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On the Couch with Enya Daly

February 4, 2019 - [On the Couch](#)



Who is Enya Daly?

Arts lover. Diversity and gender parity advocate. Stationary enthusiast. Dog ogler.

What would you do differently to what you do now?

I'd live in the same state as my family.

Who inspires you and why?

Leigh Sales' formidable mind never fails to inspire me to reach for a book over the remote. I listen to the delightful podcast she co-creates with her friend/fellow superstar Annabel Crabb, and just love how unashamedly daggy they are together. They're very relatable. Check out [Chat 10 Looks 3](#). My mum is also a constant source of inspiration to me. She has an incredible work ethic and a strong moral compass. She's hilarious, generous and intelligent.

What would you do to make a difference in the world?

My 2019 New Year's resolution was to become a vegetarian and drastically reduce my plastic usage. So I'm starting there.

Favourite holiday destination and why?

Ireland or Scotland. I love the cold.

When friends come to town, what attraction would you take them to, and why?

I don't think you can go past a sunset session at Opera Bar, where you're able to take in Sydney's prime tourist attractions from the one vantage point. I'd follow this up by taking friends to one of our many excellent Sydney theatres, and then perhaps with some live jazz at Low 302 or Venue 505.

What are you currently reading?

Continuing on with the Leigh Sales theme, I'm currently reading *Any Ordinary Day*. In preparation for *The Moors*, I've also been revisiting *Wuthering Heights* and *Jane Eyre*.

What are you currently listening to?

I like to create playlists for every character I work on to help me get 'in the zone'. My playlist for *The Moors* consists of Queen, Aerosmith, Kate Bush, Green Day and Britney Spears. Why? You'll have to come see! In my own time, I'm listening to Hozier's *Nina Cried Power* EP, Christine and the Queens' album, *Chris*, and Matt Corby's album, *Rainbow Valley*. Also anything and everything by Sufjan Stevens and Nina Simone.



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Happiness is?

Getting enough sleep. Yummy food. Long walks in nature. Time spent with family and friends. Acting.

What does the future hold for you?

I hope to be working on Australian film, television and theatre projects for many years to come. I'd also like to be involved in supporting the careers of female creatives. I'd love to become fluent in Gaelic.

Enya stars in Jen Silverman's *The Moors* – which will be presented at the Seymour Centre as part of the 2019 Sydney Gay and Lesbian Mardi Gras: 7 February – 1 March. For more information, visit: www.seymourcentre.com for details.

Image: Enya Daly (supplied)



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