

A Conversation with Myself

A Conversation with Myself is an immersive and interactive performance experience that invites audiences to step away from the distractions, pressures, and demands of everyday life and reflect on what matters most. Exploring pivotal life events, mental health and wellness journeys, identity, and human connection, the production creates a shared space for reflection, empathy, and discovery. Audiences are encouraged to reconnect with themselves while recognizing the common threads that unite us all.

The experience begins before the performance itself. Audience members are welcomed into the space by Greeters who provide an explanation about the original installation. During this time audience members see examples of the interactive art space that inspired all of the shared comments and writings and fueled the creation of the work. Through these images and words, the audience gets a deeper understanding before taking their seats.

Once seated, everyone is invited to reflect, inspired by the images, the space and a series of thought- inspiring prompts. Participants are given the opportunity and may choose to share thoughts, memories or personal insights in writing. These voluntary, anonymous audience contributions become woven into the fabric of each performance, ensuring that every presentation is unique and shaped by the people in the room.

Performed by four actors, portraying 98 distinct characters, the performance unfolds through a series of interconnected vignettes that explore the complexity of human experience. Themes of identity, belonging, grief, joy, resilience, mental health, wellness, relationships, and personal transformation emerge through authentic voices and deeply relatable stories.

The actors move fluidly between humour and vulnerability, creating moments of recognition that encourage each audience to see themselves in the experiences of others. They are encouraged to reconnect with themselves and to feel the common threads that unite us all.

The work is inspired by more than 800 verbatim writings and conversations collected through an interactive art installation that appeared in diverse locations throughout Toronto. Drawing directly from these authentic voices and experiences, *A Conversation With Myself* offers a moving and deeply human exploration of the stories we tell ourselves—and the conversations we rarely have aloud.