm just getting rolling." And I had to take it in that manner.

Charlie Sandlan ([26:50](https://www.rev.com/transcript-editor/Edit?token=q_kjdJmtmiebIgoNrM_nN_2oiuqkzF2amHn-K4gMSkJfBoGQ7Zatf3c-DzuV0Kvs9o9TyP_YTchKRRX8bvzkYrLycu8&loadFrom=DocumentDeeplink&ts=1610.41)):

Listen, and that's about the healthiest way you could possibly look at that situation. I mean, please tell me he was fucking apologetic and felt horrible. Or was he just a dick and it was cold business.

Toby Sandeman ([27:03](https://www.rev.com/transcript-editor/Edit?token=fFDMxTVRJ_5WAO9QrTHXPUQ4wc5uxLEUEK34L4lRqd0X4cOC8NzDZ4RfmfscuMjv9qkOUF6Mwq9KbIji0wkvqMTM3qg&loadFrom=DocumentDeeplink&ts=1623.79)):

I think he did the best that he could, that he knew how to. I think he did, but also I don't really take down, that's not my business.

Charlie Sandlan ([27:14](https://www.rev.com/transcript-editor/Edit?token=C733KrrGP4_4zHrF_EC-kIHd6NYAkbbXo2aplq8ej_gzO16VEYOyz5LQpa03mobl_rqkAo3N2pyWE5aE4H_qJOrDAPs&loadFrom=DocumentDeeplink&ts=1634.94)):

Did you get paid? They had to pay you, didn't they?

Toby Sandeman ([27:17](https://www.rev.com/transcript-editor/Edit?token=KqkdU-8N42-xzQpFyrPbeKQfA0DPWcBPFQIEY_AXtOhbMDj3GPfBZJdR4emazhhsIvJ19TEa9Ow3JvDmt0JVek_0FKQ&loadFrom=DocumentDeeplink&ts=1637.94)):

Yes. But truth be told, I mean, if you want to be candid, I had turned down so much to do this job, because it was an indie film, that the 3000 and the pat on the back was, I mean, sure, nice, but it wasn't why I was there? It wasn't what I was trying to give to the project.

Charlie Sandlan ([27:43](https://www.rev.com/transcript-editor/Edit?token=q0H6jhnlTTkMdCiTD7hIm3ly-LpgKeMhf4dMlrOPTKPVQcoh3tTcTnxruOcHrgLxUEedslg_aav1-xSIKNBbGpPe_AI&loadFrom=DocumentDeeplink&ts=1663.88)):

So the film, I assume, eventually came out. And did you watch it? Did you-

Toby Sandeman ([27:51](https://www.rev.com/transcript-editor/Edit?token=ubOgWO7ff1RYfiXl3_OnDEpG8n2ncU5kCAlYeSJkmJwDYZBh2t01Y6lIO84CDC1GVM5PZE9xnQKR2u-h5N0-6eS-4nw&loadFrom=DocumentDeeplink&ts=1671)):

I did.

Charlie Sandlan ([27:52](https://www.rev.com/transcript-editor/Edit?token=TyEhK-JVEBz0Umu31selZEN_roN_fz2NTeM7neUkJ0NlNo5VPhQtwl7oHrUdAnQR2rAblEGsdhxEcwFoZksSYV55oMk&loadFrom=DocumentDeeplink&ts=1672.18)):

Is it any good? Do you want to tell us what it is?

Toby Sandeman ([27:54](https://www.rev.com/transcript-editor/Edit?token=pjDxMR0GgrcIQ0I3NYtt9Q8YzwyXfNQ01pKonZ0kXlPgJY1cUvyc9-rfENBP0Qqfni0HcGD4DBdywCEejCKknrz2wY0&loadFrom=DocumentDeeplink&ts=1674.61)):

No, no.

Charlie Sandlan ([27:55](https://www.rev.com/transcript-editor/Edit?token=V9vmi1Pe-F_R-H4DWDpQ7LJOgB4OzHseb3-KvNrhsHuw3LqrW1bnmujq_LkW6i8x-tvfbwWDc4MOpakXAKb9xYRawjY&loadFrom=DocumentDeeplink&ts=1675.73)):

I'm going to try to get it out of you.

Toby Sandeman ([27:57](https://www.rev.com/transcript-editor/Edit?token=CNxkC9ePveijiM6c4y_X-4S0Hni5oP67Zl5EkS0AdD1YvJO0PZixfUWMKSHDzJR7s05eBYN3YH3n9nWInGMx_mDVKmQ&loadFrom=DocumentDeeplink&ts=1677.03)):

I will say this, to be honest, I felt bad, because the actor doesn't know where it's coming from. You're just doing things arbitrarily, if you don't know the true intention or the base of where certain things are coming from. That was just another one, and honestly, there's been so many of those. And I really want to preface that, because if I knew, and I've said this a few times throughout this, if I knew at the start, what I'd have to go through-

Charlie Sandlan ([28:27](https://www.rev.com/transcript-editor/Edit?token=wZobr9-VenBJE9W9MSPDOiXQVCbzXArLgLg-rsBLDEOm_ZvXxSsmFuoX3eN7TBrLEm9xsfmse1ajE7lWjD_089hP97A&loadFrom=DocumentDeeplink&ts=1707.69)):

You'd think twice?

Toby Sandeman ([28:29](https://www.rev.com/transcript-editor/Edit?token=bltpXjptJl8jRYnFmrsTCRdjS2CPcvrq_s3mqc3Zn3AD6s-s-a_ZjqMIneIYs4gIvt8s2_y4YX2QS8RaBYptu9f7YX8&loadFrom=DocumentDeeplink&ts=1709.68)):

I'd think a few more times than that. Because here's the other thing too, and that's why I really bang on about, you've got to show up every day and be working on your instrument every single day. There are so many people out of that are so good. And not only that, really, let's tell the truth, the roster is full. Hollywood has who they need. Why do they need to pick you? You got to go above and beyond. Everyone is there, the roster is full. You got to come in and to beat out some names, when I go to New York Undercover, which-

Charlie Sandlan ([29:07](https://www.rev.com/transcript-editor/Edit?token=g6-O4A3N697RhtyIoQuvn8Oa4FjsBYTsA9ieCLjSGg-ErjmGuKr5jO6JEzoDKuuwINSLHfT6VLSJxsxerZPMiInAn1g&loadFrom=DocumentDeeplink&ts=1747.22)):

Another I would think heartbreak, because you shoot the pilot, it doesn't get picked up, ABC passes on it.

Toby Sandeman ([29:12](https://www.rev.com/transcript-editor/Edit?token=Skwymv7zPaeP2a4SMzYLVQHW0sVUm24L1aKztELXEkKoAZx5InfMV34ZeG4ZJ55oqT5ZinKKVyPYg0AhpyVI1aF3Z40&loadFrom=DocumentDeeplink&ts=1752.62)):

Oh my listen, that one, so that was the last one, that was the last one in the 11.

Charlie Sandlan ([29:18](https://www.rev.com/transcript-editor/Edit?token=AwZPs6k42nRUoGRslRTqKFIsSr7iVVGAVDb38cqVIZNEIx5pfCvMdOmdK6ZxhsfADq_-UdB6JY09ml6Mw3jXxoFkH4I&loadFrom=DocumentDeeplink&ts=1758.83)):

And you book it, you're a series regular.

