

What Are Friends For

A Podcast Hosted By Gabrielle Ruiz and Pallavi Sastry

Media Kit

Gabrielle Ruiz



CO-HOSTS



Pallavi Sastry



NO REALLY: WHAT ARE FRIENDS FOR?

BFFs, Gabrielle & Pallavi,
dive deep into the joyful, meaningful,
and uncomfortable conversations
about **platonic love** in a socially distanced world;
Whether near, far, or 6-feet apart.

Gabrielle Ruiz

Gabrielle is an American **actress, philanthropist, producer, activist** and **champion for the arts**. She is known for The CW's critically acclaimed comedy, Crazy Ex-Girlfriend, where she received rave reviews as Valencia Perez. You can also catch her on Modern Family, Better Things, Orange Is The New Black, Sesame Street, Law & Order: SVU.

She performed on **Broadway** in If/Then with Idina Menzel, Evita with Ricky Martin, and In The Heights with Lin-Manuel Miranda.

Gabrielle hails from Edinburg, Texas, known locally as the Rio Grande Valley, where she produces many **musical theatre projects and workshops** for the public school educational systems.

Gabrielle has addressed Members of Congress in support of **Arts Education Week**, has been the keynote speaker for the **Human Rights Campaign** San Diego Gala, and has hosted many fundraisers for non-profit organizations, most of which focus on **arts education and dance**. She continues to **mentor** and **choreograph** in New York and Los Angeles in addition to producing two podcasts, **Glendale Post Sermon** and **What Are Friends For**. Gabrielle resides in Los Angeles with her incredibly handsome husband, excellent puppy, and asshole cat.

She's so grateful **Pallavi** moved to LA where they can keep hustling, laughing and thriving together as best friends. She can not wait to tell everyone all about it on **What Are Friends For**.

[www. gabrielleruiz.net](http://www.gabrielleruiz.net)



Pallavi Sastry

Pallavi is an **actor, producer, and activist** most recently seen as a 4 season recurring guest star on CBS' Blue Bloods. Other TV appearances include, Netflix' Master of None, Quantico, The Affair, Nurse Jackie, The Night Of, and Last Week Tonight w/ John Oliver. Pallavi has also appeared in many national commercials.

Previous to her TV/Film career, Pallavi was seen in countless regional, touring, and **off-broadway** productions of **original plays and classic musicals**.

As **CEO of Team Access Productions Inc**, she is currently developing several projects, including lead producing the feature documentary, **Invisible** (post-production), and the podcast, **What Are Friends For**, which she also co-hosts. Pallavi is the co-founder of **Brown Girls Brunch**; which actively builds community amongst South Asian creatives in Hollywood. She is an active crusader for representation who frequently produces PSA's in the non-profit sector and speaks in support of non-profits serving the needs of immigrant communities and people of color.

Outside of work, you might find her doing bad Elmo impersonations for her daughter, sipping an oat milk latte, or curating a Beyonce playlist on her Peloton bike. BFA Musical Theatre performance University of Oklahoma; proud member **SAG-AFTRA, AEA, Women in Film**.

www.pallavisastry.com



Guest Friends

Season 2



Brittany Snow
(Pitch Perfect)



Harvey Guillen
(What We Do In the Shadows)



Carly Hughes
(ABC's American Housewife)



Travis McElroy
(My Brother, My Brother, and Me)



Melissa Barrera
(Vida, In the Heights)

Upcoming Guests



Jaime Camil
(Jane the Virgin)



Amanda LaCount
(Dancer, Activist)



Frankie Grande
(Host, Activist)



Juno
(Musician, Social Worker)



Amanda Kloots
(The Talk)

PRESS

'What Are Friends For' Podcast Co-Host Pallavi Sastry on Nurturing Platonic Relationships



"Know what you're able to give."

This is one of the nuggets of wisdom that Pallavi Sastry, co-host of the podcast, "What Are Friends For" (or WAFF podcast), shared with me over the phone when I connected with her late last month. Pallavi and co-host Gabrielle Ruiz began the second season of the podcast on June 17th, and it is currently on its 19th episode out of 28.



MENU

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REGIONAL NEWS

In the News: Live, Interactive Podcast 'What Are Friends For' to Feature 'Wicked' and 'Crazy Ex-Girlfriend' Reunion

BY ANDREW GANS, DAN MEYER, RYAN MCPHEE
SEP 29, 2020



Co-hosts Gabrielle Ruiz (*Crazy Ex-Girlfriend*) and Pallavi Sastry have launched a live stream podcast to explore themes of friendship in the middle of a pandemic. The monthly show features a chat room audience on Patreon in which Ruiz, Sastry (*Blue Bloods*), guests, and the audience can interact with one another—opening the door to make new connections. The upcoming schedule includes Jackie Burns (*Wicked*) in October, Emmy nominee Janet Varney (*The Legend of Korra*) in November, and a holiday reunion with the cast of *Crazy Ex-Girlfriend*, including Golden Globe and Emmy Winner Rachel Bloom, Donna Lynne Champlin, and Vella Lovell, in December. Previous episodes have welcomed Javier Muñoz (*Hamilton*) and Vasthy Mompont (*The Prom*).

