

# *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?

Two friends, Gabrielle & Pallavi, invite their dearest and sometimes newest, to discuss what it will take to nurture and grow our relationships in a post-quarantine world; Whether near, far, or 6-feet apart.

**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.

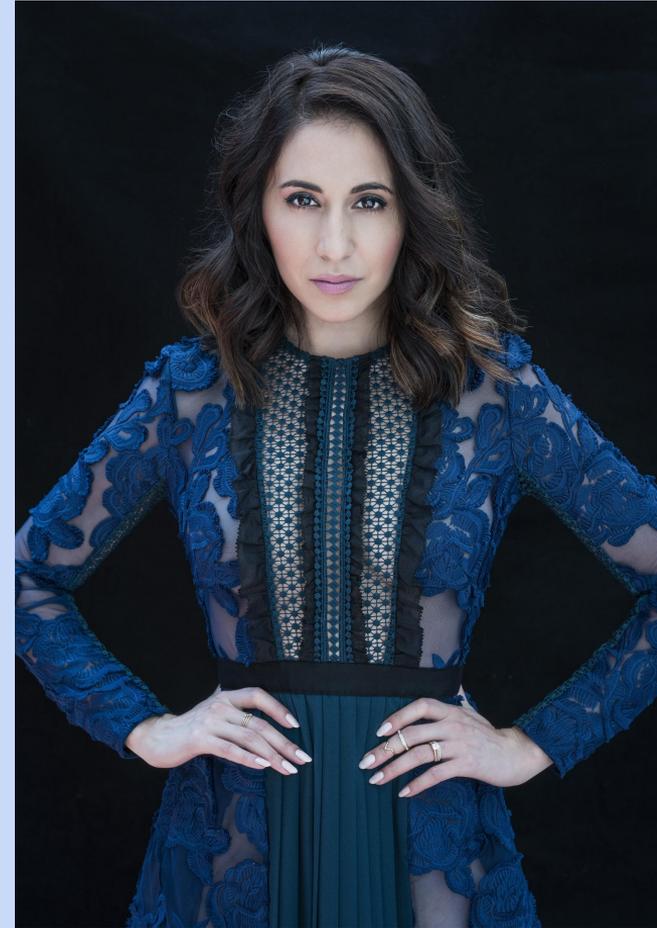
Gabrielle hails from Edinburg, Texas, known locally as the Rio Grande Valley, where she produces many **musical theatre projects and workshops** for the public school educational systems.

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)

# GABRIELLE RUIZ



# PALLAVI SASTRY



**Pallavi** is an **actor, producer, and activist** most recently seen as a 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**.

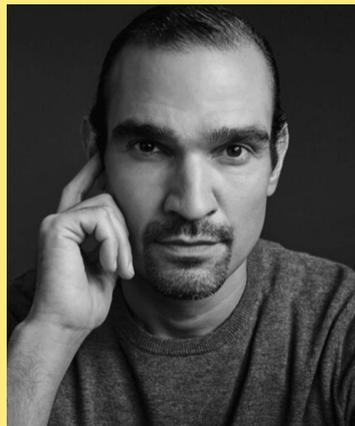
SEASON 2 GUESTS



Vasthy Mompout  
(Netflix - The Prom)



Carly Hughes  
(ABC's American Housewife)



Javier Muñoz  
(Hamilton)



Alysia Reiner  
(Orange is the New Black)



Harvey Guillen  
(What We Do In the Shadows)



Kelli O'Hara  
(The King and I)



Melissa Barrera  
(Vida, In the Heights)



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

### 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

### Love love love

★★★★★

Mon  
Skylinegirl

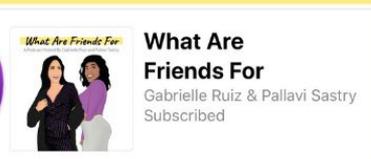
These conversations are so refreshing and honest. Love this podcast!!!

### 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!



# WAFF Origin Story

*What Are Friends For* is a podcast that explores the different facets of friendship in a post-quarantine world.

After originally meeting on a summer theatre job in college, Gabrielle Ruiz and Pallavi Sastry's friendship and respective careers flourished over the course of a decade. They knew they wanted to work together again one day; they were simply waiting for the right project. In 2020, the plans for Gabrielle to join as the co-host for WAFF came about. Then BOOM...pandemic. And, Black Lives Matter reached a tipping point. During a time of such global stress and disarray, they realized it's crucial to have friends to lean on.

The two friends decided that the perfect time to reimagine this podcast was during this pandemic, because the quarantine was an opportunity to also reinvent how to maintain their friendship from afar. They talk to inspirational people who have real world solutions and advice. Doing this show in quarantine has made them firmly believe that meaningful, and sometimes uncomfortable, conversations are the way to 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?"

The guest lineup includes 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*), friendship expert - Kat Vellos, and more.

*What Are Friends For* is a seasonal podcast with new episodes on Wednesdays. Listen on Apple Podcasts, Spotify, Anchor, and Google Podcasts. Exclusive vodcast episodes available exclusively on Patreon at [www.patreon.com/waffpodcast](http://www.patreon.com/waffpodcast).



# SOCIAL MEDIA & CONTACT

Season 2 Launch: June 17th | Midseason Finale: September 9th | Season 2 Finale: December 9th



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What Are Friends For



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*LISTEN ON:*



@GabrielleRuiz X @PallaviSastry