Toby Sandeman ([29:21](https://www.rev.com/transcript-editor/Edit?token=ugXKc53LCzbe2C8-NB_aWLisHbCM6BmlXVPJjAjqCeIzG3kN7ZfKw3IZTaDTOrWd1leKp2XwpGh_V77UlSoG1Q1kT2Y&loadFrom=DocumentDeeplink&ts=1761.87)):

I'm the lead baby and-

Charlie Sandlan ([29:24](https://www.rev.com/transcript-editor/Edit?token=B_gzs9UJXRH2HNrUNDa_n0FprRMgdXN-ygg8of11zWO7GxjcAhYjJw02ISSYiJn0uQT4rq-52wY40ToFSIzi2AKE6hU&loadFrom=DocumentDeeplink&ts=1764.05)):

ABC primetime. Dick Wolf, how could you go wrong?

Toby Sandeman ([29:27](https://www.rev.com/transcript-editor/Edit?token=1D1KXatwxJPpHFxTA5ArzlU_CCxOTVlPQoYJ6pm6kZUJLcDVq3D66BhPFIzv2zsh6cbcMt2IhOL3aJn38jzjY-JDdL8&loadFrom=DocumentDeeplink&ts=1767)):

Oh, and the script was a great script. It was gritty. I loved it, loved the showrunner Ben. And Anthony Hemingway, who was the producer on The People versus OJ, is the director. We're doing the undercover role. It gets changed from Philly to Jamaican Patois, I mean, I talk like in a real Jamaican Patois, I mean, I deal with... It's all coming... I'm like, "Oh, this thing is"

Charlie Sandlan ([29:56](https://www.rev.com/transcript-editor/Edit?token=x6XsYFJdH09uFs6Q9NTAhGm28GT16kG2UPR45fF-ZxrKomeltHYG7ikIl2iStygwDVT925TaWQsvyM9_VIdK0ioyCs4&loadFrom=DocumentDeeplink&ts=1796.38)):

This is it. This is it.

Toby Sandeman ([29:58](https://www.rev.com/transcript-editor/Edit?token=TMhS3_TJV_ivxELojrau26veXHr2pnpjVH1AWDmcQKDwtGkqHCGy7-o3fbqIci_lbBpmhYCClbZtn7Pu4V3RJtHzWt8&loadFrom=DocumentDeeplink&ts=1798.22)):

I mean, I'm like, "This is it." It was shaping up to really be something. And that was a crash course as well, because those three weeks, you were up at 4:00, we'd wrap 10:00 or 11:00, you've got to prep any changes that that was coming for the next day, and got to make it to the gym. This is a guy who's ex-military and is in shape and got to do all that. So it was a fantastic shoot, but it pushed me. And I liked that it stretched me and it really showed me what it takes to be a lead on a show.

Charlie Sandlan ([30:45](https://www.rev.com/transcript-editor/Edit?token=7FNVrNb8lGREbOSD9TzZSGJ8qcF8D023CnUNGXLvtAe_28A1MvGjS8TEAwtYW0uFt9mEsu0Euho9EXC19J4S4_EQewA&loadFrom=DocumentDeeplink&ts=1845.21)):

It's a whole other thing to be one, two, three on the call sheet.

Toby Sandeman ([30:48](https://www.rev.com/transcript-editor/Edit?token=eY6pE9c4DDKU6EDI_94100JQizZjEZEWOaRgHcHpWhKLtO4X189f46pYz0RZLuOXIT22FbrJQfTC-kdgsVO4z5cL2Ys&loadFrom=DocumentDeeplink&ts=1848.77)):

Yep.

Charlie Sandlan ([30:49](https://www.rev.com/transcript-editor/Edit?token=7ma56wu8Ifyi6Y6Fx_B05JxfqrGJOiiVyQhs7ADcWFzAiO5n6nvclYkK7RD4oJMWnW9tHHQ9iEK5NzxEawMgh2GjHek&loadFrom=DocumentDeeplink&ts=1849.41)):

Hold other level. And I would think that everybody just thought, this is going to get green lit. No doubt about it.

Toby Sandeman ([30:56](https://www.rev.com/transcript-editor/Edit?token=VYmKJ-5Tjkxs6ngWkHIz4Nt2_JUEIv2GWF2_XKj4wlshJIbW8qIgaquY0ejPx97g4Hn20zZ-AmEL4S71esQBlORhloA&loadFrom=DocumentDeeplink&ts=1856.84)):

I was told by someone very trusting within it, that it was a definite, and that I should get ready. And, again, you think your life is going to change. And-

Charlie Sandlan ([31:12](https://www.rev.com/transcript-editor/Edit?token=EuDd77RUfZGKPAVtVjPd_7Hyjsl32M8gNqOb310sOD4Lupf5V18zTev03HtOuJuZCTlM2-MqOCqgGwvQwfuidGx_3a8&loadFrom=DocumentDeeplink&ts=1872.16)):

Another devastating body blow, another punch to the gut.

Toby Sandeman ([31:15](https://www.rev.com/transcript-editor/Edit?token=_GnvvPJnLAf8WQkTL-UjxMWBetL2eDXmunVH2k51HUa5bmEogHCMKW9i_oS7zoF6krmDfs9C5q7ASJap7HI6ChW2htA&loadFrom=DocumentDeeplink&ts=1875.9)):

Oh, yeah, but here's the kicker on that, a week later, I can't move my... something happens and something's going on in my knee, and I find out that I have full tears in my knee.

Charlie Sandlan ([31:27](https://www.rev.com/transcript-editor/Edit?token=BldgQkaXXIugYX55ZTsMTIn-76dy41M4oryPxP4Na5WuDjeWDcVPO-7Ss_sFV__WE8mCpjhXCNn0R5oQ0wX6qxR2Nio&loadFrom=DocumentDeeplink&ts=1887.36)):

Did you hurt it on the job?

Toby Sandeman ([31:29](https://www.rev.com/transcript-editor/Edit?token=6reppAgGcy_YUdU0yoSwnQjTziINM7KN2J-LnIt1C2DWXc5DuC-YQtZloMLlwIxwAOEMgJqCFRdMvnM71VGMq7CQ76s&loadFrom=DocumentDeeplink&ts=1889.09)):

I think I did a lot during athletics. Let's bear in mind that I was leg pressing about a 1000 pounds when I was 20 years old, that's not great on the knees. But I think that all the running, the sliding, the twisting, the turning, I definitely think it didn't help. I have no insurance yet, because I haven't worked enough within SAG to have insurance. I need to get this surgery. I go to see a doctor. I say, "Doc, I've got a show coming," and this is... so we're in early April. "I need to be running by July."

Toby Sandeman ([32:08](https://www.rev.com/transcript-editor/Edit?token=XL15vewfgJ9VEPMsztlRm1Z2tV51GWMz8iDx7c9XtOd8O6Sh_f6v0XJZsiVz32YhkHbGVXyxEz_4pNtc8dFmBTQqV28&loadFrom=DocumentDeeplink&ts=1928.1)):

She starts laughing, this is the surgeon, she says, "Oh, you might not run again." I don't know if this is a doctor for me, so we're leading with that. So God bless her, but I flew back to England, thankfully, I had some money I made on that show during that pilot. And I went private and got my knee sorted, but I'm doing ADR for the pilot on my back, because I move for two weeks off to the surgery. And then I had to slowly learn how to walk again, and then learn how to jog, and then learn how to... all these things. And-

Charlie Sandlan ([32:50](https://www.rev.com/transcript-editor/Edit?token=7EWS9T0rf05rA0koALn8TJ8ndQRwJ-QUzBO2TGmHj3F2fj7Jzc10yq1N49naV8SBiwmjVAgXXRZYHDFL82ZPeN9o35A&loadFrom=DocumentDeeplink&ts=1970.05)):

Rehab off of a knee surgery is brutal.

