

# SHANNON AHLSTRAND

Non-Union

**Height:** 5' 2"  
**Hair:** Black  
**Eyes:** Dark Brown

**AGENT:** [www.heymentalent.com](http://www.heymentalent.com)  
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## FILM/TV

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Home Invasion Heist	Tyler / Principal	Dir. Piper Brandt, Brice Dolan
Minuteman	Enchantress / Principal	Jesterz Kourt Productions
Let's Make a Deal	The Client / Principal	Yellow Sign Studios
Cray Bridesmaids:Ep.1 Dress Shop	Various / All	AndSoSheDid Productions
Maladjusted	The Airhead / Ensemble	Jesterz Kourt Productions
Binding of the Wraiths	Skye / Ensemble	Jesterz Kourt Productions
Disprezzato	Witch 3 / Supporting	Dir. Melissa Rae Bender
Rumble TV	Pedestrian / Extra	Dir. Keith Collins II
Showdown in Yesteryear	Pretty Lady / Extra	FNerd Productions
Two Sides: Season 3, Ep. Wedding	Background	New Form Entertainment
H-TV News	Field Reporter	Hofstra Media & Communications

## TRAINING

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Commercial Acting: Lauren Nichols, 1<sup>st</sup>Team Actors Studio - Winter 2021  
Improv for Acting: Kathleen Zion, 1<sup>st</sup>Team Actors Studio - Winter 2021  
Improv for Sketch Writing: Michael Busch, Imposter's Theater - Winter 2021  
Script Analysis & Auditioning: Lauren Nichols, 1<sup>st</sup>Team Actors Studio - Winter 2021  
Sketch Comedy Writing: Michael Busch, Imposter's Theater - Fall 2020  
Acting for the Camera: John Swanbeck, Blue Swan Films - Fall 2020  
Scene Study: Angela Boehm, 1<sup>st</sup>Team Actors Studio - Fall 2020  
Foundations of Acting: Joe Masi, 1<sup>st</sup>Team Actors Studio - Fall 2020

## SKILLS

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Arts: Basic Singing, Basic Piano, Basic Ukulele; Painting, Sculpting, Drawing, Cooking  
Athletic: Basic Running, Biking, Frisbee  
Technical: Photography, Public Speaking, Personality Coaching; Project, People & Logistics Management; Healthcare & Clinical Research background

## EDUCATION & CAREERS

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Wedding, Headshot & Portrait Photographer, Shannon Ahlstrand Photography  
Corporate Engagement Manager & Executive Strengths Coach, Gallup  
Association Manager & Conference Planner, Rehabilitation Engineers of North America  
Certified Speech-Language Pathologist, M.A., The George Washington University  
Communication Sciences & Disorders, B.A., Summa Cum Laude, Univ. of Maryland College Park  
Army ROTC, Hofstra University