

SAG-AFTRA/AEA www.lizdays.com / lizdays@yahoo.com DDO NY - On-Camera/VO
Bennett Connection - Theatrical, South

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I'll Be There (Amazon/Apple) Supporting Andrew Shea Routine Lead Maria Stamatakos Bluebird Supporting Sara Crow The Wind Supporting Beth Drenning The Sanctity of Liz Supporting Jenny Ward City of One Supporting Andrea Shapiro Sugar Honey Supporting Amanda Gordon It's a Long Story Supporting Adea Lennox Simon's Quest Supporting Marley Jaeger Woods Baseball Supporting Ben Kujawski Let's Go for a Drive Lead Tabitha Barnett

TV

Law & Order Co-Star Fred Berner/NBC Dead of Winter Guest Star Justin Stanley/ ID Network Evil Lives Here Guest Star Justin Stanley/ ID Network Series Regular Andrew Nielson Plant Co-Star Moshe Lobel **Untold Genius** Guest Star Janie is Sick Alison Vincitore Co-Star Payroll Stefon Bristol Guest Star Shoshana Canali Running with Delays

THEATRE

Boswell Garrick, Mrs Thrale, Fiona (u/s) 59E59/Laura Gordon The Last Grain of Rice Margaret The Tank NYC/Hannah Marie Pederson Salome: The Reading w/ Al Pacino Slave St. Ann's Warehouse/Estelle Parsons The 13th of Paris Chloe Public Theater, ME/Janet Mitchko Flighty Connections! (solo show) 6 characters The PIT/Rachael Harrington The Answer is Horse Mrs. Rosen/Ensemble Midtown Int'l Theatre Festival/Jova Scott

COMMERCIALS/VO

List Available Upon Request

TRAINING/EDUCATION

Meisner Technique Acting Program William Esper, David Newer William Esper Studio Lee Brock, Seth Barrish, Eric Paeper Acting/Working with Directors The Barrow Group On Camera Acting Technique Bob Krakower, Jodi Collins One on One NYC LAB Master Class Ron Cephas Jones, Russel G. Jones (+) LAByrinth Theatre Co Sketch Writing & Character Alex Zalben, Amy Albert The PIT Rachel Hamilton, Alex Marino (+) Improv UCB/Magnet Theatre BA English - NYU

SKILLS

Stand-Up Comedy, Sketch Comedy, Karaoke: Alto; Whistling; Basic Guitar; Basic Spanish; **Dialects:** RP British, Southern (general), French, Brooklyn; Licensed NYC Tour Guide; Licensed Driver, Valid Passport; Cooking Omelets; Good with Pets/Children/Children of Pets

Awards: Best Actress/Comedy for "Plant": NYCWeb, LAWeb, HollyWeb, ISA, Pre-Nomination Emmy Ballot 2017