Toby Sandeman ([32:52](https://www.rev.com/transcript-editor/Edit?token=CWAMuEBie01AzepE4ec8K6N2vuSpU_d7mEaf1eY_yNRXUtUis40FdzwVsz3SWD7keJIhXcAg3OKMqFDYG_6Kqur1j08&loadFrom=DocumentDeeplink&ts=1972.89)):

And then found out that it wasn't going. So it was a year of... It was just, can something go right? It was a lot. And in hindsight-

Charlie Sandlan ([33:04](https://www.rev.com/transcript-editor/Edit?token=wwfXtxcG_HHN8G0KEnk8DU8p3cFisJwndVWcUWLTLUs69xLUQ3jjPRvePk2B8B2ioyw6bgNDgFobJeRpBw_pEaN0HPc&loadFrom=DocumentDeeplink&ts=1984.05)):

Toby, that's amazing. That's hard to... Not a lot of people can weather that, that'd be enough to send most people onto another line of work. It takes a hell of a lot of grit and backbone to absorb those kind of blows.

Toby Sandeman ([33:18](https://www.rev.com/transcript-editor/Edit?token=ebf44P6DfCXojxp97iMQU0eT9ZyuLvM4_rJXHSJNCYWVM2m61AWTT6gpQHsXHvpmI8QU-gQ2j8m7RQEduy8zxmMOMkM&loadFrom=DocumentDeeplink&ts=1998.85)):

Honestly, it's one of those ones, and I think a lot of people can attest to that, you can't look back at the time. If you look at what you're going through at the time, you will stop. And I didn't notice, but I definitely pushed myself or I don't know if pushed myself, but went into a depression.

Charlie Sandlan ([33:44](https://www.rev.com/transcript-editor/Edit?token=jvh4v5UsVyE0HCXiwMOprb37A_2REts0_LtkU2BzUVHA9e1s_FdlGZ_IrSHXu1I8sFmOn2xo88T6RZZs-_sXoEtYRRg&loadFrom=DocumentDeeplink&ts=2024.57)):

Well, yeah, I would say, absolutely. How could you not? Fuck.

Toby Sandeman ([33:47](https://www.rev.com/transcript-editor/Edit?token=64xm56XRZOWexPWPfu1bmNjsAFfHQMN7CBi26XifokkeqiZceX84QfJ1g1_OUhbx6KkUgagzP0MxTyFSFk_Gx75qNgY&loadFrom=DocumentDeeplink&ts=2027.65)):

And actually, I got those mixed up, that was before the last one I told you about the film. So that happened, the knee happened, I got this film, it meant something. It brought me back out. I really did go into a depression, and unfortunately, then we all went through this thing in COVID, because that was late 2019.

Charlie Sandlan ([34:11](https://www.rev.com/transcript-editor/Edit?token=TeD-KZc3ERoYhEcMxb2nmnUC7wxti8RbTbtOIVh3nK2KjcK7WFN7IxxIsfW-K4eKSCIUJmKI6d8h6FP4hUaZeN36Pzs&loadFrom=DocumentDeeplink&ts=2051.15)):

Right, and the pandemic.

Toby Sandeman ([34:12](https://www.rev.com/transcript-editor/Edit?token=7SrGhuy8sTZpyn8g5GmTWYIj1dnL9FumAwbVvidYaTzlbMF_PxoMYWbRKRpXPBDzL0gbSdDRfsoQKD7bAMCgAUlWboU&loadFrom=DocumentDeeplink&ts=2052.81)):

Boom, I get another show. This is going to happen, and suddenly we're in lockdown. That was tough, but I know it was tough on a lot of people, and a lot of people in the world. So we all had to get through that.

Charlie Sandlan ([34:27](https://www.rev.com/transcript-editor/Edit?token=FFo_1o_Z8Aannm9EAvhtUYBAFZ1H3zNoujBSn9zr0LEECB1hR7iKSnc_vQafbwdxHKxx_RQqcoL_AjpFZxSFzB3UoRA&loadFrom=DocumentDeeplink&ts=2067.51)):

Well, I mean, you have had success. I don't want everybody to think that you've just said nothing but awful experiences, but you earn it. This is what I love about you. This why I respect you. You get out of school, you're trying to figure out how to kind of really get in, and you make your own work. You make your own film, it's the 1940s, it's a little noir thing that deals with addiction and you put it together. You wrote it. You're directed. You're starred in it. You got accepted into Sundance. It got you your agents.

Toby Sandeman ([35:00](https://www.rev.com/transcript-editor/Edit?token=QmE9UBJishdtG-hp3eSxcAqEDMXjEhomJX1TljYrLY-C2Pcesz9z9Is33XH4WEGb2GulU3cGsIXwa3F3u7DveJlzSik&loadFrom=DocumentDeeplink&ts=2100.18)):

Yeah. Yeah. Let me give you the quick. So Philip Seymour Hoffman being a big part of the studio and Maggie used to talk a lot about him, when he died, having never met the man, it really touched me. I was like, oh my goodness. And I remember watching Capote. And to that time I had never stopped mid film and been like, I don't know how to do that. I don't think I'll... How do you... That's incredible. It's impossible. For me, it was like an outsider watching Usain Bolt run. It was just like, it was something else. So when he passed, I said, arguably, one of the greatest actors of his generation-

Charlie Sandlan ([35:47](https://www.rev.com/transcript-editor/Edit?token=kOitvGrwSRRHm5NQzrv3NidNmBmvVvXqliPtzZOZldh4xMLcc4LnweJc2WMxomUVoWBmshd9w3whKS84ATwxi9Jp9JY&loadFrom=DocumentDeeplink&ts=2147.97)):

Absolutely.

Toby Sandeman ([35:48](https://www.rev.com/transcript-editor/Edit?token=7I7RLoUD-onPvw8QU7LAdo8_rCO6dWlOHs4iqjEJMtzH9LK90ewwh23Qj1XavD3zlBEwwK5p-v-14eXu8K-9wqXe9K8&loadFrom=DocumentDeeplink&ts=2148.71)):

... and yet this shiny apple is still the drug. And it may be want to dive into that. So I make this film Conversations of Ed-Dick-Shawn, and funnily enough, I didn't know this, but the title is what really got me into a lot of rooms, because I would say it to people. And I would say, "It's called, Conversations of Ed-Dick-Shaun." They would go, "Conversations of Ed-Dick-Shaun." And I said, "Say it together." And they're like, "Conversations of Ed-Dick-Shaun." I'm like, "Put it together." And they're like, "Addiction, oh my..." And then all of a sudden they're like, "Oh, he got me, so let me see what else." But I'm sending it out, I'm trying to get it out there. I'm giving it to everyone I know. Putting it into every festival with, "No, no, no, no, no, no one wants to know."

Toby Sandeman ([36:38](https://www.rev.com/transcript-editor/Edit?token=a4mJUFhpj3FapDsxL7_Nu8cr4Ob0hXXoZyZTydyRHZv-i2OXJ76DodtsaaLNkVJUBjlIfQFZCMS_b6X8Z6I9Kiw08dY&loadFrom=DocumentDeeplink&ts=2198.62)):

And I give it to my modeling agent. He actually got Channing Tatum career started. I gave it to him and I waited a week and I heard nothing. I would see him and I'd be like, "Hey, have you had the chance to watch it." He was like, "No, I haven't watched it." And this went on and it went on. And I would call him and he'd be like, "No." I texted him, "No." And I will go in there polite, I will go into in visits. I would do calls. I would do emails. I would do text message. And it was every time. "No." "No." "No." And it got to the point, Charlie, where I said, "One of two things is going to happen, either I'm going to stop asking him or he's going to watch the fucking thing."

