

# **KAT STANLEY 201-206-2206 katstanleycc@yahoo.com**

**Height (5'4) – Weight (200lbs) – Hair color (Dark Brown) – Eye Color (Dark Brown)**

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## **EXPERIENCE**

TOASTMASTER INT'L	Speaker	International Speech Contest	Award Winner (2018)
SINGING SHOWCASE	Singer	Maile School for Acting	Vocalists (2018)
IMPROV SHOWCASE	Actor	Maile School for Acting	Player (2017)
PRODUCT DEMO VIDEOS	Actor/Producer	Walt Disney World	Actor/Interviewer/Voice Over (2017)
DOUBLE DARE	Role	Nickelodeon Productions	Contestant
MODELING	Hair Model	S7 Hair Studio	Model (2016)

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## **EDUCATION**

### **Toastmaster (Feb 2017- ongoing)** – TOASTMASTER INTERNATIONAL

Studies include: Stage Presence, Public Speaking, Crowd Control, Leadership Skills

Accolades: 1<sup>st</sup> Place Club International Speech Contest, 2<sup>nd</sup> Place District International Speech Contest

### **Level One Stand-Up Comedy (Mar 2018 - ongoing)** - SAK IMPROV COMEDY LAB

Studies include: Stage Presence, Joke Writing, Overall Performance Etiquette, Crowd Control, Showcase

### **Improv for Acting (Sep 2017- ongoing)** - MALIE SCHOOL FOR ACTING

Studies include: Improv, Positive Group Dynamics, Team Building, Stage Presence, Showcase

### **Vocal Performance Coaching (Oct 2017- ongoing)** - MALIE SCHOOL FOR ACTING

Studies include: Breathing, Vocal Longevity, Intonation, Relaxation, Building Vocal Repertoire, Crowd Control, Showcase

### **John Peros Commercial Audition Wkshp (Feb 2018)** - MALIE SCHOOL FOR ACTING

Studies include: Reaction Shots & Closeups, On Camera Auditioning, Business of Acting

### **Clowning & Physicality Intensive Wkshp (Feb 2018)** - SAK IMPROV COMEDY LAB

Studies include: Comedic Improvisation and Character & Actor Building,

### **Level One Improv (Oct 2016 - Dec 2016)** - SAK IMPROV COMEDY LAB

Studies include: Improv, Positive Group Dynamics, Team Building

### **Real World Voiceover (Oct 2017)** - CLASSACT STUDIOS

Studies include: Breathing, Script Reading, Vocal Interpretation, Home Studio Instruction

### **Actor's Workshop (Oct 2017)** - MALIE SCHOOL FOR ACTING

Studies include: Meisner, Breath & Voice, Body Movement & Physical Presence, Comedy & Timing

### **Core-Film Acting Class for Adults (Jan 2016-April 2016)** - ART SAKE'S ACTING STUDIO

Studies include: Meisner Techniques, Improv, Vocal Ranges, Film Acting, Director Instructions, Monologues, Cold Reading

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**Adult OnCamera Acting for TV & Film (Jan – Mar 2015) - MALIE SCHOOL OF ACTING**

Studies include: Acting, Voice/ Speech (including cartoon) Singing, Dance (interpretative), Camera Acting, Cold Reads, Eating, Drinking and Handling Props On Camera. Meisner Techniques, Improv, Vocal Ranges, Film Acting, Director Instructions, Monologues, Cold Reading

**SPECIAL SKILLS**

Improvisation, Singing, Voice Overs, Sports (Rugby, Running, Weight-Lifting, Boxing), Driver's License, Seamstress, Certified Scuba Diver, Natural Hair or Weave, Passport, Costume Design, Good w/ kids, Computer Skills, Astrology, Public Speaking, Entertaining Audiences, Witty Banter, Creative on the spot costumes and arts n craft, Takes Direction, Interior Design, Script Writing, Crowd Control, Hosting