

Meet Josh Rhett Noble

Stories & Insights



A conversation about acting, authenticity, storytelling and the mission behind the work.

MEET JOSH RHETT NOBLE

STORIES & INSIGHTS • JOSH RHETT NOBLE

Alright, Josh Rhett thanks for taking the time to share your stories and insights with us today. Did you always know you wanted to pursue a creative or artistic career? When did you first know?

I don't know if there was one lightning-bolt moment where I suddenly decided, "I'm going to be a performer." Looking back, it feels like it was simply who I was from the very beginning.



Josh Rhett Noble on the red carpet of FRIENDS & LOVERS.

WHERE IT BEGAN

I grew up in the small town of Tallapoosa, Georgia, where my parents owned a family restaurant. Some of my earliest memories are of climbing onto the tables, dancing and singing at the top of my lungs, telling jokes to customers and doing absolutely anything I could to make people smile. I wasn't thinking about applause or careers. I just loved seeing someone laugh after they'd had a long day.

My parents could've easily told me to get down and stop making a scene...instead, they encouraged it. They drove me to rehearsals, sat through countless performances and never once made me feel like pursuing the arts was a silly dream. Looking back now, I realize how rare that kind of support is.

As I got older, I started discovering theatre. That's when something clicked. I remember standing onstage and realizing that for two or more hours, an audience could completely forget whatever they were carrying into the theatre. Bills. Stress. Grief. Fear. They laughed together, cried together and left just a little lighter than when they arrived.

That was the moment I understood what performers really do. We give people permission to escape...and sometimes, permission to feel.

That realization stayed with me through studying musical theatre and film at the University of Miami, performing professionally in more than seventy stage productions across the country and eventually spending 15 + years in New York City. Even when life unexpectedly shifted my career toward television, film and voiceover while I cared for my late mother, that purpose never changed. The medium changed. The mission didn't.

People often ask why I became an actor, and they're usually expecting a story about wanting to be famous or seeing a movie that inspired me. The truth is much simpler. I've always loved people. I've always loved stories.

And I've always believed that if I can help someone forget their own struggles for a little while...or maybe even help them feel seen through a character's journey...then I've done something worthwhile.

Even now, after more than two decades in this business, that's still the reason I walk onto every set. It feels like home. And, ironically, acting is the place where I've always felt the most like myself.



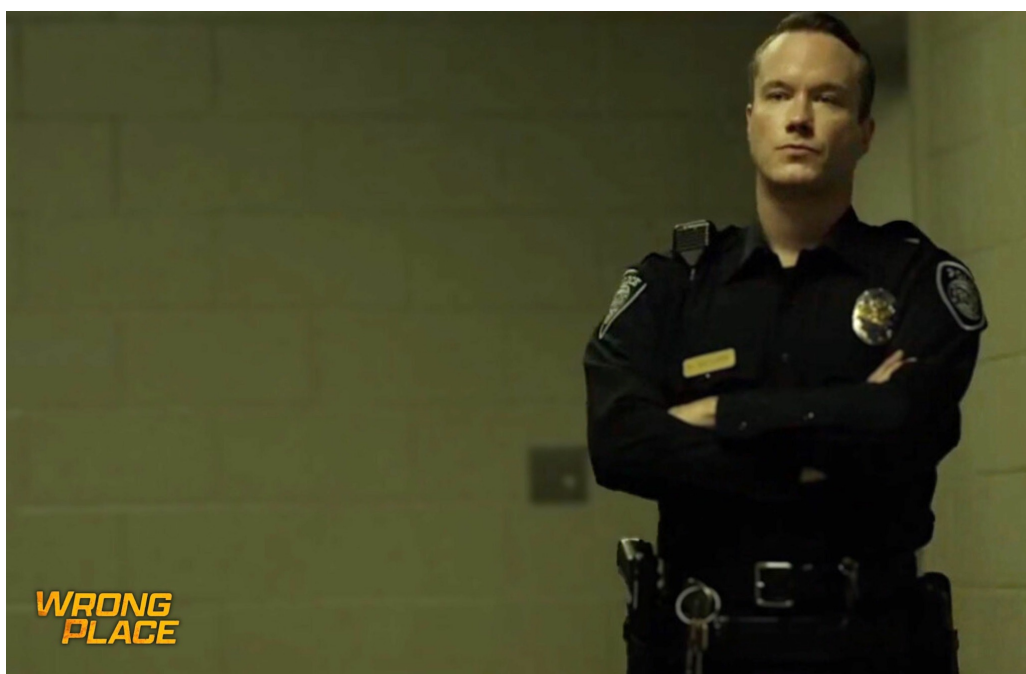
MONARCH, FOX.

