

LIZ CHARTRAND

ACTRA AABP

Height: 5'6" Weight: 137 lbs Hair: Dark Blonde Eyes: Green

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FILM

Ballerina Boy (Short)

Principal role

Dir. Marc Jure
Release Spring 2023

TELEVISION

House of Chains

Stand in (Mena Suvari)

Dir. Steven Tolkin
Lifetime 2022

TRAINING

Theoretical and practical studies

2022-present

ScreenActingAcademy

Scene performance and analysis

Dir. Owner Mike Migliara

Readings and techniques (Hagen, Meisner, Adler, Rotenberg)

Preparations, techniques and terminology

Class discussion

Camera techniques

Introduction to improv

Voice

Jan-March 2023

Long & McQuade

Warm-up

Maria Gubbels

Breathing

Scales

Singing terminology and technique