Toby Sandeman ([37:20](https://www.rev.com/transcript-editor/Edit?token=q8BaOplaDdilKcGOeekfX3kkeiphA_vGkcVA_AbLn4KW8FSyByGqr_QrvnKlEWgSmEhmio1KFH3VWjJHEo1abuVZ7n8&loadFrom=DocumentDeeplink&ts=2240.88)):

And I'm doing it in the most polite way, but one of those two things is going to happen. And I remember he called me and there was such a pause in his voice. He said, "Toby, I'm blown away." He said, "I don't watch things from my modeling clients, because," like you said, at the top of this, "most of the time it's terrible, and I don't want to tell anyone that it's terrible." He said, "But I want you to introduce you to a..." He said, :There's some big names, but I think you'd get lost there. I want to introduce you to this up and coming manager. He's a hustler." As soon as you say hustler, I'm halfway in. So I said, "Okay." He said, "I just had to meet you." He said, "Because you're playing four different characters, three different accents, you wrote it, you directed it. I mean, just wanted to know who the fuck this kid thinks he is. Who do you think you are?"

Toby Sandeman ([38:14](https://www.rev.com/transcript-editor/Edit?token=57VOwKu6E7pfZ-wFOHkY7ssCIJN7B91qAVkxGoIK85IaWYHX0ANFql4YEcWtvZzshKAPZYS3LOJGYUgAorPZRs7QDr8&loadFrom=DocumentDeeplink&ts=2294.84)):

And I said, "Look, man, I tell you what, I'm going to work hard." and that started our a relationship, and it was a long time. It took me a year working with him before I met with Gersh. And I tell you this amazing thing, I didn't realize this for years, but they gave me this script to audition, because I went in and saw them-

Charlie Sandlan ([38:38](https://www.rev.com/transcript-editor/Edit?token=MLwhKx7TtdxJdhXdAqrjVHdw08dggSGB7ow6dOc6p09u3hq7kbBnKlIDJrfQDTtAcrLlIPKnn4dEbQqjMqmeKCciD9s&loadFrom=DocumentDeeplink&ts=2318.52)):

Is this the Moonlight script.

Toby Sandeman ([38:39](https://www.rev.com/transcript-editor/Edit?token=Mdn5yTDBZ2OEGh7BE8T8pKKF_KuHLYxJEd0bhp-cRFqyJDVPEW4CcIAWvym8G0rEqgDh9jG-cggKENtADTgiUFN5eOo&loadFrom=DocumentDeeplink&ts=2319.98)):

Yeah. Yeah. I told you this story.

Charlie Sandlan ([38:43](https://www.rev.com/transcript-editor/Edit?token=LHNFHsV55gvtwhO-9YT-ss27obbZzDrcZXj2uluKV_jgzfTGJWqgbF1anzXYQiFt8hWH0h6hSiztxC7QrpZKtsIRpuI&loadFrom=DocumentDeeplink&ts=2323.06)):

No, I read about it.

Toby Sandeman ([38:44](https://www.rev.com/transcript-editor/Edit?token=w0kYUu5rLTEw5ecnhsjfDRJjJU-IqSBK_n3GsdLhtI4jLb9QhvrbwTh-NnXelOZ3pva7fWpnE9T2Dy4UyYAQStDvEKk&loadFrom=DocumentDeeplink&ts=2324.3)):

Oh, what? So-

Charlie Sandlan ([38:44](https://www.rev.com/transcript-editor/Edit?token=BPe27peyX5B3HLihIXbDmUoRvdxc7ZsLaU6kLOYYvYT3MRQ2QrVbrUfjdoMQ_0Fr7YlsjL_7RAu8x6MWH2a6XtdIUuQ&loadFrom=DocumentDeeplink&ts=2324.61)):

I did my homework. I do my homework, man.

Toby Sandeman ([38:48](https://www.rev.com/transcript-editor/Edit?token=sYjGiuAHRN-aadlaz6SIaJtxnisf48v2HtR4mExKev18hQUx1o7FNVt8hOpf7bYrtGzphVvYSfTr2ywqvmy_92Ykdk0&loadFrom=DocumentDeeplink&ts=2328.51)):

Yeah, I'm meeting them, and I'm like, "Why are these two guys can high on the beach?" And I kept reading and I was like, "Oh my God, they were in love." And let me tell you some, that script-

Charlie Sandlan ([38:59](https://www.rev.com/transcript-editor/Edit?token=8OcWYBgBSQK3fiuRWvP2dD4s0scHvJb3ZnPkI-kLAEdUITaBTPuOqEuJChdbewrdSlttCXbI6Ywft2JBwHY7eTFH1tk&loadFrom=DocumentDeeplink&ts=2339.77)):

Incredible

Toby Sandeman ([39:00](https://www.rev.com/transcript-editor/Edit?token=capXPY6eXfR4xud85ws6sjEXF9vmbyCuizARtaHF6Nxkt0lauzLT4LN6zFgtiAfcIoLw1FO4R4CS3v4B6w0LNdhSe0o&loadFrom=DocumentDeeplink&ts=2340.31)):

And I tell you, thank God that they wrote it, because it was so good, the script was so good that it made me look good in the audition.

Charlie Sandlan ([39:10](https://www.rev.com/transcript-editor/Edit?token=8wyW60P8FkTCHPTFnNI3m9H6ZIAEZxhlMCWxiVkC2q-2Ir7DEGWlTEo53ARn3mkCvTOM3SQUz1mzcJv3YZxpKw633M4&loadFrom=DocumentDeeplink&ts=2350.27)):

Good writing can go a long way.

Toby Sandeman ([39:11](https://www.rev.com/transcript-editor/Edit?token=FITIEmbrDuFWWiW_LKbfUgzYy5CiCmo-VsxqS9acqzuJdCyZzw6fnkXpN44bhZkQXHKXNgl7o95a-CJE8LAFP2CbvgI&loadFrom=DocumentDeeplink&ts=2351.89)):

Oh, my God. And the rest is history.

Charlie Sandlan ([39:15](https://www.rev.com/transcript-editor/Edit?token=QhKjtoJTdx6w0oW1wVA9S-cOYJAOSJ-HgjhvjzRHQmkQxTgWOgzElIgCrZ5qOlhOa7jcn3GFCr0DVRu_Ubi35yuskrk&loadFrom=DocumentDeeplink&ts=2355.16)):

Well, you're a hustler, and actually, you get thrown to the wolves. You ended up on a major show. You're doing the Royals. You play a Moroccan prince. Tell me what it was like to just get thrown into a series that's been going on for a number of years, you get thrown into a well-oiled machine.

Toby Sandeman ([39:34](https://www.rev.com/transcript-editor/Edit?token=G9ndezknb4XKy3lW-WLShBbP7i2hwHKCyT_bYj6Ibg4sLYM-3NVNgiFbfOeen1-TpHzWz34j8JexppFgDs-KqvF4bTU&loadFrom=DocumentDeeplink&ts=2374.46)):

I'm glad you brought this up. I really want it... because while I was at school with you, there was so many tons of people there, and I remember people being talking about, "This is what they had to do. This is what they were born to do." And I remember always thinking to myself, well, I've had that. And I always thought to myself, until I get on a set, I don't know if I really want to do this. How do I know? To do it in a classroom is one thing, but when the lights are on, it's-

Charlie Sandlan ([40:03](https://www.rev.com/transcript-editor/Edit?token=HH8IkOw8YZkSNtFYanTchnokbBIPbMVmW-TGbOzjuutnZYnPZCu3_jJyeznSZQf-wv8vWa9H7HodRTgwEZVUKx4RXb4&loadFrom=DocumentDeeplink&ts=2403.94)):

You got to get on the track.

