

Tamara Thelander

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646-326-1763

Height: 5'10"

Hair: Blonde

Eyes: Blue

TV/FILM

Ex Marks the Plan	Maggie (Supporting)	Comedy Flo Entertainment; Matt Florio (director)
Moment of Truth	Samantha (Supporting)	Rosenguez Productions; Larry Rosen (director)
Deadly Connection	Jane Powers (Lead)	Rosenguez Productions; Larry Rosen (director)
Deprivation	Sally (Lead)	Feng Yu (director)
Utter	Anna (Lead)	Danbou Pictures; Danny Boushebel (director)
Behind Crying Eyes	Mother (Supporting)	Crying Wolf Films; Steven-Mark Glassner (dir.)
Destiny	Mother (Lead)	Roona Mukhopadhyay (director)
Material Whores	Janice (Lead)	Simon Ross (director)
Induce Influences	Lisa - Adult (Lead)	Nutthatida Tohchoodee (director)
Imaginary Friends	Aubrey Chambers (Lead)	Angelica Downing (director)
Sunflower Girl	Alice (Supporting)	Gabriela Guerra (director)
Fame	News Reporter (Supporting)	Ian Samplin (director)
Interrogation	Lisa (Supporting)	George Morales & Will Slattery (directors)
Wishful Thinking	Girl (Lead)	Robert Hunkele (director)

THEATER

Chocolate	Mrs Colby	Bloomfield One-Act Festival
Mama Drama	Merry	12 Miles West Theatre

OTHER PROJECTS

A Question of Proof Trailer (v/o)	Mistress (Supporting)	Joseph Amiel (director)
State Farm Spoof Commercial	Danielle Smith (Lead)	Evan Weinman (director)
CVS Commercial (spec)	Mother (Lead)	Hari Kapoor (director)
Child Abuse PSA (spec)	Mother (Lead)	Juan Forero (director)
Sissy Pants (v/o dubbing)	Zoey (Lead)	Erica Bryant & Allison Weinstein (v/o dir's)
Moments (webisode)	Sophie (Supporting)	Renaissance Eye Productions; Ilay Ron (director)
Halloween Havoc (webisode)	International Fan (Supporting)	Timothy Saint (director)

TRAINING

Acting Technique	Edward Morehouse	HB Studio
Scene Study	Robert Sapoff	NJ School of Dramatic Arts
Audition Technique	Beth Baur	NJ School of Dramatic Arts
Voice and Speech	Mary Workman	The Acting Studio
Commercial Intensive	Jagger Kaye	CnC Studios
Film & TV Audition Technique	Anthony Grasso	Breakthrough Studios
Commercial Audition Technique	Anthony Grasso	Breakthrough Studios
Acting for Camera	Marisa Sarfatti	City Varsity Film, Television & Multimedia School (Cape Town, South Africa)

SKILLS

White Water Rafting Guide, Rappelling Instructor, Semi-Pro Beach Volleyball, hiking, jogging, bicycling, tennis
Speak fluent Afrikaans (South African language), can drive standard shift, play flute (5 years), can put my mouth around a soda can

* Permanent Resident (Green Card Holder)