People

EXCLUSIVE



Gabrielle Ruiz Is Pregnant! *Crazy Ex-Girlfriend* Star Expecting Baby 1 Year After Miscarriage

"Since my miscarriage last fall, I had a new perspective on my health as a woman ready to start a family," Gabrielle Ruiz tells PEOPLE

Motherhood is on the horizon for [Gabrielle Ruiz](#).

The *Crazy Ex-Girlfriend* star is expecting her first child with husband [Philip Pisanchyn](#) one year after [suffering a devastating miscarriage](#), she confirms to PEOPLE as she surprises her costar and pal Rachel Bloom with the news live Saturday (Ruiz's 36th birthday!) on the mom-to-be's podcast, [What Are Friends For](#).

Can't get enough

★★★★★

Tue
Tiffmarie86

I'm new to the hole pod casts world and omg am I glad I found what our friends for. Gabrielle and Pallavi is friendship goals . I love the topics and who doesn't love girl talk . I can't wait for more episodes.

An authentic podcast

★★★★★

Sun
Marsupial23

The hosts of this podcast project an authenticity and inclusiveness that captures your attention from the outset. Their ability to harness the audiences attention and discuss issues with knowledge, sensitivity and depth and invite participation is most welcome in these increasingly complicated times when understanding can make all the difference.

REVIEWS

I love being part of the W...

★★★★★

Wed
Carly Mulvenna

Awesome podcast!!! I'm also a subscriber to their Patreon so it's extra fun to see the video version of this already amazing pod. I genuinely feel like I'm part of the group when listening/watching. Funny, light hearted, RELATABLE... the perfect pandemic pick me up. A huge thank you to the creators! 10/10

Smart and funny la...

★★★★★

Dec 9, 2020
rachygr8

Love hearing from these smart, informed, compassionate and hilarious ladies about the ins and outs of our most important relationship- our gal pals! Xoxoxoxo

Love love love

★★★★★

Mon
Skylinegirl

These conversations are so refreshing and honest. Love this podcast!!!

Love it love it!

★★★★★

Sat
DancerTiny36

These ladies are naturals - easy rapport, fun guests, and great conversation. The production quality is amazing, and all the extra touches like the in-between music is cute and fits perfectly with the tone of the show. Excited to see where they go from here!



What Are Friends For
Gabrielle Ruiz & Pallavi Sastry

WAFF Origin Story



On *What Are Friends For*, Gabrielle Ruiz & Pallavi Sastry dive deep and revel in all the facets of platonic love. But their friendship wasn't always secure.

After originally meeting on a summer theatre job in 2007, GxP were mostly colleagues who awkwardly interacted in New York City in audition waiting rooms or once at a street fair in Queens. After genuinely reconnecting over health and wellness in 2012, they learned to get over themselves and carry on vulnerable conversations without the pressure of entertainment industry competition. They knew they wanted to work together again one day; they were simply waiting for the right project. In 2020, as they were making plans to bring Gabrielle onto WAFF Podcast...BOOM...pandemic. And, Black Lives Matter reaches a tipping point. During a time of such global turbulence, they realized it's crucial to have friends to lean on.

The two friends decided that the pandemic was the perfect time to reimagine this podcast and quarantine was an opportunity to reinvent how to nurture our friendships from afar. With the help of their wise guestfriends, GxP have made WAFF a beacon of *platonic love*. Proving that meaningful, and sometimes uncomfortable conversations are necessary for a less polarized and more empathetic society.

They've tackled issues such as working with friends, race and friendship, building community, recovering from trauma, mentoring, friendship breakups, and what is a "best friend?"

Past episode guests have included Javier Muñoz (*Hamilton*), Alysia Reiner (*Orange is the New Black*), Harvey Guillen (*What We Do in the Shadows*), Travis McElroy (*My Brother, My Brother, and Me*), Melissa Barrera (*Vida*), Karen David (*Fear the Walking Dead*), Kelli O'Hara (*The King and I*), Poorna Jagannathan (*Never Have I Ever*), Brittany Snow (*Pitch Perfect*), and more.

WAFF Podcast releases new episodes on Tuesdays on all major podcast platforms. Exclusive podcast episodes and the iconic WAFF Live Shows are available exclusively on Patreon at www.patreon.com/waffpodcast.

Social Media & Contact

Season 3 Double Episode Launch: February 9, 2021



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