

The vision of the installation / show:

To create a kit that supports performances by students on college campuses and in high schools each year across North America.

The experience would be integrated with student wellness services...inspiring more conversations and connection and reducing the sense of isolation that so many students are feeling today.



Stay in touch and follow *A Conversation With Myself*

INSTAGRAM: @A_Convo_With_Myself

FACEBOOK: facebook.com/aconvowithmyself

Loved the show? Have feedback?

Tag us or submit a review!

Thank you to our Sponsors and Patrons for their generous support of this production.

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For More Tickets:

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

(see QR code on front)

Contact Michael: ms@strategicmentors.com

We also encourage support for some remarkable causes working towards better mental health and wellness including:

- **Canadian Mental Health Assn. (CMHA)**

National or any affiliate:

<https://cmha.ca>

- **JED Foundation:**

<https://jedfoundation.org>

- **Kids Help Phone:**

<https://kidshelpline.ca>

- **Jack.org**

www.Jack.org



A Conversation With Myself, is a new interactive theatre experience premiering at the Toronto Fringe Festival that blends performance with voluntary, anonymous audience participation. The production makes space for reflection, connection, and shared humanity through the voices and thoughts of 99 characters, in multiple vignettes, drawing on 800 verbatim writings and conversations. The original insights were shared at an interactive art installation at Scotiabank CONTACT Photography Festival, Riverdale Artwalk, Artwalk in the Square, Cdn. Mental Health Assn. (CMHA) events, Tiff Lightbox and The Wintergarden for corporate events and Toronto City Hall Rotunda for nine days. The private thoughts people offered, shaped this performance art experience. It's a collective testimony to the enduring power of confessional art, weaving together personal stories, humour, vulnerability, and participation, to make space for deeper connection with ourselves and one another.



MICHAEL SACHTER- Ceator/Playwright

Michael is a first-time playwright, social impact artist, and fine art photographer whose work invites reflection, conversation, and connection. A self-taught artist, his practice spans limited-edition photography, mixed media, and experiential installations. His photography has been exhibited in Toronto, New York, and beyond, and is held in private and corporate collections. Michael's social impact projects—including *A Conversation With Myself*, *City Shelter Project*, and *The Canadian Gratitude Flag*—explore mental health, community, resilience, and the power of shared human experience. His debut play was developed from years of interacting with people at his art experiences, leading to a work that is compelling and capable of opening hearts, minds, and conversations. www.MichaelSachterProjects.com



DAMON BRADLEY JANG *- Director/ Marketing

Damon has worked from coast to coast on Canada from Victoria to Newfoundland. He is originally from Vancouver but moved to Ontario to attend the Birmingham Conservatory at the Stratford Festival. Damon is a multi faceted performing arts practitioner having held almost every role in theatre. Highlighted work of Directing includes: a 2 year award winning National Fringe tour of *Who Drinks Mocktails On The Beach* (Painted Fern Productions, The \$#!T (Orlando/ Calgary Fringe), *Dim Sum Diaries: 2nd Helping*. *Once On This Island* Vancouver premiere, (BWW Vancouver Award Winner, Fabulist Theatre). And the following projects: *Casey And Diana, All's Well That Ends Well* (Stratford, Assistant Directing), *Beneath Springhill* (assistant director, Arts Club Theatre Company) *Cockroach* (associate director, Tarragon), *Into The Woods* (BWW Vancouver Award Winner, associate director/choreographer, NSLOS) *Little Shop Of Horrors* (associate director/ choreographer). Other highlights include assisting on the Pre- Broadway workshop of *Beaches the Musical* with Lonny Prince and Christopher Gatelli during season one of *Shmigadoon!* For Apple TV. He currently lives in Toronto, a proud member of CAEA/ ACTRA and and holds a bachelor's degree in performing arts and musical theatre diploma from Capilano University in BC.



KAITLIN BLANCHARD (she/they)- Dramaturg

Kaitlin is a dramaturge, playwright, actor, and artsworker. As a recovering academic returning to her theatrical roots, she creates and produces in order to unravel the coloniality of theatrical form. Her creative work braids tradition and its outsiders, ironizing and unsettling the histories and traditions that enliven whiteness. She creates and produces under the Broken Arch banner. When she is not tarrying with her PhD dissertation, administrating, writing, or playing in the studio, you can find her in Tkaronto's dog parks with her more-than-human-kin, Quinn.



