**Episode #048 Approaching Acting Like an Athlete**

**Toby Sandeman was one of the best sprinters in England.  He was a two-time gold medal winner at the 2009 European Athletics U23 Championships. After a successful modeling career, when Toby decided to dedicate himself to the craft of acting, he brought with him his athletic work-ethic. He has been grinding out a professional acting career for the last ten years. Now he plays series regular Symphony Bosket on the new STARZ Power prequel Raising Kanan. Charlie and Toby talk about his new show, his first on-set experience playing Prince Sebastian on The Royals, and the many triumphs and heartbreaks of living a committed life. You can follow CBP on Instagram @creatingbehavior, and Charlie's NYC acting conservatory, the Maggie Flanigan Studio @maggieflaniganstudio. For written transcripts, Charlie's blog, or to contact him for private coaching, check out** [**https://www.creatingbehaviorpodcast.com**](https://www.creatingbehaviorpodcast.com/)

**Toby Sandeman**

<https://www.imdb.com/name/nm8450713/>

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