IAN BOND

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EDUCATION

MASTERS OF FINE ARTS, INTERDISCIPLINARY ARTS

2023

GODDARD COLLEGE

Concentrations: Decolonial Arts Praxis and Performance Creation Thesis: Creating Communities of Creation: Facilitating Person-first Space for High-Risk Theatrical Work

BACHELOR OF ARTS, THEATRE

2010

DAVIDSON COLLEGE

Cum Laude
ODK (National leadership organization)

Awarded the Keiser Prize in English (for excellence in performance of classical text)

MEMBERSHIPS AND CERTIFICATIONS

SOCIETY OF AMERICAN FIGHT DIRECTORS (SAFD)

- Northwest Regional Representative and Member
- Certified Advanced Actor Combatant
- Theatrical Firearms Safety Certified

INTIMACY DIRECTORS AND COORDINATORS (IDC)

- Certified Intimacy Director
- Member

SOCIETY OF DIRECTORS AND CHOREOGRAPHERS (SDC)

Full Member

ACTOR'S EQUITY ASSOCIATION (AEA)

• Equity Member Candidate

PNW THEATRICAL INTIMACY (PNWTI)

- Co-founder
- Member

THEATRE PUGET SOUND (TPS)

- Member
- Member Advisory Committee (2020-2022)
- Anti-Racism Committee Co-chair (2021)

TEACHING

IINIUEDCITY

UNIVERSITI	
Seattle Pacific University - Seattle, WA	
Adjunct Professor – Stage Movement	2023
• 3 credit course - 24 hours of instruction	
 Required course for performance majors 	
 Course of study: physicalizing action, creating engaging movement and presence 	
on stage, developing character, and taking care of the body as one's instrument	
Seattle Pacific University – Seattle, WA	
Adjunct Professor – <i>Unarmed Stage Combat</i>	2022
• 3 credit course - 40 hours of instruction	
 Fulfilled a requirement for performance majors 	
 Course of study: safely performing unarmed violence, utilizing the body 	
dynamically on stage, and partnering effectively in physical storytelling	
Seattle University – Seattle, WA	
Guest Instructor – Rituals and Community Belonging	2020
Taught a class on the proper use of the voice in public speaking	
Seattle University - Seattle, WA	
Guest Instructor – Ritual and Leadership course	2018
Taught a class on the proper use of the voice in public speaking	
PROFESSIONAL COURSES	
Cornish College of the Arts/Cornish Plus - Seattle, WA	
Instructor – Theatrical Intimacy for Stage and Screen	2023
• 12 hour continuing education course	
 Taught best practices and techniques for staging intimacy 	
PNW Theatrical Intimacy – Seattle, WA	
Lead Instructor – Emerging Intimacy Professional Training	2023

- 8-hour course
- Designed and facilitated a training course for emerging intimacy directors

Pork Filled Productions/SAFD - Seattle, WA

Co-Assistant Instructor (along with Alyssa Kay) – Unarmed Stage Combat

2022

- 30-hour course (assisted 20 of 30 hours)
- Part of the inaugural Expand, Educate, Empower Initiative
- Assisted SAFD Fight Director and DEI Representative Leraldo Anzaldúa

Freehold Theatre - Seattle, WA

Associate Instructor – *Intro to Stage Combat*

2021

- 30-hour course covering unarmed and single sword stage combat
- Responsible for teaching boundary practices for partnered physical work
- Assisted SAFD Fight Master Geof Alm

MASTERCLASSES AND WORKSHOPS	
Stage Combat Community Class – Seattle, WA Creator/Instructor – Smallsword: Moving while Deceiving	2023
Stage Combat Community Class – Seattle, WA Creator/Instructor – Sightlines and Angles	2023
Stage Combat Community Class – Seattle, WA Creator/Instructor – Scrappy Fighting	2023
Stage Combat Community Class – Seattle, WA Creator/Instructor – Push, Pull, Grab	2023
Stage Combat and Intimacy Community Classes – Seattle, WA Creator/Instructor – The Five Pillars of Intimacy and Falling	2023
Stage Combat and Intimacy Community Classes – Seattle, WA Creator/Instructor – Intimacy Direction in Practice and Falling	2023
The Shattered Glass Project Incubator/Mentor Program – Seattle, WA Co-Instructor (with Jasmine Lomax) – Consent and Brave Spaces in the Rehearsal Room	2023
San Juan Community Theatre – San Juan Island, WA Instructor - Theatrical Intimacy Best Practices	2022
SM Collective – Seattle, WA Co-Instructor (with Alyssa Kay) – Theatrical Intimacy Best Practices for Stage Managers	2022
The Shattered Glass Project – Seattle, WA Instructor – Analyzing Text for Violence and Intimacy	2021
PNW Theatrical Intimacy – Seattle, WA Instructor – Foundations in Theatrical Intimacy	2021
Texas Stage Combat Intensive – Houston, TX Associate Instructor – With/Out Control (unarmed class), assisted other classes	2021
Humble Warrior Movement Arts - online Facilitator – Led community space for stage combat practitioners	2021
Combat and Intimacy Directors Book Club - online Facilitator – Led peer book club on Ethics of Touch and Fighting for Honor	2020 - 2021
Filament Collab Lab – Seattle, WA Instructor – Intimacy Direction Techniques Applied to Stage Combat	2020
Cincinnati Shakespeare Company – Cincinnati, OH Teaching Artist/Company Member – Taught dozens of classes and workshops to all ages	2010 - 2012

