

How to Get Your Foot in the Door:

TV Hosting & Presenting

Audio Book Resources

Barbara Barna Abel | [Abel Intermedia](#)

This book is intended as a reference volume only.

The information given here is designed to help you make informed decisions about your career.

It is not intended as a substitute for any advice that may have been given by your career coaches or legal advisors.

If you suspect that you have a legal problem, we urge you to seek competent legal help. Internet addresses given in this book were accurate at the time it went to press.

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Getting Started: Your Action Plan

Sample Action Plan: Tall (within the next three months.)

What: Get [gb]Headshots[ge]	Who/Where/When	Progress
Research headshots	<p>Google headshots that get people hired.</p> <p>Study headshots of successful hosts/personalities.</p> <p>Check out headshots on [gb]actors access[ge]. (See [gb]Glossary[ge].)</p> <p>Check out headshots on Pinterest. Create board.</p>	
Research headshot photographers <ul style="list-style-type: none"> • Figure out if you want to shoot in a studio or outside – or a combination. • Check the photographers’ websites. See whose style (and price) works best for you. 	<p>Google headshot photographers in my area.</p> <p>Call acting schools/performing groups in my area and ask for recommendations.</p> <p>Ask friends / post on Facebook asking for suggestions.</p>	
Choose headshot wardrobe	<p>Make sure clothes fit. Make sure clothes are clean. Make sure clothes are flattering and not distracting.</p>	
Practice facial expressions	<p>Google how to take a great headshot.</p> <p>Study your face and your facial expressions in the mirror.</p>	
Book makeup lesson/buy makeup <p>*This goes for men too. Bronzer, powder, and moisturizer should be in your tool kit</p>	<p>Study makeup tutorials online for on-camera.</p> <p>Book makeup lesson with a professional – if possible one with television experience.</p> <p>Buy HD (high definition) products – smart to invest now. You’ll need it.</p>	
Do test shots	<p>Using any camera you have, take practice shots at home. Take a bunch with different facial expressions. Take full body shots with your wardrobe choices.</p>	
Book photo shoot	<p>Ask the photographer how many looks you get for the price. Plan accordingly.</p>	
Book hair appointment	<p>If you can afford/need it.</p>	
Book makeup appointment	<p>If you can afford/need it.</p>	

Sample Action Plan: Grande (18 to 36 months.)

What: Get Started in TV Hosting	Who/Where	When	Progress
Finish reading this book			
Write goal statement			
Create vision board			
Create action plan			
Do self audit How's my brand? Am I in on-camera shape? Should I invest in a camera?			
Research classes in my area: TV Hosting TV Production Comedy [gb]Improv[ge] Storytelling			
Sign up for classes in my area or online: TV Hosting TV Production Comedy Improv Storytelling Commercial Acting			
Practice recording myself Daily/Weekly Host Reads to Camera Vlog style Man-on-the-street interviews			
Create/update my materials: Headshot Resume Bio Reel Social Media			
Research castings			
Set Google Alerts for castings			
Join [gb]Actors Access[ge] + [gb]Casting Networks[ge]			
Research the industry			
Research and attend industry meet and greets			
Spend one hour + per week networking			
Spend one hour + per week watching TV/YouTube			
Spend one hour + per week reading the trades + blogs			
Spend one hour + per week on social media			

Sample Action Plan: Venti (Big Picture: 5 to 10 years.)

What's THE BIG PICTURE	How	Who/Where	When	Progress
Host my own TV show – and get paid!				
Create sustainable brand as a media personality				
Create my own production company				
Write and publish book				
Become paid public speaker				
Sell my own line of products on QVC				
Guest on Jimmy Fallon/Late Night				
Get a 25 Things You Don't Know About Me Feature in US Magazine				
Launch my own foundation				
Get invited to the White House				

Marketing

Are You...			
funny	judgmental	intelligent	macho
smart	an authority	trendy	artistic
adventurous	credible	traditional	optimistic
sexy	big	modern	pessimistic
inclusive	dependable	athletic	extrovert
exclusive	luxury	brave	introvert
highbrow	great value	fit/in shape	competent
lowbrow	affordable	dynamic	present
middlebrow	green	spiritual	hustler
clever	Intense	charismatic	networker
faith-based	quiet	easy	accepting
liberal	calm	diva	brash
conservative	healthy	organized	bright
moderate	fearless	sparkling	dapper
charming	bossy	beautiful	eager
witty	playful	elegant	fluid
stylish	childlike	fancy	enthusiastic
avant-garde	childish	casual	adorable
cutting-edge	immature	jolly	masculine
elite	fabulous	quick on feet	feminine
relevant	curious	zealous	fierce
accessible	exotic	deep	groovy
relatable	strong	light	swagger
leader	edgy	warm	sacred
humane	no BS	hot	honor
activist	gentle	cuddly	historical
quality	glamorous	yummy	polite
relaxed	redneck	sweet	jazzy
aspirational	warrior	naïve	adult
joyful	hipster	urban	swanky
mature	ironic	country	youthful
insightful	kind	cynical	well-made
zesty	glib	straight	unique
proper	rebel	gay/LGBTQ	all-American
serious	friendly	cheerful	original
sincere	approachable	confident	up beat
successful	creative	colorful	at ease