Toby Sandeman ([40:06](https://www.rev.com/transcript-editor/Edit?token=BRbVGYLDlPP0K9PS_1-D5UU3QhDPbU2f2Gfsvnahhv6anEvDRsc71_y1zUiD3ZKQ8ddFsqFL2qm8ZzC9HRPQlhpRDPY&loadFrom=DocumentDeeplink&ts=2406.63)):

Hey, you could train all day, baby, but when you get to the Nationals, the Olympics, any major championship, it's a different kettle of fish. So that was 2016, and I tell you what, my whole mindset changed. I was, I was like, I'm going to approach life enthusiastically. And I was just enthusiastic about life. Like when I meet you, I'd really want to meet you. And it wasn't fake or anything, I just really wanted to be enthusiastic about... And I got to the set there, and I met the showrunner and he's like, "Hey, Toby, I'm glad you come in. We'd liked your tape."

Toby Sandeman ([40:43](https://www.rev.com/transcript-editor/Edit?token=j8Nh784NS5tt0NVOXzN2aaXQFHee9vCKpm5R0yqpJgoqEtQZGVUkMCsPbQXIS8GOXXrwmMpbGJdDtxIMr7Lc9v5tANE&loadFrom=DocumentDeeplink&ts=2443.42)):

And we're getting along well, and I said, "Look, I've got to tell you the truth. I've never been on a set before." And his face lit up, and he was like, "Oh my goodness, I would never have told from your audition. I'm going to come down to set personally on your first day, were going to have a great time." And it got around that I was new, but everyone was so encouraging. So I could blow through a mark, and people were nice about it. And I was still very prepared and I did my job. But I led with where I was. I always believe your power is where you are now. Don't pretend to be something you're not, just be honest.

Charlie Sandlan ([41:22](https://www.rev.com/transcript-editor/Edit?token=iwju-5xzanzSFu2Agp4k6ZkdSBzqPYgzgrExxz7STwVL6iV-S5HNgGhNNd2qTstcMPSbLaN5giHlqIUsW64eUkTvwpM&loadFrom=DocumentDeeplink&ts=2482.02)):

That's a great piece of advice. Great piece of advice. Probably, it made them see you in an honest way. And they're probably thrilled for you, because they all had their first experience too. They know-

Toby Sandeman ([41:31](https://www.rev.com/transcript-editor/Edit?token=27M10rPh5OVFddWiDXwkKlVauzi-Ba50dpTZmXVEl0U7NKSJ3q_zSMuMH7jXIyZ_Ga1iVrxw8kT16hQSOFquw8-BUR8&loadFrom=DocumentDeeplink&ts=2491.44)):

Exactly.

Charlie Sandlan ([41:31](https://www.rev.com/transcript-editor/Edit?token=_X6Te7-979Pt6uzjO5Ag0hQnXEuZsY6RNbavFcCzppQJCGCohLXFAC26XN2P-7qb3WTTKSsji-4tE0Y78rGbtZk8cYI&loadFrom=DocumentDeeplink&ts=2491.7)):

... how scary that is?

Toby Sandeman ([41:33](https://www.rev.com/transcript-editor/Edit?token=3oO09n7lNCvu8lqBGPCw_HyKJOEVKTZSlxBTOSjKeEyuKnuPku6CMimRX2x8fNtTH42USGMXx3m8YT7of08xkblHjr8&loadFrom=DocumentDeeplink&ts=2493.66)):

And now the leads are being nice. You know what I mean? Because they know, and who Elizabeth Hurley is very... It's amazing when Elizabeth Hurley is nice to you, so she's an absolute sweetheart. To be honest, she is she's lovely to everyone, but I had such a great time. And I remember that that second week that I was there, I said, "I want to do this for the rest of my life. I want to do this." This feeling, there's only a couple of times where I felt that feeling. And one of them was when... Because my major goal was always to win and become British Champion. And that feeling, I remember coming home exhausted from that second week on set there, and just being like, "This is amazing."

Charlie Sandlan ([42:21](https://www.rev.com/transcript-editor/Edit?token=ZAo_zMi0fN7iIgKHG0_4t7cSpIDlriLBEmm6B6h7ulubG_SlbhXCsecysIoDuJqiyRHvdDKhZl2uoxlnzvUOF3VwqHc&loadFrom=DocumentDeeplink&ts=2541.33)):

It is amazing, right? It's incredible to work at that level. So let me ask you this, it's your first time on set, what are the top two or three things that you took away from that experience, that you said, "Thank God I learned that, you got to know this, if you're going to go on a set"?

Toby Sandeman ([42:37](https://www.rev.com/transcript-editor/Edit?token=vsTiJ30vElRGLjq_mB7taqHP3hWH6olYUmMfegBhTV2SDd7vRvyaARfs2lvi74LogdOhnCbM-W4bdtRNguVUMKE30kw&loadFrom=DocumentDeeplink&ts=2557.03)):

It was so funny, as soon as they said, "Action," I was so... because, listen, I was nervous too, to the point that I had to ask for lemons, because I was getting cotton mouth. I mean, it was all happening. It was all happening. I was so prepared, and they said "Action," and the lead actress who I just learnt so much from, she just threw away our lines and started talking to me, and I was able to work off her, thankfully.

Charlie Sandlan ([43:08](https://www.rev.com/transcript-editor/Edit?token=o6lI1T_uJAEWyLXKd3xWgsAKy2pGwdXjc_CLnhG2iBacFuUnKPuwjqKSo3QFjrgpMbO3DxMfZVuBnE71xIJsgGRfz0s&loadFrom=DocumentDeeplink&ts=2588.87)):

That's right. Working off another person.

Toby Sandeman ([43:12](https://www.rev.com/transcript-editor/Edit?token=57_JXmqV6XhL45LJ81rPG9dxSQ3A1nKueKlsemoG8ViDe4PrryBFwlfe85lcayrIgKtlaA77hsy2Vodffj-xwSN9GkY&loadFrom=DocumentDeeplink&ts=2592.32)):

Working off another... I was like, "Oh, this is what we're doing here." And again, that intimacy that I spoke about earlier that we had just for through communicating. Again, like you said earlier, not sexual, but she was so intimate with her acting, and I mean, I just soaked it all in as a sponge. I would say, what did I learn? One, obviously, you have to always be prepared, but to go with the flow of what's in front of you. There's something cooking here, and you bring an ingredient to it. But then also, things that maybe people don't pay attention to, which is be nice and courteous to everyone.

Charlie Sandlan ([43:55](https://www.rev.com/transcript-editor/Edit?token=M355MYYuqlWpYAqNvUowKz-C8fVsLol6LTBJ0YfeokpnGtwn636Wi0aR5oStVsrc9am6BRsx9IzETttSoW13E872e20&loadFrom=DocumentDeeplink&ts=2635.52)):

To everybody, the crew, everybody.

Toby Sandeman ([43:58](https://www.rev.com/transcript-editor/Edit?token=MCynX_YZo0ntp6sK-ftgWTuIJl5i9k3mKAREG9ANvXse4abJkMGQ7MSPM5fsckvu8zYvkwFd-wtWhg4BsHhLs2LLnSk&loadFrom=DocumentDeeplink&ts=2638)):

Everyone. It was did my second day and the DP came up to me, and he said, "Toby, is this really your first time on a set?" I said, "Yeah. It is, yeah." He said, "Well, and I mean this," he said, "I've been on a lot of sets, I think, you'll have a career." He said, "But also I want to say this to you, please don't ever change, because you're just a bloody nice guy."

Charlie Sandlan ([44:20](https://www.rev.com/transcript-editor/Edit?token=nBioPoDb7pujijVqyoFUS3zNJ0d2ynO7er6TKdKWpvsIIq9-2woOAARf34BRNBLmELT83bSMfLxyMlyGqjasFswK-LY&loadFrom=DocumentDeeplink&ts=2660.6)):

Being nice can go a long way. It makes-

Toby Sandeman ([44:25](https://www.rev.com/transcript-editor/Edit?token=mN59xMNLSNTyHmh5co0m8eswwf9onfVMalAFObXV3HqkuWQgQ_P9MFgmVRjQ3DJf7GBTuhrjQipdMcWU5-qJrw3Tslg&loadFrom=DocumentDeeplink&ts=2665.52)):

Just being pleasant, man. Just being pleasant.