FROM STAGE TO CAMERA

Awesome – so before we get into the rest of our questions, can you briefly introduce yourself to our readers.

After studying Musical Theatre and Film at the University of Miami, I spent fifteen years building my career in New York City. Theatre was my first love. I was fortunate to perform there as well as across the country (probably most notably as “Gaston” in various productions of Disney’s Beauty and the Beast), and those years on stage taught me discipline, collaboration and, most importantly, truthful storytelling. Even today, there’s nothing like the energy of a live audience.

After caring for my late mother during her third battle with cancer and later relocating to be closer to family, I made the transition from primarily theatre into television, film and voiceover. What began as a practical shift quickly became a new passion. I fell in love with the intimacy of the camera and the challenge of telling entire stories through the smallest moments.



WRONG PLACE (film).

Today, Atlanta serves as my home base, but I'm fortunate to maintain representation in both the Southeast and New York markets, allowing me to continue working across both regions. I've had the privilege of appearing in projects including Law & Order: SVU, The Wonder Years, Found, Monarch, Finding Happy and films opposite actors such as Bruce Willis and the Selena Gomez produced This Is the Year. I also spent several years performing voice and full performance capture for Rockstar Games' Red Dead Redemption 2.

Every project has challenged me in different ways, and I genuinely enjoy moving between television, film, voiceover and, whenever the opportunity presents itself, returning to the stage.

Outside of acting, one of the most rewarding parts of my career has become coaching fellow actors. I work with performers at every stage of their journey, helping them prepare auditions, strengthen their on-camera work and, perhaps most importantly, discover greater confidence in themselves. Watching a student book a role is incredibly fulfilling, but even more rewarding is seeing someone begin trusting their own instincts as an artist. That's something I care deeply about.



THE WONDER YEARS, ABC.

AUTHENTICITY

If there's one thing that defines my work, it's authenticity. I've never been interested in creating flashy performances that call attention to themselves. I'm far more interested in finding the truth of a character and making audiences believe that person exists beyond the page. Whether I'm playing a detective, a lawyer, a grieving father or a comedic best friend, I want every role to feel lived in and human.

Ironically, although many people know me today for portraying grounded, authoritative characters in television and film, my roots are in comedy and musical theatre. I think that combination has become one of my greatest strengths. Years of live performance taught me timing, listening and emotional flexibility, while on-camera work has taught me restraint and nuance. Those experiences together allow me to bring both heart and humanity to every role.

More than anything, I want people to know that I'm someone who genuinely loves this craft.

I've experienced incredible highs, heartbreaking losses, industry shutdowns, strikes and more auditions than I could ever count. Through all of it, my reason for doing this has never changed. I believe stories matter. They allow us to laugh, heal, empathize and see ourselves in one another. If I can help create that experience...even for a single scene...then I consider myself incredibly fortunate.



LAW & ORDER: SVU, NBC.

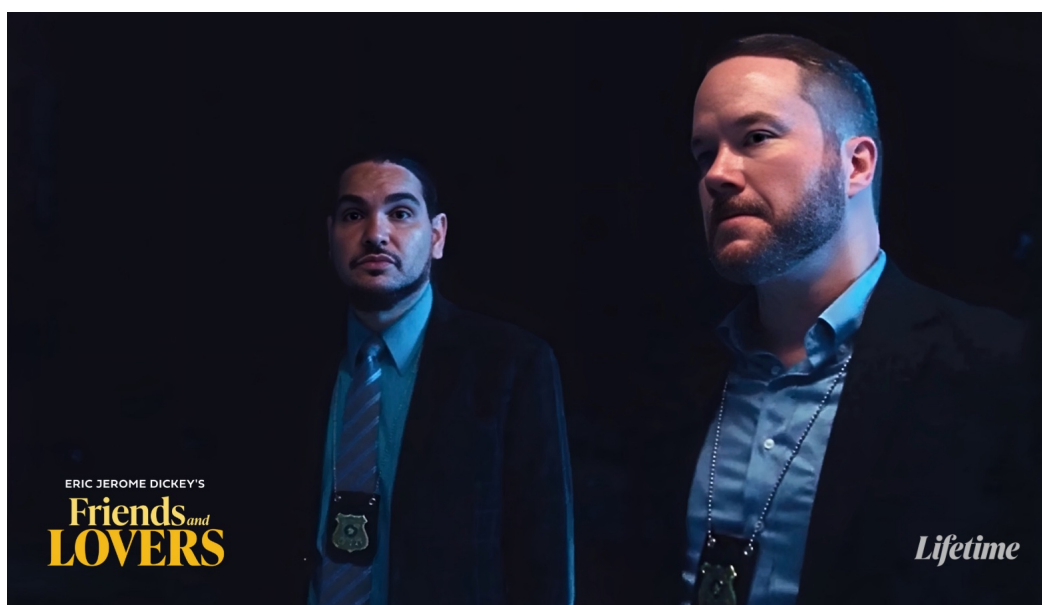
Whether I'm stepping onto a set, walking into a voiceover booth or sitting across from a student preparing for an audition, my goal is always the same: tell honest stories, continue growing as an artist and hopefully leave every project (and every person) a little better than I found them.

