

The Lines In My Head

在我腦海裡的對白

BRING THE MULTI-AWARD-WINNING SHORT FILM INTO YOUR SCHOOL AS PART OF

A ONE-HOUR DRAMA & WELLBEING WORKSHOP FOR HIGH-SCHOOL STUDENTS



SYNOPSIS

The Lines in My Head is a Hong Kong short film exploring the **complex relationship between performing arts and mental health**, revealing how self-doubt can cloud our vision, bringing to life the internal monologue that many of us run through when we put ourselves 'out there'.

It's the filmmakers' wish that this message resonates not only with people in the performing arts, but also with anyone in a situation where they need to push through their comfort zone and be **reminded of what they are capable of**.

STUDENT DISCUSSION THEMES



Performance-Era Context

- Where the expectation to perform is high, everything is and fear of public speaking is prevalent among students.



The Importance of Storytelling

- Giving voice and turning complexity into something others can see, a doorway for empathy to help students & actors feel less alone.



Practical Guidance & Tips

- To help students find calm amongst the pressure of performing, and to perform with confidence.
- Key conversations about developing pre-performance rituals, common fears, and celebrating victories.



Mental Health & Performing Arts

- Community support and resources to help students & actors perform with confidence.
- An Instagram account for the community to share their everyday performance anxiety stories, and ultimately support each other.

[WATCH THE FILM AT THELINESINMYHEAD.COM](http://THELINESINMYHEAD.COM)



WORKSHOP FEEDBACK

Respondents:

- Found the event **inspiring**, with different experiences shared and providing **different perspectives** on mental health.
- **Learned methods** for self-release and positive thinking.
- Found it **eye-opening** for coping with stress in the creative industry.

TAKEAWAYS

- **Self-Acceptance and Imperfection:** The importance of accepting oneself, being perfectly imperfect, and knowing it's okay not to be perfect.
- **Self-Encouragement and Confidence:** Responses highlighted the need to believe in one's abilities, and maintain confidence without self-judgment.
- **Embracing Challenges and Vulnerability:** Many felt encouraged to embrace failure and challenges, be brave and not give up, to be vulnerable and creatively free.
- **Personal Growth and Self-Reflection:** Learning how to face different parts of oneself, and how being good to oneself
- **Mindset and Action:** How to keep a positive mindset, enjoy the process, and not be afraid to try and step out of one's comfort zone.



KATE is an actress, acting coach, and casting expert with 27 years of experience in performing arts and 22 years in education. She has worked alongside actors including Anthony Hopkins and Nicole Kidman. She has taught drama and film acting at prestigious institutions worldwide. She is passionate about mentoring and empowering artists, providing them with the skills, confidence, and industry insight needed to shine.



LINDSAY is the founder of Moonlight Entertainment and has been writing, producing, and directing across Asia for the past 20 years. Her work spans reality TV to feature film, and includes award-winning programmes for Warner Bros. Discovery, BBC Studios, and A+E. Lindsay has been awarded "National Winner - Best Direction - Non-fiction" prize two years running at the Asian Academy Creative Awards. Lindsay's deep understanding of characters, both on and off the screen, empowers her to craft captivating stories that engage and entertain audiences across platforms.

**FOR MORE INFORMATION
ABOUT BRINGING THIS WORKSHOP TO YOUR SCHOOL**

Please contact Kate@katesullivaninternational.com

Reception for The Lines in My Head



Grand Final Winner,
Best Short-form (Scripted)
Asian Academy Creative Awards, 2025

Premiere
public screening
at TEDx Tin Hau Women,
2025



Special screening and
discussion for first-
year acting students at
The Hong Kong Academy of
Performing Arts, in
association with Mind
Hong Kong.

What People Say...

“

Ripa Lim
Founder - Women in Film Asia

It's an incredibly powerful message that has been beautifully made with a new angle on mental health and the self-sabotaging inner critic.

“

Kenneth Bi
Writer/Director

The film thoughtfully examines the codependent relationship between actor and art, where self-worth becomes inextricably tied to performance, ultimately culminating in a meditation on understanding and self as the basis of all—both clever and wise.

“

Yvonne Chapman
Actor

Anyone who's ever tried to pursue something they love, whether it be acting or otherwise, I think, will resonate with this. Absolutely beautifully done.

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