Charlie Sandlan ([44:26](https://www.rev.com/transcript-editor/Edit?token=INeFv-IFny7Xa4U-RwlVDAkm3t-ZPnYsE3PKbWS5JrJphAIpiE58hsWnpegOu6fdmSwJVIv9cyvCUYxqrBxyMK7vsg8&loadFrom=DocumentDeeplink&ts=2666.71)):

And why can't you be? I mean, you're fucking on the set. You're living the dream. You have to be an asshole? People that are just dicks, assholes, like, really? Is that necessary?

Toby Sandeman ([44:35](https://www.rev.com/transcript-editor/Edit?token=wsg2gcrJlzYbCJFkM1GJTfpyyl2k9TLiE4DmEOqV3zCBnz-K1vzrhpMzh93EW3BaOu63_Arp6ccz8_-Ft1eQJQWxDLg&loadFrom=DocumentDeeplink&ts=2675.8)):

Yeah. But it's all... And it comes from insecurity, unfortunately, ultimately. But I will say this, too, and then I do this a lot on Kanan, because when I'm working on it, and you knew this, when I came to the studio, because I was practicing my accent, then I stayed in for two years. I stayed in accent for two years while I was at that school.

Charlie Sandlan ([45:00](https://www.rev.com/transcript-editor/Edit?token=xlDS-1QO8mX1LnAWX1gbU-99SsOK8bA9uclcmNQKB-__8F_HiYngTVIUZR2x44mJkFCfJbiAXjWeZzSws1CTmdGOHEU&loadFrom=DocumentDeeplink&ts=2700.9)):

Listen, it was... but look what it's done for you. Look how it's helped you.

Toby Sandeman ([45:07](https://www.rev.com/transcript-editor/Edit?token=3B8I1X9UGuD52_zjOez561Pba3IpJ3ouBCQ0SuVsSrIy6zAg1XLCup-W7EIHMSMM4wZug1OmEszL19TsBB6pN_-6-pE&loadFrom=DocumentDeeplink&ts=2707.92)):

But when I'm working on set now, like we are with this Raising Kanan of Power, which comes out July 16th.

Charlie Sandlan ([45:15](https://www.rev.com/transcript-editor/Edit?token=y9LKf5g73R4ki98d2Jxztogr4YsrsSS7t57HGBjPowdNHpVaHuaJr9DHIG1XadeAivrxFNGf6810xLjnDHJIzTUjosc&loadFrom=DocumentDeeplink&ts=2715.5)):

Yeah, let's segue into the Curtis, 50 Cent- it's a whole fucking corporation here, Power.

Toby Sandeman ([45:28](https://www.rev.com/transcript-editor/Edit?token=pGDYyFzI3hmA3Vf0_0IFHi3FPIkERZpyqhRxdAcMNqIDVlwFjCv1m8lrY1CIBUvzL6wvcakZcV-te-XeIuoq8caaWbc&loadFrom=DocumentDeeplink&ts=2728.59)):

Yes.

Charlie Sandlan ([45:28](https://www.rev.com/transcript-editor/Edit?token=6N-BPNu8XGLkxo1qJf5DXS6tmmbSaUgi7_4bc29wQs1_RwNfkDEMnzP-3ldAAYipoRXWa0D1JlqOLKEAmv-bX5aB9ho&loadFrom=DocumentDeeplink&ts=2728.96)):

July 16th, Power Book III: Raising Kanan. You're a series regular. Who is Symphony Bosket, that's who you're playing?

Toby Sandeman ([45:38](https://www.rev.com/transcript-editor/Edit?token=hTakXxcb2yE0cfJjYPjHpVWwWJ-6tU23i70e8qpmyfoGw8bURMYOp7yaDPvPegdKnR1S0VedVmNhDQGmkpCzWHxDecg&loadFrom=DocumentDeeplink&ts=2738.32)):

Yes. Guess what, I am the good guy in a bad world.

Charlie Sandlan ([45:43](https://www.rev.com/transcript-editor/Edit?token=-xxg_UqBkOJ8Z214lHwVq4QQ7w5fXM6nAnpp_NAnaffuP1CwkCvSNn2BhfjUEAoWVj33DQ4aw4H5m9floBSC2AZoknE&loadFrom=DocumentDeeplink&ts=2743.72)):

Wow, lovely.

Toby Sandeman ([45:44](https://www.rev.com/transcript-editor/Edit?token=vPZfAJcxyXbodPrY5b1su_arv4sm3HzheLkFzf3ji28pMWf_r7Mfn43D24ZdBCPmBNVWKsu9ccmyBOs2fS-yGqO8yRE&loadFrom=DocumentDeeplink&ts=2744.49)):

Yeah, Symphony is going through it this season. The cast in it. We've got a Tony winner. We've got Tony nominated actress-

Charlie Sandlan ([45:55](https://www.rev.com/transcript-editor/Edit?token=C3_mt1EQ9I5cC5R-n2zJTxZtnKFUrIF0GJlTRZJWP345OHlB4Cc6ek_PqXA5J0AvDUZf1A9XounP1ketHq4cZfgWDMY&loadFrom=DocumentDeeplink&ts=2755.35)):

Omar Epps, come on. Jesus.

Toby Sandeman ([45:57](https://www.rev.com/transcript-editor/Edit?token=mRVroHlHqC5p6sCTpfXCFLP1XTB3jWETmzGGyP9gjMlwIaY16xJ2Kk44FWL7hL8Xuw4AkbR1W3vPIJ2wAAV1M9iallw&loadFrom=DocumentDeeplink&ts=2757.1)):

Omar Epps. You know what I mean? The young cast on this who played Kanan and Jukebox

Charlie Sandlan ([46:05](https://www.rev.com/transcript-editor/Edit?token=wQCjcQAwisx0_U6Y9toFUGGR82i83VMzJ9fsm_FrlTFt41tBhcFQxTLA7GFw6hWyYZQVLF4yoHyiFBm_1P5ruojfuo4&loadFrom=DocumentDeeplink&ts=2765.01)):

A lot of young actors, young, up and coming-

Toby Sandeman ([46:05](https://www.rev.com/transcript-editor/Edit?token=Upg29OpWmVxo-7Y7txN7HVObu21GNGhyQG7mBM7IMCB9jwOXO3kl8wW3hxHArspQaSsQN6Gp93HB1l0EyQLPQAXOEwU&loadFrom=DocumentDeeplink&ts=2765.55)):

We've got great actors. And I'm super excited to see the music of that time, the fashion of that time. I mean, it's the '80s and '90s, no one does it better. No one really does. But on that, and this is another great lesson, because none of my cast actually heard my British accent the entire time from beginning when we met for the first table read, and I'm talking about through a pandemic as well, because anytime I just stayed in, through to the time when we finished and wrapped the season.

Toby Sandeman ([46:48](https://www.rev.com/transcript-editor/Edit?token=Nhu0V051zWAiZCVBlQcQRqdhI7F1V1sVtQB3BD5Z-Q-B1rYQmwRkZXpKmic4N7_0VSXFStWoxAwEXxsIEpYK5mdJpXE&loadFrom=DocumentDeeplink&ts=2808.03)):

And there's a few things for me for that. One, it helps me buy into the world more, and I don't have to think about acting or changing the nuances in the accent. But also, in between takes whatever I'm doing, and very few people notice, I'm trying to still get something more out of it. So if I come over to you and I'm speaking about sports, it's because I need to loosen up my tongue because I felt stiff in that moment. Or I feel like I need to be thrown off a little bit, in the sense that you're going to throw things at me in this that is going to make me speak about things that I'm not used to speaking about. But I think, and I'm bringing this to a larger point, protecting your energy, because sets can be so energy consuming. And when you're there every single day, you have to really conserve energy, and try and put that all into the performance.

