



Height: 5'6"  
Weight: 125lbs  
Hair: Dark Brown  
Eyes: Brown

## SEHAR MANJI ACTRA

### FILM & TELEVISION

Ghosts	Actor	K. L. O'Brien / CBS / 14 Hours Productions
Pillow Talk	Large Principal	C. Robichaud / Crave / Productions KOTV
When Love Blooms	Actor	E. Tessier / Incendo Productions
Transplant	Large Principal	C. Robichaud / Sphere Media
Jitensha: "Sea of Numbers"	Lead	R. Bastarache / Richard Bastarache Films
The Street Speaks (4 eps)	Writer/ Lead	P. Shore / MATv Montreal

### COMMERCIALS

Beneva	Lead	J-F. Asselin/ Cinélande Inc.
FIZZ Mobile: Bénéfizz	SOC/Lead	Y. Giroux/ Ogilvy
FIZZ Mobile: Launch	SOC/Lead	M. Ulrich/ Bookmark Content
MedCrypt	Lead	B. Soussan/ Niveau 2 Productions

### THEATRE (selected)

"All Alone" Solo Character Sketch	Writer/ Lead	J. McGee / Off-JFL/ POP Montreal
"Carousel" Solo Character Sketch	Writer/ Lead	J. McGee / Off-JFL
Big Mall & Damsel Washington	Sketch Comedy duos	Sketch Republic/ Montreal Sketchfest
Joketown (9 eps.)*	Writer/ Performer	Theatre St Catherine / Off-JFL/ Ladyfest
The Kicker	Principal	V. Gillis / Montreal Fringe
Total Liquidation**	Co-writer/ Co-Lead	Montreal Fringe / Theatre St Catherine

### IMPROVISATION (selected)

The Montreal Improv Ensemble	Member	Montreal Improv
Coffee Break Improv troupe	Member	Mprov, Big City (TO), Del Close (NYC)
International Ensemble	Member	Vancouver Intl' Improv Festival (VIIF)
I Love Love	Core Cast	V. François / VIIF / Montreal Improv
House Teams (Night Bus & Helmut)	Member	Montreal Improv

### TRAINING (selected)

Improv levels 1-6, formats (Narrative, Armando, Harold), Character Development & Physical Comedy	Various, Montreal improv, 2010-present
Art of Audition	Paul Weber CSA, 2019
Sketch-writing workshops ("Stage to Page")	Kirsten Rasmussen (Second City, TO) 2013,2014, 2016
Intimacy and Naturalism	Heather Urquhart & Jules Munns (The Nursery, UK) 2016
Character Parade	Matt Follriott & Ted Hallett (Second City, TO) 2015

**FESTIVALS:** Festival of Live Digital Art (FOLDA, 2020), Just For Laughs/OFF-JFL (2017-2019) Montreal Sketchfest (2013-2019), MPROV (Montreal, 2013-2019), Montreal Ladyfest (2015- 2018), Big City Improv Festival (Toronto, 2016), Vancouver International Improv Festival (2016-2018), POP Montreal (2016, 2018) The Del Close Marathon (New York, 2016), Montreal Fringe Festival (2015 & 2016), JFL42 (Toronto, 2015)

### AWARDS & ACCOLADES:

Community Spotlight: Sehar Manji	Quebec Drama Federation, Season 2, 2021
Feature: The Drama of Comedy	Quebec Drama Federation, Spring/Summer 2019
Top Montreal Comedians	CBC Comedy: Montreal Guide to Comedy 2019
Kim's Convenience Emerging Writers Room Workshop	Ins Choi & Kevin White, CBC/ Thunderbird (Toronto), 2018
*3-time winner	
**Nominated for 2 Frankie Awards	St-Ambroise Montréal Fringe Festival, 2015

### SPECIAL SKILLS

Improvisation, scriptwriting, sketch comedy, storytelling, stand-up, languages, accents  
Languages: English, Swahili, Gujarati, Farsi, French  
Accents & dialect: Indian, Kenyan, Persian, South African, Canadian, British BBC (and various), Australian, French