

FOR IMMEDIATE RELEASE

A Conversation With Myself, an Interactive Theatre Experience, Makes its Toronto Fringe Debut.

Theatregoers are invited to pause, reflect, and reconnect with what matters most to them based on 800 verbatim reflections from an art installation where four actors embody 98 characters to explore positive and challenging thoughts, life events, mental health and wellness.

TORONTO, ON — *A Conversation With Myself*, is a new interactive theatre experience premiering at the *Toronto Fringe Festival* that invites audiences to step away from their busy, distracted, stress-filled lives and consider what matters most. Blending performance with voluntary, anonymous audience participation, the production makes space for reflection, connection, and shared humanity.

Created and produced by Michael Sachter, dramaturgy from Kaitlan Blanchard and directed by Damon Bradley Jang, *A Conversation with Myself* is performed by four remarkable actors, Irena Huljack, Jajube Mandiela, Kaitlin Condie, and N.L. Lee. They portray 98 characters, in multiple vignettes, drawing on 800 verbatim writings and conversations.

The original interactions were shared at an interactive art installation that started at Scotiabank CONTACT Photography Festival and finished at Toronto City Hall Rotunda for nine days in collaboration with Hats On For Awareness. Those private thoughts people offered, shape this performance art experience touching on pivotal life moments, mental health, and wellness along with audience reflections that are shared during each performance; a collective testimony to the enduring power of confessional art.

By weaving together personal stories, humour, vulnerability, and participation, *A Conversation With Myself* opens meaningful reflections on wishes, wants, regrets, and goals. It makes space for dialogue about self-awareness, resilience, and a deeper connection with ourselves and one another as audiences witness the words of others and see many of their own thoughts and experiences given a voice.

Performance Details:

A Conversation With Myself plays at the 2026 Toronto Fringe Festival, from June 30 to July 12, 2026.

The June 30th, July 2nd -3rd, July 7th -10th performances are at 6:30, July 4th and 11th are at 4:00 and 6:00, July 5th and 12th are at 2:00 and 4:00.

The performance runs 60 minutes and will be presented at B Street Arts Hub, 1100 Bathurst Street, Toronto.

Parts of this performance touch on suicidality, chronic illness, death, and sexual assault that may bring emotions to the surface. Attendees are encouraged to prioritize their well-being throughout the show. A reflection space will be available throughout the show for those wishing to step out.

More info here:

<https://FringeToronto.com/fringe/show/conversation-myself>

<https://www.michaelsachterprojects.com/a-conversation-with-myself-1>

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