Charlie Sandlan ([47:48](https://www.rev.com/transcript-editor/Edit?token=RU_E124JEnXXVxyeDOE-bWI245VCHTYxTa7GEhM7rLxkwVBwWRJu8RnOWfGpm0yPXTsTCud0G2puV_qgrEZxaoXRn0c&loadFrom=DocumentDeeplink&ts=2868.13)):

So how important is listening?

Toby Sandeman ([47:50](https://www.rev.com/transcript-editor/Edit?token=oMza5gT5jbPA8TiCitySONphSxck6TRkv-ofEjQMOP21h6ZW4jSzJ7VBijqJEIZXcYNsP-aQE9corxtB8WRJe4H9odI&loadFrom=DocumentDeeplink&ts=2870.43)):

There is no acting without listening.

Charlie Sandlan ([47:53](https://www.rev.com/transcript-editor/Edit?token=zospO9VEWwRePxzJi9k0PHPCBO9zRWshO4Togw7DQfmIC26gCeeeji8DzS0Y8B3U8J_JaE3royqqWaBOTTxL8uz_Gfc&loadFrom=DocumentDeeplink&ts=2873.61)):

There's not.

Toby Sandeman ([47:55](https://www.rev.com/transcript-editor/Edit?token=SiqC-MIJQ8SXWEWjaLk7xuYJcwv83q0NsrWUZej4E9VaWOWY-errPGVW4Rg18zF24fJFFRHcCO6658bwwiz9rplPd58&loadFrom=DocumentDeeplink&ts=2875.61)):

There's no-

Charlie Sandlan ([47:56](https://www.rev.com/transcript-editor/Edit?token=dwZfu3XwJp4h2pg9Q5Q96O4wtI3Snf77mfdf_OWIROJCWDwQIvWhJBQYa0u5CCEQnXV1L32g2I-0jdghXYTHGwq5tII&loadFrom=DocumentDeeplink&ts=2876.62)):

How fast can you spot an actor who was never trained? Did they expose themselves in some way?

Toby Sandeman ([48:02](https://www.rev.com/transcript-editor/Edit?token=gxVCis3oMTQ8ItbLTfQooy2Zq0m8twSpGM-rOMYx7k06_3Fcco6tdGu-P1Wcal1r6yOkOIQ1300LFA3RBWUcyVvK834&loadFrom=DocumentDeeplink&ts=2882.05)):

Yes. You can spot actors that have never trained before, and you can also spot actors who have trained before, so I think it's that ying and yang.

Charlie Sandlan ([48:16](https://www.rev.com/transcript-editor/Edit?token=D_mMqQrva_P2TvXPNXUIMiHSyfo9UACd4WDY0ZkohHnut9Zut71qiWm_-1WGV-8LjjNs0Go_QCpokfvyAJoGhxImORQ&loadFrom=DocumentDeeplink&ts=2896.13)):

What do they possess?

Toby Sandeman ([48:17](https://www.rev.com/transcript-editor/Edit?token=ty8BlZPMQJqRNTTpc-smoYMHPB1tEncBwtbgqX1KxNsjz-SJ9hWB0izfb_HBwGLZ8cDBqljPWdGFhHtuFsWm61Kv1CU&loadFrom=DocumentDeeplink&ts=2897.5)):

You can tell when someone's really trying to work or... I love when I work opposite an actor that, they're really there with me, because you know, and-

Charlie Sandlan ([48:31](https://www.rev.com/transcript-editor/Edit?token=7kosbIyL0YxFo68UXUrgsLh6qqogYD9rToRFLxW8hXejZQ3YB7fqQ8O3CtTj0b467wvX-Rbeq-jKxOMpCPOeer1pqrg&loadFrom=DocumentDeeplink&ts=2911.91)):

The moment has to be all consuming.

Toby Sandeman ([48:34](https://www.rev.com/transcript-editor/Edit?token=y4rBLfma_paDEeDS0Z348Sjt4IaVV__dTh2BFwDPC0Y4dDuRZcZ5uzt9S5SOMk9vzVxqftKs0COePOuXuTun7b6chlo&loadFrom=DocumentDeeplink&ts=2914.59)):

Yes. And not in your head. And it's a very tough thing to do, especially when your lead... This is very interesting and having shot a number of 101s, the pilots or the beginning of a season, a lot of people, most people are in their heads, because we're all trying to figure this thing out and no one trusts anyone yet. And it's so hilarious, because you could see everyone being like, "Well, I'm going to prep, if you could do this, just in case you don't." And I try to yank them out of it. I try to really be here with them. And I love it when an actor does the same thing with me, when they demand that I be here with them, because they're going to just slightly change something somewhere. And if you're not paying attention, you've missed the whole moment.

Charlie Sandlan ([49:24](https://www.rev.com/transcript-editor/Edit?token=RbaSiMH8XoyBmHvwa215gzMDdZ-WOV5_DEUNvX1S7QyeheuCq-huC6_ITJ5BvM9RdS0Rv38fR1-PHR3cOHtmspLpVws&loadFrom=DocumentDeeplink&ts=2964.86)):

Listen, if you can't be malleable to the nuance of another human being's behavior, you're not going to be that good.

Toby Sandeman ([49:30](https://www.rev.com/transcript-editor/Edit?token=pcJ5Y4UiwSd_86RrPWBEfiDxRotOzG8oimsgYOjGCs9oYwvqQxakA3YxFMuwkffHK_sBp-6w5qzuvVzJ0xSoIynIrO0&loadFrom=DocumentDeeplink&ts=2970.38)):

That's it.

Charlie Sandlan ([49:31](https://www.rev.com/transcript-editor/Edit?token=G6-vKyLV0-Fl7VWgHgrbs2FiT7PV0cKLb0Xua9mompUbkJ6vLG3pwHYBIAyozE_8sayvjOpbUgeQLzdv6-uVHttQ65Y&loadFrom=DocumentDeeplink&ts=2971.3)):

You can't be. That can change an entire scene, the roll of an eye a sigh, tremble in a voice, a hesitation, a flinch, something you get from them. Boy, and then it changes you. And if you've got that kind of ability, you can do that on the first take, the 10th take, the 20th take. And that's what training does for you, it gives you consistency.

Toby Sandeman ([49:50](https://www.rev.com/transcript-editor/Edit?token=Sk-GWkqAcz_kgqZ4LVacvynOd232yCam-Mk5gyG9OI1innxnRDR19Klnm80F1ondrkP-CQYD8BIr_zg8YMP2CX9thXo&loadFrom=DocumentDeeplink&ts=2990.89)):

Well, that's the thing, can you do it? Yes. And truth be told, and you're very right for bringing that up, that's the difference that anyone can get a win, and-

Charlie Sandlan ([50:02](https://www.rev.com/transcript-editor/Edit?token=zb3x-Orxn2Q5oGTZatyR_fReExBPbDBcBs5DfWSVhxWlayuTMT6oZ-xRirp0muQmXdoU8C0CjysIQ8-eDR-2RnFe0QQ&loadFrom=DocumentDeeplink&ts=3002.73)):

Any given Sunday, you might nail a take, right?

