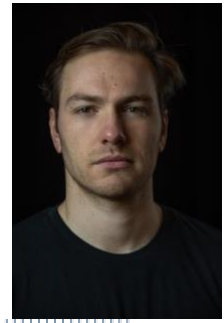


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Acting Background

May, Jul, Nov 2023 Demon Workshop (3 x 1 week intensive)

Elisabet Sevholt, SE

- Working on scenes by doing dream and shadow work, exploring our dark sides and trying to build a persona on that who could help guide us living as the character. Very powerful technique, based on Jungian psychology.

07.2020 & 07 2021 Summer Acting School (2x 1 week intensive)

Elisabet Sevholt, SE

- Focus on this course was scene work through the Chubbuck technique and diving deeper in connecting to my instrument and finding the right voice and vulnerability in delivering the performance.

01.2020 – 06.2020 Spring Program (6 months intensive)

Actors Studio, SE

- Working with Stanislavski system, Meisner Technique and Chekhov Method, by integrating them in scenes or monologues. Working with voice and movement every day as well, to train the instrument as.

10.2019 – 11.2019 Chekhov Technique (2 week intensive)

MC Academy, DE

- Further explored Michael Chekhov technique through qualities of movement, imagination training and 4 Brothers, as well as Eurythmy in voice and speech.

06.2019 – 06.2019 Acting for Film (2 week intensive)

American Academy of Dramatic Arts, US

- Worked with the camera on several projects, including scene filming, monologue & audition techniques, sit-coms and commercials. Developed easiness to work in front of the camera and understand how to prepare for the scene takes.

07.2019 – 08.2019 Summer Program (5 week intensive)

American Academy of Dramatic Arts, US

- Main focus was on scene study and on stage communication, body movement, voice, dialects, audition techniques and musical theatre. Achieved remarkable progress in all these areas.

06.2019 – 08.2019 Chekhov Study (Weekends' intensive)

Chekhov Studios International, US

- Achieved more depth in the Chekhov techniques by working with qualities of movement, masks and sensorial receptors. Applied concepts on monologues, scenes and camera work. Moreover, we worked on voice improvement with the Linklater method.

07.2019 – 08.2019 Chubbuck Technique Introduction (5 week intensive)

Chubbuck Studios, US

- Got introduced to the technique and applied its concepts on a scene and a monologue, all while attending Ivana's master classes which were very insightful from a character's psychological analysis perspective.

02.2018 – 05.2018 & 09.2018 – 12.2018 Improv and Scene Study (part-time)

Folkuniversitet, SE

- Worked on two scenes and further practiced long format

10.2016 – 05.2017 Improvisation theatre (part-time)

Improv Company, SE

- Worked on both short and long format and different types of communication
- Achieved spontaneity and creativity, but also active listening to both partners and impulses.

09.2015 – 06.2016 Acting and Scene Study (part-time)

Folkuniversitet, SE

- Further developed communication skills on stage and focused on scene study.

- Worked on different monologues and delivery.

09.2014 – 04.2015 Chekhov technique (part-time)

Calle Flygare Teater Skola, SE

- Got introduced to how to use the qualities of movement to be able to dial up different emotions.
- Worked on flow of communication and how to take your scene partner in.

Skills & Traits

Languages

English, French, Romanian, Swedish – *Fluent*;

German – *Intermediate*

Spanish, Dutch – *Basic*;

Hobbies

Basketball, Swimming, Snowboarding, Tennis, Surfing, Yoga, Mountain Biking, Climbing, Hiking, Acoustic & Electric Guitar, Singing, Lindy-Hop Dancing, Musical Theater

Dialects

American Standard, Non-Rhotic & Rhotic Southern, Standard Elevated British, French, German, Swedish, Russian, Romanian, Spanish, Italian

Driver's Licence

Yes, B

Body Conformation

Athletic, 190 cm, 85 kg

Dark Blonde hair, Hazel eyes