

SAG-Eligible/AEA lizdays@yahoo.com www.lizdays.com

Height: 5'3" Weight: 130

## FILM-TV-NEW MEDIA

Dead of Winter S2 Ep4

Plant - previously on Amazon/SeekaTV

Best Actress/Comedy:

Lead

Series Regular (23 episodes)

Pre-Nom Emmy Ballot 2017

Red Marble Media/ID Network/Justin Stanley

Pembroke Media Company/Andrew Nielson

<u>Best Actress/Comedy:</u> NYCWeb Fest, LAWeb Fest, HollvWeb,

Indie Series Awards

7000 Lead Maria Stamatakos

Evil Lives Here S7 Ep11 Lead Red Marble Media/ID Network/Justin Stanley

City of One Supporting Andrea Shapiro

It's a Long StorySupportingWolf Fleetwood-Ross/Adea LennoxUntold GeniusSupportingEtai Shuchatowitz/Moshe LobelJanie is SickSupportingNew School/Alison Vincitore

Simon's Quest Supporting Pratt/Marley Jaeger

Woods Baseball Supporting Famous Oldie Productions/Ben Kujawski
Payroll Supporting Campsight Studios/Stefon Bristol/D. Williams

Running with Delays Supporting A Fishali Films
Let's Go for a Drive Lead SUNY Purchase

## **THEATRE**

Salome: The Reading w/ Al Pacino Slave St. Ann's Warehouse/Estelle Parsons Flighty Connections! (solo show) 6 characters The PIT/Rachael Harrington

The 13<sup>th</sup> of Paris

Chloe

Public Theater, ME/Janet Mitchko

Straight to DVD Sketch Ensemble The PIT
The Bakery Presents: Tea for Three Ensemble The PIT

The Answer is Horse Mrs. Rosen/Ensemble Midtown Int'l Theatre Festival

## TRAINING/EDUCATION

Acting William Esper Studio, Meisner William Esper

The Barrow Group Eric Paeper

Film & Television On-Camera Bob Krakower, David Cady, Jodi Collins
Master Class LAByrinth Theatre Co John Gould Rubin, Ron Cephas Jones, Russell

G. Jones, David Deblinger, Padraic Lillis

Sketch Writing & Character The PIT Alex Zalben, Amy Albert

Upright Citizens Brigade Porter Mason

Magnet Theatre Rachel Hamilton, Alex Marino, Bob Acevedo

BA English NYU

## **SKILLS**

**Improv** 

Stand-Up Comedy, Commercials/Voiceovers (Conflicts available), Karaoke, Voice: Alto, Whistling, Basic Guitar; Basic Spanish Language; Dialects: RP British, Southern (general), French; Basic Latin Dance Moves, Freestyle Swimming, Licensed NYC Tour Guide, Licensed Driver (manual/automatic), Valid Passport, Editing, Cooking Omelets, Good with Pets/Children/Children of Pets