Toby Sandeman ([50:06](https://www.rev.com/transcript-editor/Edit?token=N3jVHVipnjTzWVyCm0s3HqecCAQiut_S-DCd1zBqJQ4HsJVO46k7Yp2hsDhouFkqfeBM6oMMBt2NHFcIszsZTU1kzFQ&loadFrom=DocumentDeeplink&ts=3006.04)):

Yes. And I will say this, I'll zoom back really quickly, within the first two months of me being at Gersh, I auditioned for this role, didn't understand it at all, for American Gods, the lead. And I ended up going through the rounds, and they called me up, we were going into the Christmas break and they said, "Oh my God, Toby is amazing. You're testing for American Gods." And I was like, "Ah, yeah. Yeah." "That's amazing. Great." And I hung up the phone, and I said to my friend, I was like, "What's a test?"

Toby Sandeman ([50:42](https://www.rev.com/transcript-editor/Edit?token=MJa9jHgjw23glTyfICNmsh8GxXApFVUTm4k8BZe5Brq7U5dayPMAGkb7VRVf88P8tB_1KU49SLsm-5g2NXCW0D4P8zg&loadFrom=DocumentDeeplink&ts=3042.44)):

I didn't even know what a test was, but I say all that to say this, thank God I didn't get that role, because it would have been too much at that time. For me-

Charlie Sandlan ([50:55](https://www.rev.com/transcript-editor/Edit?token=gjw4tgsb6FOuxA-0e836us598rb0Ikbn86CLF2Z5hs39p9Z4f1qrUrdYb7024vx9todMloWI8gd0ik3HmQ4D3wHePAo&loadFrom=DocumentDeeplink&ts=3055.33)):

Too much

Toby Sandeman ([50:55](https://www.rev.com/transcript-editor/Edit?token=06_NYaeoOMGVp0s4aIHqHLZNZWo6W2B8wBKq4RyVsxmxOcsaeJ1GrUpHtf7lM64lz3Qoo_LS3USVhffc92sMsrIGAzI&loadFrom=DocumentDeeplink&ts=3055.73)):

... personally. Yes. Having never stepped on a set to be in the lead and what that entails, and like you just said, consistency. Yes, you might be able to do it for this take. Yes, you might be able to do it for this test, but can you do it day in, day out when you have the flu, when you've got stomach ache, when it's a happy scene and something's happened to your family. Can you use it? Can you get up and... It really requires a lot. I'm glad that I found out, through experience and through time and over time, you can have a good thing too soon. You can-

Charlie Sandlan ([51:36](https://www.rev.com/transcript-editor/Edit?token=wmzpzFIE_8CxsIvuaTkGWHHopdnj76acSKpyFFSS5kmfQ4P-9RYrVbZbMMqDfNq7IHHsWwp7XoHUjneVMH9tZF6LOWk&loadFrom=DocumentDeeplink&ts=3096.87)):

Absolutely. Especially if you're just maybe not mature enough to handle it, or don't have a skillset-

Toby Sandeman ([51:42](https://www.rev.com/transcript-editor/Edit?token=CZyTbTTXlleOZUe8tFjFOp2uaTQDhlCNb6jKMgYP0wjG06Uk5jw17VpDTPhKiGg25Nftf7d6TkoaIqoeGenZ-nWgizo&loadFrom=DocumentDeeplink&ts=3102.05)):

Absolutely.

Charlie Sandlan ([51:42](https://www.rev.com/transcript-editor/Edit?token=M7drdVVMfKXqTgMw6y-QPrDNez7kXaRs-VRD7oMz8ygn8lwh7Q47uFGaRX_LhQkm2P56_8_cLRX_ePU6aRHj6p8YsvY&loadFrom=DocumentDeeplink&ts=3102.18)):

... outside of just acting to be able to handle it. You know what I find interesting is that, people might stumble upon this show, Power, and they'll see you and they'll go, "Oh, who's this guy. Oh, he was in The Royals and he's kind of coming out of nowhere." And they have no fucking idea what you have put into this career and this art form for the last decade. The amount of wonderful things, the amount of heartbreak, the body blows that you've had to absorb. And I think that's what people don't understand about this life. How much hard work and how much grit and dedication and I don't want to keep you too much longer, so I want to ask you this. What advice would you want to give to someone that's maybe coming out of our program? Someone that wants to be an actor, that thinks maybe they have something, what would you want to pass on, given everything that you've learned?

Toby Sandeman ([52:43](https://www.rev.com/transcript-editor/Edit?token=N9QLH9hjnLMbiYaNTmrg8V3A4hiZ4ZZOmvykF1OC_cnVJAiqYcVTfK_uOfX295T2wgK_xnvbdjorU0dFLJrQtzNP7lU&loadFrom=DocumentDeeplink&ts=3163.4)):

I would say, in this, perspective is everything. You have a choice when you come into this industry, After all the things that I've just spoken about with you today, I could take that easily, and be rightfully hurt and angry and upset and have resentment. Or I could equally, and this is what I choose to personally do, say, "Man, this thing we do is magical. And on any given day, my whole life can change, if I just keep working at it."

Toby Sandeman ([53:22](https://www.rev.com/transcript-editor/Edit?token=lPs_E_vfeDbGkIABOnedMKGMICmH1I4ODtsH5CHUAlryYaPpIzUTCcKGv0DO_Bs5tx4GUc9A3oAVWlrSQVQvPIAtFI8&loadFrom=DocumentDeeplink&ts=3202.96)):

A very close friend of mine, she wouldn't mind me saying this, she worked 10 years, Charlie, doing odd jobs, doing all the crazy stuff, living in a box, nothing was coming through. I mean, nothing, maybe a guest star and a recurring in the entire 10 years. But she worked at it, worked at it, did tapes with me nonstop, looked at it, analyzed, just kept busting, kept going to classes. Just kept 10 years, got a lead of a show, it'll bring tears to eyes, that this... It really is a magical place, if you choose to see it that way, but it will take an immense amount of determination and dedication.

Charlie Sandlan ([54:13](https://www.rev.com/transcript-editor/Edit?token=T5X74U8jXH8TbGWsC-nc9msGBgXt4qrM8gAu3iCQhH7kA88ZcrQBfGREo-FwqCuLmzVI1JUG5HOdVCRCTyMxzDxo984&loadFrom=DocumentDeeplink&ts=3253.22)):

(singing).

Charlie Sandlan ([54:13](https://www.rev.com/transcript-editor/Edit?token=fvTB85UyFaaxKV27qVPh0GPxnvrbvJdOtREr3K-OqwAf8GoJnntHKDCrS_iu6OAxWQjuj2Jmz79avYzYAEoMKp3yGVs&loadFrom=DocumentDeeplink&ts=3253.87)):

Well, my fellow daydreamers, thank you for sticking around and keeping that phone in your pocket. Please subscribe and follow the show, wherever you get your podcasts. If you have a few seconds and you can leave a review on iTunes, that would be fantastic. You can go to my website, creatingbehaviorpodcast.com for the links and content to every episode. You can book me for private coaching, reading my blogs. You can leave me a message on SpeakPipe you guys. You can go to maggieflanaginstudio.com, if you are interested in getting into my classroom, either in New York City or online. You can follow me on Instagram @creatingbehavior, @maggieflaniganstudio.

Charlie Sandlan ([54:50](https://www.rev.com/transcript-editor/Edit?token=c-JY638o9wPwNwZELHjLdj2FaNjwn_Uf2yAZm1ThkEs2fD91RgQwaUellxrvwJ1oPQ-N0uVWMWSaBn68fpg4aLVewHw&loadFrom=DocumentDeeplink&ts=3290.47)):

Lawrence Trailer, thank you for the music, my man. Toby had it, right, it is a magical world, but it takes dedication and determination. And also, you got to play full out with yourself and don't ever settle for your second best. My name is Charlie Sandlan. Peace.