

# Academy News



Angela Fairhurst



Susan Winston

weathered such changes shared their experiences with Television Academy members.

Susan Winston, a veteran producer with credits as recent as this year's *In the House* with Peter Bart and Peter Guber on *Encore*, had an "aha!" moment when a young executive called her an old-timer. Realizing she wouldn't always be able to earn a living in television,

she earned a master's degree in counseling and now runs a private practice along with her TV projects.

Angela Fairhurst had produced hundreds of hours of music-variety programming and awards shows, but when reality TV came along, jobs dried up. She began working on her own inventions, later taking an unpaid marketing position that eventually paid.

When she was laid off, she applied her skills to such freelance jobs as figuring budgets, managing a musician's tour and planning events.

Coping with change means "taking your existing skill set — what am I good at? — and getting ready for the next chapter," Winston said. Revive dormant skills, too. "It's a new game. All the old rules — throw them out. There's a

new you waiting."

She asked attendees to draw a pie chart, diagramming how they spend their days, then turn the page over and diagram how they'd like to spend their days. "The question is, why aren't you doing that? You are stuck, inert. It's paralyzing."

Give yourself a break, Winston advised. Take a day off. Practice mindfulness — "being present, paying active attention to what's going on right now. Too often we're multitasking, distracted. You have the power to control your thoughts and not have your thoughts control you."

Dream differently, Winston added. Maybe your next job won't pay as well, or afford as much status, but it may be more satisfying. And don't be embarrassed to ask for help: "In this business, it's all about connections. Be bold."

More Winston tips:

- Practice deep breathing, which energizes and helps clear



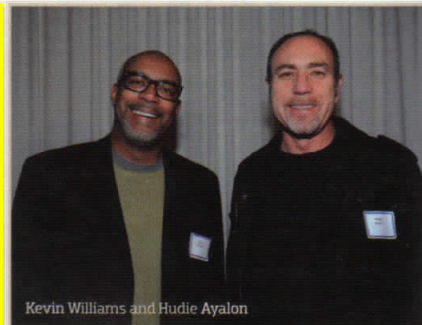
Frank Balkin and Bob Kurtz



Grace Lee and Gladys Holland



Ajay Mehta, Suzette Craft and Leslie Thurston



Kevin Williams and Hudie Ayalon

## Mixing It Up

At the All-Academy Mixer, drinks and hors d'oeuvres came courtesy of the SLS Hotel at Beverly Hills; the networking was provided by TV pros from every peer group. The Academy's member rewards committee planned the November 7 event; Bob Kurtz is chair and committee members are Susan Simons, Frank Balkin and Karen Lee Cohen.