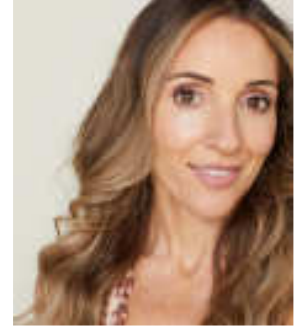


Statistics
Height 5'5"
Weight 106 lbs.
Body Type: Petite/Athletic
Hair Color: Light Brown
Eye Color: Brown
megseibel@gmail.com
IG Handle: @megwellness
(323) 363-9170

Megan Seibel

Non-Union



Film & Television

Crossed Eyed Dinner Theater	Lead	Dir. Eric Noughton
Disneyland's Top 7 Must See Attractions	Lead	Disney & Hodder Productions
Hacks	Audience	Paul W. Downs

Commercial

Blue Buffalo Family	Mom	Dir. Larry Robins
Homedics	Mom	Dir. Adam Ederly
Noble Gold Investments	Mom	Dir. Brian Cavallaro
Nucific	Fitness Trainer/Woman	Lee Adams/Golden Hippo

User Generated Content & Social Media Ads

Magic Spoon	Gossby	Wonderbelly
Ruggable	PeriActive	BabbleBoxx
First Day Vitamins	BioCodex	Rocket Money
Daily Harvest	Fab Fit Fun	Pvolve
Everbowl	EllaOlla	ByHeart Formula

Theater

Sonderkommando	Lead (Rachel)	Pangs Theater Ensemble, SF Fringe Festival
Moilere's Don Juan	Lead (Charlotte)	Pangs Theater Ensemble, San Francisco
The Importance of Being Earnest	Lead (Cecily)	West Valley Playhouse
Dog Tales - A One Woman Show	Lead (All Characters)	NYU, Tisch School of the Arts
The Taming of the Shrew	Lead (Bianca)	Kern Shakespeare Festival (KSF)
Rosencrantz and Guildenstern Are Dead	Lead (Rosencrantz)	KSF/ Dir. Randy Messick
A Midsummer Night's Dream	Lead (Puck)	KSF/ Dir. Paul Barnes

Training

B.F.A., Theater	Tisch School of the Arts, NYU
Comedy Intensive:	Experimental Theater Wing, Stonestreet Film/TV Studios
Commercial Workshop:	Lesly Kahn & Co.
Killians Commercial Workshop:	Danielle Eskinazi
Improvisation:	Killian McHugh
Scene Study/ Cold Reading:	The Groundlings
Shakespeare & Co Intensive:	Larry Moss Studio
Suzuki/ Viewpoints Technique:	Dennis Krausnick
Meisner Technique:	Kim Weild
Voice/ Speech Training:	Terry Knickerbocker
Scene Study:	Natsuko Ohama
Alexander Technique:	Catherine Coray and Kevin Khulkee
Kristen Linkletter Voice Training:	Paul Langley
Viewpoints:	Cecil McKenna
	Mary Overlee

Special Skills

Certified Holistic Nutritionist, Wellness Coach, Yoga Instructor, Trained Dancer, Improvisation Comedy, Singing, Stand-Up Paddle Board, Ski, Boogie Board, Horseback Riding, Dance Choreography, Credentialed Elementary Teacher, Vegan and Plant Based Nutrition Expert, Boy Mom, Cooking, Content Creation, Dialects: Irish, Standard British, French, Texas, Scottish