LISA SCIANNELLA- Stage Manager

Lisa is a graduate of Humbe Theatre School. She loves making daring theatre with equally daring creatives. She enjoys stage managing projects like *Women at Plays 8, Cossi Fan Tutte* (Opera York), *Why the Caged Bird Sings* (Modern Times Stage Company) and *Camp* (Branch Out Theatre). She loves working on new projects like *Hallmark(ish) Musical* and *ANIVIA* and of course *A Conversation With Myself*.



ROBERT STEFANIUK – Lighting / Technical Advisor

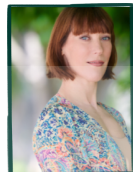
Rob's theatre origin story began with an innocuous stay-at-home dad joining the world-famous Loose Moose Theatre Company. Twenty years later Rob has been everything from technical director to Sherlock Holmes, sound/lighting designer and operator to puppeteer, troll bridge architect to writer/director. Rob once taught a 10-week improv class to 20 Latino seniors. ¡Todos se divirtieron muchísimo!

This is a Canadian Actors Equity Association Production under the Festival Policy
*** indicates an artist who is a member of Canadian Actors Equity Association**



SHAWNNA BROWN– Producer / Company Manager

Shawwna is an Honours Graduate of Communications and Sociology, York University and a certified ESL teacher and founder of **The Wine & Travel Company**, an events and leisure company. She is also the creator of Sips & Savours Newsletter where readers discover new foods, recipes, unique wines to buy on consignment and humorous articles www.thewineandtravelco.com



IRENA HULIJAK- Actor

Irena is an award-winning actor and playwright whose work has taken her to stages and screens across Canada, the United States, and the United Kingdom. She received the Best Actress Award at the Great Canadian Comedy Film Festival and has performed in London, New York, Vancouver, Toronto, and at the Edinburgh Fringe Festival. Her screen credits include *American Gods*, *Brother* (directed by Clement Virgo), *Mayday*, *DOC*, and *The Testaments*. Stage credits include the Off-Broadway production *Shakespeare in Space* (Mint Theatre Company), *Mercutio in Romeo and Juliet* (Classical Theatre Brooklyn), and *Beatrice in The Changeling* (Annex Theatre). As a creator, she produced the web series *Open*. She has also developed *Fallen*, a contemporary adaptation of *The Trojan Women*. Her work has earned recognition in both acting and playwrighting, including a placement in Pat the Dog Theatre Creation's Women in the Room Playwriting Unit. She is delighted to be part of *A Conversation with Myself*.



JAJUBE MANDIELA*- Actor

Jajube has trained extensively in theatre and on screen, including b current's rAiz'n the Sun Ensemble. Acting highlights include *Blue Planet* and *El Numero Uno* (Young People's Theatre), originating the lead role in Dora Award nominated *Binti's Journey* (Theatre Direct), award winning Summerworks production of *Greenland* (written by Governor General's Award winning playwright Nicolas Billon), and two summers performing *A Midsummer Night's Dream* (Canadian Stage's Dream in High Park). Jajube also directs for stage and screen, and was the Artistic Director (2013-2017) of b current Performing Arts. Best known for 8 seasons as Chantay on *Degrassi*, connect on instagram @jajubem



KAITLIN CONDIE*- Actor

Kaitlin is thrilled to be in front of an audience in "A Conversation With Myself". She is a graduate of the performing arts program at George Brown College where she had the opportunity to learn from and work with many diverse and talented artists. Favorite roles include: Willa in *Souffle* (TEPF Productions), Detective Sarah in *John School* (dir. Stephanie Jones), and Rhania in *Sister Warriors* (dir. Roselyn Kelanda-Sedra). Kaitlin would like to thank her friends and family for their belief in her and their unwavering support. For fans of improv, you can catch her troupe Pure Chaos @purechaosensemble monthly at Comedy Bar in "The Perfect Scene".



N.L. LEE- Actor

Lee is a Chinese-Canadian multidisciplinary artist based in Toronto. With a specialisation in New Play Development and experimental theatre and they have been fascinating to help bring this project to life. They are a graduate from the acting program at the University of Ottawa.

Additional Team Members

ASHLEY NAOMI SKI- Sound Consultant
 HENRY HAMILTON- Producing associate

Content Warning

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. If you feel the need to leave the theatre to catch your breath and reset, please feel free to step out. If you're having suicidal thoughts or need care now, call 988 or go directly to the nearest hospital.