



# Elise Arsenault

## Performance Coach

---

### Elise's Top 25 Resources for Actors & Singers

Dive in...

These are my favorite resources that have helped me soar in my career, and to be honest, I've included a few of my personal faves that have nothing to do with the industry... but that I thought you might enjoy!

#### Acting

**Actors Equity** [actorsequity.org](http://actorsequity.org)

The union of professional stage actors in the US - whether you are a member of Equity or not—you will find a ton of great info regarding upcoming auditions, find shows seeking actors submissions, learn how to join the union and research profiles on featured actors

**SAG-AFTRA** [sagaftra.org](http://sagaftra.org)

The union of professional actors of film, television, voiceover and new media. Again, whether a member or not, if you are looking to work and make a career on-camera, this are a tremendous

resource. Free classes are open to members through the [SAG-AFTRA Foundation](#)

**American Theatre Magazine/ Theatre Communications Group**  
[americantheatre.org](#)

This is THE resource for what is happening in the American regional theatre scene today. A subscription includes membership to the Theatre Communications Group, which comes with its own list of benefits- an annual conference where you can network with theatrical leaders across the country, discounts to theatrical performance nationwide, and more. I enjoy seeing what's happening in communities I've performed in across the nation and reading the *free new play* that is included in each issue.

**Playbill** [playbill.com](#)

If you've been to see a play or musical on Broadway, you received a copy of Playbill. Their website is a great place to stay up-to-date with what is happening on Broadway, and upcoming projects. It's also a great resource for *Casting Calls* and other *Job Opportunities*.

**Broadway World** [broadwayworld.com](#)

Another great trade publication. Highlights include the *#sip* (Saturday Intermission Pic) and the regional *Broadway World Awards* (you can nominate and be nominated for these—categories range from community theatre to collegiate theatre to professional).

**Backstage** [backstage.com](#)

Another great trade publication. A paid subscription is available, but I do not find it necessary. I love the brief videos sent on a weekly basis from various casting directors, agents and other industry experts.

**Your local library**

The original *free resource*--- my local library remains my go-to when I am looking to research a play or find a new monologue. If they don't have the book or play you need they may be willing to order for you or borrow from another library. Most libraries will now let you borrow e-books through Kindle as well!

**Singing**

**Contemporary Musical Theatre** [contemporarymusicaltheatre.com](http://contemporarymusicaltheatre.com)

Find new music from today's hottest musical theater writers. You can purchase sheet music directly from the site!

**Music Notes** [musicnotes.com](http://musicnotes.com)

When I need sheet music this is always my first stop.

**Rock the Audition** [rock-the-audition.com](http://rock-the-audition.com)

**Rock the Performance** [rocktheperformance.com](http://rocktheperformance.com)

Sheri Sanders is the leading expert in singing pop/rock for musical theater. She also has a book by the same title. Check her out!

**Business of Acting**

**IMDb-pro** [imdb.com](http://imdb.com)

Internet Movie Database. If film and TV is where you want to be, you will definitely want to subscribe to the Pro version. Subscription includes direct contact info for many industry professionals- including producers, writers, and directors. Keep your profile updated and watch your Star-Meter ranking move as you book more on-camera work and strengthen your reputation!

**Casting About** [castingabout.com](http://castingabout.com)

Who's casting that? Who's casting my favorite TV show's current season, and are they currently casting or on hiatus? Where do I send my materials? You'll find answers to these and more!

**Actors Access/Showfax** [actorsaccess.com](http://actorsaccess.com)

So if you are currently unrepresented, *Actors Access* is where you will want to search and submit for hundreds of jobs. You can attach various headshots, demos and leave a personal note for casting in your submissions. *Showfax* is its sister company, and there you will have access to sides for many projects, even for those not listed on *Actors Access*. Find sides to your favorite TV show's upcoming episode and self-submit an audition tape- via their contact info which you've already found at *Casting About*! Endless opportunities await.

**Networking**

**Workshop Guru** [workshopguru.com](http://workshopguru.com)

Let's face it, casting director workshops are the best way to begin

relationships with CDs you do not already know. This site gives you the low-down of each workshop location from LA to NYC. Let this be home base when you are looking to meet those casting directors, agents and managers on your Target List. I also get so much out of Ajaræ's weekly videos, free to your inbox if you sign up for the list.

**One on One NYC** [oneononenyc.com](http://oneononenyc.com)

One of my favorite workshop sites in the city. I especially love their comfortable waiting area, mirrored hallway to prep hair/makeup pre-class and the actual one-on-one nature of their private sessions. I have begun several relationships with agents and casting directors here.

**Actors Green Room** [theactorsgreenroom.com](http://theactorsgreenroom.com)

Another great workshop site in the city! Not only have I enjoyed their classes, but find AGR's free webinars amazing resources. I've heard good things about their C.R.E.A.T.E program as well!

**NYC Actor Pit Stops**

**Ripley-Grier Studios** [ripleygrier.com](http://ripleygrier.com)

Need to warm-up for your audition? I love the ease in renting a studio here-- For as brief a time as 15 minutes. They even have a punch card so if you are a frequent renter you can eventually earn free studio time!

**The Drama Book Shop, Inc.** [dramabookshop.com](http://dramabookshop.com)

This brick & mortar has almost every play you are looking for. I love their bargain bin! You can find musical theater sheet music and more. If you are a member of TCG, show your membership card for a discount!

**Lincoln Center Library** [nypl.org](http://nypl.org)

This incredible library houses not only plays and sheet music, but exhibitions, a café, an auditorium and archived recordings of almost every production ever performed on Broadway. Begin your research here and be inspired walking by the MET, Julliard & Lincoln Center on your way in!

**Schmackary's** [schmackarys.com](http://schmackarys.com)

Okay, you've been pounding the pavement running from audition to appointment, subway to show. Give yourself a break and stop in for a salted chocolate chip cookie, or one with bacon, or whatever specialty they are baking today. And you

know what they say, “If you give a mouse a cookie, he’ll ask you for...” 😊

**Yum Yum Too** [yumyumtoo.com](http://yumyumtoo.com)

Meet a friend for a lunch date and savor the most affordable, delicious meal I have yet to find in mid-town!

## **Mental Wellness**

**Wendy Braun's Actor Inspiration** [actorinspiration.com](http://actorinspiration.com)

A working actor herself, Wendy has amazing meditations available for any occasion (pre-audition, daily affirmations, and more).

## **Marketing**

**Dallas Travers** [dallastravers.com](http://dallastravers.com)

Okay, Dallas is my business of acting guru! If nothing else, sign up for her mailing list. I have found a ton of personal success taking her “Actors Business Breakthrough”, “Blueprint” and the “42-Day Book-a-Job Challenge”. Her positivity, practicality and clarity are second to none.

## **Lifestyle**

**Stitch Fix** [stitchfix.com](http://stitchfix.com)

So in an effort to up-level my wardrobe, I splurge on a quarterly fix! I highly recommend my stylist, Tara, who has picked out “boho-professional” pieces I just don’t find on my own. The styling fee of \$20 goes toward any piece you keep. The more specific you are when setting up your profile the more you’ll like the pieces picked out for you. [Try it here!](#)

**Blue Apron** [blueapron.com](http://blueapron.com)

This is another splurge that is SO worth it! It’s been amazing to cook with Justin on a regular basis without having to look up recipes, shop for the ingredients, and watch leftover ingredients go bad in our fridge weeks later. We basically cook our own restaurant meal, for a small percentage of the price. Looking forward to warm, cozy nights in the winter ahead! (They also have a wine service available if you’re into pairing!) [Let me know if you’d like a free trial!](#)

