

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

Heis	ht 5'3" Weig	ht: 130

Plant - previously on Amazon/Seeka I V	Series Regular (23 episodes)	Pembroke Media Company/Andrew Nielson
Best Actress/Comedy:	Pre-Nom Emmy Ballot 2017	
NYCWeb Fest, LAWeb Fest, HollyWeb,		
Indie Series Awards		
Dead of Winter S2 Ep4	Lead	Red Marble Media/ID Network/Justin Stanley
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 Story	Supporting	Wolf Fleetwood-Ross/Adea Lennox
Untold Conjug	Supporting	Ftai Shuchatowitz/Mosha Lohal

Untold Genius Supporting Etai Shuchatowitz/Moshe Lobel Janie is Sick Supporting New 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 **SUNY Purchase** Lead

THEATRE

Salome: The Reading w/ Al Pacino	Slave	St. Ann's Warehouse/Estelle Parsons
The 13 th of Paris	Chloe	Public Theater, ME/Janet Mitchko
Flighty Connections! (solo show)	6 characters	The PIT/Rachael Harrington
Straight to DVD	Sketch Ensemble	The PIT
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The Bakery Presents: Tea for Three Ensemble The PIT

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

Protein Myrna Bk Playwrights Collective

TRAINING/EDUCATION

Acting	William Esper Studio	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
Stratah Writing & Character	The DIT	Alax Zalhan Amy Albart

Alex Zalben, Amy Albert Sketch Writing & Character The PIT

Improv Upright Citizens Brigade Porter Mason

> Rachel Hamilton, Alex Marino, Bob Acevedo Magnet Theatre

BA English NYU

SKILLS

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