

# Konstantina Mantelos

## ACTRA

HAIR: Light Brown  
EYES: Blue/Green  
HEIGHT: 5' 5"  
WEIGHT: 115lbs  
VOICE: Contra Alto

## FILM & TELEVISION

A CONVERSATION IN PASSING (Short Film)	Lead	Macrosom Creative/Matthew Segal
MY SECRET SISTER (MOW)	Principal	NB Thrilling Films Inc/Reel ONE Films 4 Inc.
SWINDLER SEDUCTION (MOW)	Actor	Lifetime Network / Jonathon Wright
STALKED BY A PRINCE (MOW)	Supporting	Fireside Pictures / Lifetime Network / Maxwell McGuire
SMILE (Short Film)	Lead	Zeus Pictures / Joanna Tsanis / Konstantina Mantelos
*ANYTHING FOR JACKSON (Feature)	Lead	Vortex Productions / Shudder Films / Justin Dyck
CHRISTMAS CRUSH (MOW)	Principal	Pact Productions / Marita Grabiak
UNTOLD STORIES OF THE ER (TV Series)	Principal	Bristow Global Media / Robert Wilson
PARANORMAL 911 (TV Series)	Actor	Bristow Global Media / Michael De Carlo
AFTER HER SMILE (Feature)	Supporting	Gilman Content / Mort Fotouhi
DEPARTURE (Short)	Lead	Spinning Top Pictures / Douglas Gibbens
DISASTERS AT SEA (TV Series)	Principal	Discovery ID / Dave Tebby
MISS MISERY (Web Series)	Supporting	One Ten Productions / Jade Blair
DAMAGED (Web Series)	Actor	Insight Productions / Richard Potter
STABLE (Short Films)	Lead	RTA School of Media / Simoon Moshi
FRIENDSHIP (Web Series)	Lead	RS Productions / Michael Kimber
OKAY! (Short)	Lead	York University / Katerina Zoumboulakis
LAKESONG (Short)	Lead	Spinning Top Pictures / Douglas Gibbens

\*Premiered at Fantasia Film Festival

## THEATRE (SELECTED)

CHLOE = CATALYST	Elizabeth Simcoe	Culchaworks Arts Collective / Andrew Craig
THE BODY OF A WOMAN AS A BATTLEFIELD	Kate	2000FeetUp Theatre Company / Siavash Shabanpour
KAIROS (Workshop)	Ioanna	Pure Carbon Theatre / Alexander Kendris
PORTRAITS, PATTERNS & POSSIBILITIES	Elizabeth Simcoe	Culchaworks Arts Collective / Andrew Craig
MOTHERLAND	Line	Alumnae Theatre Company / Andreja Kovac
THE EMPIRE	Charlotte	New Voices Festival / Anthony Perpuse
YOU CAN'T TAKE IT WITH YOU	Alice	Ryerson School of Performance / Blair Williams
ADULT ENTERTAINMENT	Jane	Ryerson School of Performance / Marianne Mclsaac
CAESAR	Caesar / Portia	Wolf Manor Theatre Collective / Dylan Brenton
SCORCHED	Nawal Marwan	Ryerson School of Performance / Rafal Sokolowski

## VOICE/COMMERCIAL LIST AVILABILE UPON REQUEST

## TRAINING

Honours BFA in Performance Acting - Ryerson School of Performance  
Certificate - American Academy of Dramatic Arts

Meisner Technique	Shaun Benson
Casting Director Workshops	Jeb Beach / Sharon Forrest / Jason Knight / Sara Kay / Larissa Mair / Melissa A. Smith
On-Camera Scene Study	The Dirt Underneath Actors Space / John Gordon
Intimacy for On-Camera Performers	Armstrong Acting Studios / Salvator Antonio
On-Camera Scene Study	Armstrong Acting Studios / Amos Crawley
Acting Technique	Ryerson University / Perry Schneiderman
Scene Study	Ryerson University / Marianne Mclsaac, Diana Reis
Acting for the Camera	Ryerson University / John Boylan
Shakespeare	Ryerson University / Ian Watson
Tragedy	Ryerson University / Rafal Sokolowski
Period	Ryerson University / Cynthia Ashperger
Voice / Dialect	Ryerson University / Irene Pauzer
Music / Singing	Ryerson University / Alan Cole, David Warrack
Movement / Dance	Ryerson University / Philippa Domville, Vicki St. Denys, Kelly Arnsby, Arsenio Andrade

## SPECIAL SKILLS

**Athletics:** Dance (Jazz, Waltz, Swing, Greek Folk Dance), Swimming, Ice Skating, Cycling, Yoga

**Accents:** Greek, British RP, French, New York, Russian

**Languages:** Greek

**Singing:** Contra Alto

**Certifications:** Driver's License (Automatic), Emergency First Aid CPR