Example: Traditional Acting Resume

Thumbnail Photo (optional)

IDRIS AKUNA ELBA
 SAG * AFRTA * AEA
 Cell Phone: Email:
 Website

FILM

Name of Production	Character	Director/Studio or Prod Co or Network
Star Trek Beyond	Krall	Justin Lin/Paramount
Finding Dory	Fluke (voice)	Andrew Stanton/Walt Disney
Bastille Day	Sean Briar	James Watkins/Studio Canal
The Jungle Book	Shere Khan (voice)	Jon Favreau/Walt Disney
Zootopia	Chief Bogo (voice)	Brian Howard/Walt Disney
Beasts of No Nation	Commandant	Cary Fukunaga/Bleeker Street
Avengers: Age of Ultron	Heimdall	Joss Whedon/Walt Disney
Second Coming	Mark	Debbie Tucker Green
The Gunman	DuPont	Pierre Morel/Open Road
Mandela: Long Walk to Freedom	Nelson Mandela	Justin Chadwick/20 th Century

TELEVISION

No Limits	Host	Shine/Discovery
Journey Dot Africa	Host	BBC 2
Luther	DCI John Luther	BBC
How Clubbing Changed The World	Host	Channel 4
The Big C	Lenny	Perkins Ent/Showtime
The Office	Charles Miner	Reveille/NBC Universal
The Wire	Russell Bell	HBO

COMMERCIALS & VOICEOVERS

List available upon request

TRAINING

National Youth Music Theatre
 TV Hosting with Barbara Barna Abel (a girl can wish)

SPECIAL SKILLS

Model, DJ, rapper, recording artist, producer, poet, improvisation, comic timing, strong athletic ability, character voices, choreography/dance, stage combat, accents (African, British, West Indian, East Indian, American), driver's license, valid passport

Example: Host Resume: Beginner
(optional)

Thumbnail Photo

DYLAN SMITH

32 Court Street, Brooklyn NY 11201

Cell phone: 917-555-1212 Email: DylanTheHost@dylansmith.com

www.dylansmith.com

@dylansmith

Dylan Smith is a host, blogger, style and pop culture expert. Dylan's blog and YouTube channel, The Real Dylan, have over 100K subscribers combined with 50K followers on Instagram.

PROFESSIONAL EXPERIENCE

THE REAL DYLAN Lifestyle blog and YouTube Channel (2010 – Present)

Write, edit and post daily updates covering street style, global fashion and digital stars along with music, binge-worthy television and film.

RED CARPET HOST (2016)

Red carpet host and backstage interviewer in the Belle Jolie Celebrity Lounge at the MTV Video Music Awards.

Interviewed: Ariana Grande, Drake, Nicki Minaj, Troye Sivan, Nick Jonas, Ansel Elgort, Tove Lo, Rita Ora and Jaden Smith.

STERLING COOPER & PARTNERS (2014 – Present)

Community Marketing & Social Media Manager (Belle Jolie, Menken's, Caldecott Farms, Sugarberry, Topaz Shapewear)

THE SUPER HYPER CAFFEINATED DRINK (2010-2013)

Student Brand Ambassador and Street Team Member.

ZARA (2011-2013)

Sales Associate

TRAINING

TV Hosting with Barbara Barna Abel

UCB Improv (currently studying Level 4 with Amy Poehler)

Storytelling with Adam Wade

SPECIAL SKILLS

Strong written skills and social media presence, video editing, improv, teleprompter, fluent Spanish, conversational French, Ping Pong, karaoke, dodge ball, highly organized, encyclopedic knowledge of Beverly Hills 90201.

SPECIAL INTERESTS

Mentoring and microfinance

EDUCATION

B.A. California University, Los Angeles, CA, 2013

Major in Communications & Marketing

Example: Hybrid Resume/Bio Host/Expert



RONALDO LINARES

WWW.RONALDOLINARES.COM @CHEF_RONALDO

CUBAN-COLOMBIAN-AMERICAN CHEF, RESTAURATEUR, MOTIVATIONAL SPEAKER AND AUTHOR, *SABORES DE CUBA: DIABETES FRIENDLY TRADITIONAL AND NUEVA CUBANO CUISINE*.

MEDIA EXPERIENCE

CHOPPED Contestant	NOTIONAL/FOOD NETWORK
CHEF RACE Contestant	FRESH ONE/BBC AMERICA
FOX NEWS LATINO Guest Expert	FOX NEWS
CT STYLE Guest Expert	WTNH/NEW HAVEN
THE BETTER SHOW Guest Expert	MEREDITH CORP
RONALDO'S COCINA Host	YOUTUBE CHANNEL

Related EXPERIENCE

BRAND PARTNER
KEYNOTE SPEAKER
MOTIVATIONAL SPEAKER
PANELIST/GUEST JUDGE

EDUCATION

Institute for Culinary Education (ICE)
TV Hosting with Barbara Barna Abel
Improv for Experts with Barbara Barna Abel and Jodi Collins

SPECIAL SKILLS

Fully bilingual (English/Spanish), certified CrossFit Trainer (Level 1), MMA, former US Marine, expert salsa dancer, live events, cooking demos. valid driver's license. current passport.

