



JULIA LYNN MONK

PROFESSIONAL ACTOR

I am a 30-year-old, half-Canadian-half-Spanish, aquarius actress from a small southern Ontario town. I come with over a decade of acting experience in film, television and theatre -and, another 15 years of acting experience in the customer service industry. I especially like taking roles in comedies.

5' 9"
125 LBS
HAZEL EYES
BROWN HAIR

UBCP/ACTRA UNION MEMBER

CONTACT DETAILS

Burnaby, BC
julialynnmonk@gmail.com
www.julialynnmonk.com
Instagram @julialynnmonk

AGENCY REPRESENTATION

Commercial -
Connekt Creative, Rebecca Strom
Vancouver, BC

Background -
Hollywood North Extras, Stephanie Scheider
Burnaby, BC

Principal - Currently seeking representation



TRAINING & EDUCATION

ONLINE - Dustin Hoffman's Masterclass
LA - The American Academy of Dramatic Arts
- Summer intensive graduate
VANCOUVER - The Vancouver Film School
- Graduated with honours, class speaker

ACTING EXPERIENCE

COMMERCIAL

I've been cast mostly in travel and tourism commercials.

Lead - (e)Cyclist in "Rize Bikes" ad (RizeBikes)
Lead - Florist in "Cantec" app ad (Advesa Digital Solutions)
Supporting - Female Entrepreneur in "YWCA" ad (Moves Media)
Lead - Female lead in "Vancouver Visitor Centre" ad (VVC)
Lead - Lead in "Pure Flavor Farms" ad (Deplonty Productions)

FILM & TELEVISION

I've been cast mostly in dramatic films.

Supporting - Joan, in the short "Bull!" (Black Water Productions)
Lead - Lauren, in the indie feature "Vitrious" (V12 Films)
Lead - Host/Reporter, in "Growing Exposed" (Green Planet)
Lead - Reality TV contestant/artist, in "Crash Gallery" S2E2 (CBC)
Body Double - for Taylor Schilling in the feature "PHIL" (Greg Kinnear)

THEATRE & LIVE PERFORMANCE

I work with universities as a live 'patient' during student exams in the medical field. I am a part of training the future doctors of Canada.

2016 - Present (Standardized Patient)

I work on local film sets part time as a background actor

2015 - Present (Background Actor)

ADDITIONAL SKILLS

- Formally trained in sketching&painting
- Professional photographer
- Radio broadcasting
- Runway trained by former ANTM model Brittany Sharaun
- Self-defence
- Manual&automatic driver
- Hockey&ice skating
- Soccer
- Running
- Yoga
- Swimming
- Hiking