**Episode #051 Being Nice, Prepared, and On Time**

**Dierdre Friel is having quite a run lately; 19 episodes as the barista Ella on the hit show New Amsterdam, and currently her series regular role as Greta on the new Apple + show Physical staring Rose Byrne. Dierdre and Charlie talk about the big decisions she's made over her twenty year career, and how they led her to consistently working at the top of the profession. Dierdre shares how she cares for herself after shooting deeply emotional and traumatic scenes, how to act a song, and why being nice, being on time, and being prepared can get you your next job. 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/)

**Dierdre Friel**

<https://www.vulture.com/article/dierdre-friel-physical-greta-interview.html>

<https://www.refinery29.com/en-us/2021/06/10538607/apple-tv-physical-greta-actress-interview>

<https://decider.com/2021/06/16/woman-crush-wednesday-dierdre-friel/>

**Physical**

<https://www.nytimes.com/2021/06/17/arts/television/physical-review.html>