AUDITIONING

SAMPLE CASTING BRIEFS

ACTORS ACCESS BREAKDOWN

VIDEO FASHION NEWS
Internet Project
Non-Union
Rate: \$450/day

CD: Barbara Barna Abel
Auditions: Week of October 12th
Shoots: Daily (M-F 8am - 12pm)
Location: NYC

SUBMIT ELECTRONICALLY

Please submit Actor's Online Demo Clips along with each submission

NOTE: This daily 2-3 minute fashion news show will be reporting on trends, celebrity looks, consumer info etc. and will live on digital sites and be promoted through social media. Must have on-camera hosting experience including in-studio, in the field and interviewing.

[HOST] STYLISH, CREDIBLE, WARM, FUN,
EXPERIENCED HOST
mature, late 20s through 30s, all ethnicities) who can deliver what's on-trend in an accessible yet authoritative way.
PROMPTER EXPERIENCE REQUIRED.

CRAIGSLIST

Seeking EXPERIENCED TV HOST a digital daily news show reporting on trends, celebrity looks, and consumer info.

MUST be stylish, fun, and immensely likeable plus passionate and credible with a strong social media presence.

MUST be available to tape daily in NYC.

Teleprompter skills required.

Please send pictures, resume, reel, website to abelintermedia@gmail.com with "VIDEO FASHION NEWS" in the subject line

NEWSLETTER CASTING BLAST

One of my favorite clients is looking for a Fashion/Style/Celebrity Expert with television hosting experience (teleprompter skills required) for a digital daily news show reporting on trends, celebrity looks, and consumer info. You must be available to work in their NYC studio M-F. Great opportunity!!

Email me with your pictures, resume, reel, website, etc. to abelintermedia@gmail.com.

Please put "VIDEO FASHION NEWS" in the subject line.

SAMPLE HALL OF FAME SUBMISSION

Hands down, the best talent submission letter I have ever received came from Clinton Kelly. The project he submitted for didn't end up moving forward (this happens often for a variety of reasons including budget, competing projects, and change of direction or executive staff at the network) and Clinton promptly forgot about it, I think. But I didn't forget his stand out fun, witty email, So, a year later when I was casting *What Not To Wear*, Clinton was my first call. Last time I checked, Clinton stars on a nationally syndicated television show and has five books in print.

From: Clinton Kelly
To: barbarabarnacast@aol.com
Subj: man of your dreams

Barbara,

I just saw your listing on mediabistro.com and had to write before all the other attention-craving homosexuals barraged you with their "qualifications" and pipe dreams of cable-television stardom.

Here's why you should meet me:

- 1.Cute, gay, out, 33, great name
- 2.Executive editor of a men's fashion magazine. I style photo shoots and layouts all the time
- 3.Regularly provide decorating services to stylish-but-poor friends
- 4.Have lots of TV experience because I was a host on Q2 for two years (It was a younger, hipper version of QVC that ultimately failed because younger, hipper people don't buy abdominizers off of television.)
- 5.Work well with others
- 6.Every guy I date wants to marry me.
- 7.Have a butt you could crack a walnut on, should you be so inclined.

I'm attaching a snapshot. (I haven't had anything professional taken in years.) Not my best picture. I was hungover in Honolulu.

I'm also attaching my resume. It's geared toward editorial work these days.

And, last but not least, these are my numbers:

H:
W:
C:

I look forward to your call. And, Barbara, you really should call.

Best-
Clinton

About the Author

Barbara has been helping people get on television for more than 25 years and has cast over 100 unscripted/alternative projects since launching her own talent development company in 2001.

Barbara started in entertainment as music director of her college radio station (KSPC, Claremont, CA) and making tea for powerhouse '80s musical acts like Culture Club and Human League as the first college intern for Virgin Records UK. After stints in music management, Barbara gained her comedy chops at APA in Los Angeles working the phones for legendary and visionary talent agent Marty Klein before merging her backgrounds in music and talent at VH1 where she ran the Talent Development department in New York for several years.

Barbara has a reputation for recognizing new and emerging talent, discovering or giving early breaks to: Adam Richman, Amy Schumer, Bert Kreischer, Carson Kressley, Chrissy Teigen, Clinton Kelly, Jake Tapper, Jeff Probst, Ted Allen, Thom Felicia, and Wayne Brady.

Whether casting, media training, private coaching, or leading a class, Barbara believes passionately that everyone has a unique story to tell.

Outside of the office, Barbara lives with her husband and two teenage children in Brooklyn, New York. She's a dedicated reader and New York Rangers fan and watches a vast amount of television. She has raised funds to start five banks through [FINCA's](#) Village Banking program and is a New York City High School mentor with iMentor.

For information on classes and workshops please visit www.abelintermedia.com.

To book one-on-one media training, on-camera skills or life/career coaching please email bba@abelintermedia.com or call +1-718-403-0200.