We often hear about learning lessons – but just as important is unlearning lessons. Have you ever had to unlearn a lesson?

One of the biggest lessons I've had to unlearn is that my worth as an artist is determined by whether or not I book the job.

For years, I unknowingly equated success with validation. You book a role...you feel talented. You don't...you start questioning everything. Was I good enough? Did I make the wrong choice? Should I have said that line differently? Did I just lose my shot?

The reality is, acting doesn't work that way.



FRIENDS & LOVERS, Lifetime.

THE WORK, NOT THE OUTCOME

If there's one thing I've learned from thousands of auditions, it's that booking a role is only partially about talent.

Sometimes you're exactly what they're looking for. Sometimes you're too tall. Sometimes you're too young...or too old. Sometimes the lead actor has already been cast, and suddenly they want everyone else to look like his brother. Sometimes you're actually the favorite, but the network goes another direction. None of those things have anything to do with your ability as an artist.

That realization changed everything for me. Instead of measuring success by bookings, I started measuring it by whether I told the truth. Did I step into that audition fully prepared? Did I make strong choices? Did I honor the writing? If the answer is yes, then I did my job.

I've learned that my job isn't to convince casting directors to hire me. My job is to give them an honest, memorable performance. The hiring part belongs to them.

Oddly enough, that's when I started enjoying acting even more. The work became about the work again...not the outcome.

It's also changed the way I coach other actors. One of the first things I tell students is that an audition isn't a test you either pass or fail...it's an opportunity to perform. You don't control someone else's opinion. You only control your preparation, your professionalism and your authenticity. The bookings will come, but if your happiness depends on every callback or every "yes," this industry will wear you down.

Today, I still celebrate every role I book. I still have enormous goals for my career. But I no longer allow someone else's decision to determine whether I believe in myself. Ironically, once I stopped chasing validation, I became a better actor, because the most compelling performances don't come from trying to impress people...they come from simply telling the truth.



THIS IS THE YEAR (film).

THE MISSION

Is there mission driving your creative journey?

When I was younger, my goal was pretty simple...book the next job. Like most actors, I thought success was always one audition away. If I landed the next role, everything would somehow fall into place. After more than two decades in this business, I've realized the mission is much bigger than that.

I want to tell honest stories. My hope is that audiences see a real human being instead of "an actor acting." Those are always the performances I've admired most, and they're the ones I strive to give.

I also want to help people escape for a little while. That was true when I was a kid singing on the tables at my parents' restaurant in Tallapoosa, and it's still true today. Stories have an incredible ability to make us laugh, challenge us, comfort us or simply remind us that we're not alone. If someone finishes watching a film or television episode feeling something they didn't expect to feel, then we've done our job.

I'd love to continue stepping into larger roles. I'd love to tell stories that challenge audiences, make them laugh, and maybe even change the way they see the world.

But if you asked me what I hope people remember about my career years from now, it wouldn't be the size of the role or the number of credits on my résumé.

I'd hope they say, "He always brought honesty. He made every character feel like someone you knew."

To me, that's a career worth building.



Josh Rhett Noble as "Gaston" in DISNEY'S BEAUTY AND THE BEAST.

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IMAGE CREDITS

Josh Rhett Noble on the red carpet of FRIENDS & LOVERS

MONARCH, FOX

WRONG PLACE (film)

THE WONDER YEARS, ABC

LAW & ORDER: SVU, NBC

FRIENDS AND LOVERS, Lifetime

THIS IS THE YEAR (film)

Josh Rhett Noble as “Gaston” in DISNEY’S BEAUTY AND THE BEAST