



# MITCHELL LOUGHEED

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## PROFESSIONAL SUMMARY

No matter whether it is an easy or challenging task, I am a person who always gives 100% effort. I am a hard worker, with a positive outlook on life; well liked by my co-workers. I am flexible, reliable and am always interested in learning new things. I have committed 7 years to Martial Arts training (MMA). It has provided me an opportunity to learn how to focus, become disciplined when achieving goals and balanced in my approach to health and wellness. MMA allows me to grow and be comfortable in adapting to change. I am confident, and looking forward to new opportunities in the field of acting and modelling.

## SKILLS

- Construction: Painter all forms of interior/exterior painting; estimating; running projects
- Fighter (in public arenas)
- Works well with public
- Combat sports expert
- Understands safety
- Knowledgeable about nutrition, health, and supplements
- Personal trainer
- Adept at use of equipment

## EXPERIENCE

Actor/model March 2022 - Current

KYSA Management Inc | Burnaby, British Columbia, Canada

- First film was a Disney film played the character Max Headroom on Prom Pact my character was essential for the scene
- had the action in the movie to film leads
- during climax scene also had the action to dance with other actors with props
- was background in Cruel Summer tossing a foot ball on the beach in bathing suit
- comfortable in front of camera
- was on the show Snow Piercer season 4 episodes 409/410 as Nima's soldier

Personal MMA Trainer

January 2013 - Current

Burnaby, British Columbia

- Combat sports expert
- Fighter out of battlefield fight league organization
- Have won many tournaments

- Jiu Jitsu blue belt
- Personal trainer for martial arts
- Expert in boxing and kickboxing
- Understands safety of combat sports
- Taught a women's self -defense seminar

Painter

February 2012 - Current

Protech | Burnaby, British Columbia , Canada

- Know how to apply paint to walls professionally using brushes and roller, as well as expertly finished work
- Experience doing exterior painting and manual labor also construction
- Able to coordinate work projects in an efficient and timely way
- Worked on many different types of manual labor and painting jobs
- Worked effectively with customers, and business owners to achieve excellent results

## **EDUCATION**

Adult Graduation Degree

March 2018

Mountain Side , North Vancouver, British Columbia