MIDDLE AND HIGH SCHOOL	
Woodinville High School - Woodinville, WA Instructor/Guest Artist - Foundations of Stage Combat (unarmed, 8 hours)	2023
Seattle Shakespeare Company/Gibson Ek High School – Issaquah, WA Instructor/Guest Artist – <i>Stage Combat</i> (single sword/mixed weapons, 3 hours)	2022
The Valley School - Seattle, WA Instructor/Guest Artist - Intro to Stage Combat (unarmed, 3 hours)	2021
Woodinville High School - Woodinville, WA Instructor/Guest Artist - <i>Foundations of Stage Combat</i> (unarmed, 6 hours)	2021
Lakeside Middle School – Seattle, WA Guest Artist/Choreographer – <i>Mass Battle!</i> (quarterstaff, 6 hours)	2021
St. Paul's Academy - Bellingham, WA Instructor/Guest Artist - Improv (5 hours)	2015
Lakeside Middle School – Seattle, WA Guest Artist – <i>Commedia dell 'Arte</i> (3 hours)	2014
CAMPS Seattle Shakespeare Company Camp Bill - Mercer Island, WA Guest Artist/Choreographer • Broadsword class and choreography for Macbeth for a weeklong camp	2022
St. Paul's Episcopal Church Youth Arts Camp – Seattle, WA Lead Instructor • Drama class and performance for elementary students in a weeklong camp	2017, 2018
Ubuntu Summer Camp – Seattle, WA Assistant Camp Director Planned and facilitated one-week outdoor games camp for high school students	2016
Cincinnati Shakespeare Summer Camp – Cincinnati, OH Teaching Artist • Taught acting classes, directed scenes, and assisted Alicia Rodis over two weeks	2012
Camp Firwood - Bellingham, WA Challenge Course Director • Full summer of week-long camps for all ages • Head of outdoor experiential education	2009
 Facilitated teambuilding for organizations including the Bellingham SWAT Team Camp Firwood - Bellingham, WA Counselor/Activity Class Instructor Full summers of week-long camps for all ages 	2005 - 2008

Taught drama class, rock climbing, and outdoor games

EDUCATION AND SOCIALIZATION THROUGH GAMING

 Young Dragonslayers - Charlotte, N.C./online Game Master - Ran two weekly D&D kids groups with a children's therapist Taught social-emotional learning through roleplaying 	2021 - 2023
foundry10/Scriber High School – Edmonds, WA Game Master – Facilitated weeklong marine science roleplaying game	2021
foundry10 - Seattle, WA Curriculum Designer – Developed community-oriented roleplaying games	2021
Emerald City Game Masters Guild - Seattle, WA Kid's Club Program Director - Devised programming, managed Game Masters	2020 - 2021
Self-employed - Seattle, WA/online Professional Game Master - facilitator of roleplaying games	2018 - 2024
Blue Highway Games - Seattle, WA Game Master/Game Expert - Taught games, ran events, retail • Taught kids how to play D&D weekly, managed ongoing D&D program	2014 - 2020

PERFORMANCE

FIGHT DIRECTION

5 th Avenue Theatre	Jay Santos	2024
Seattle Shakespeare Co.	Sheila Daniels	2024
Village Theatre	Adam Immerwahr	2024
Seattle Children's Theatre	Johamy Morales	2024
The Seagull Project	Gavin Reub	2024
Roosevelt High School	Katie Greve	2023
5 th Avenue Theatre	Jay Santos	2023
Seattle Shakespeare Co. (camp)	Samara Lerman	2022
	Malika Oyetimein	2022
	Pauls Mac	2022
Seattle Shakespeare Co.	Allison Narver	2022
Sound Theatre Co.	Teresa Thuman	2022
Taproot Theatre Co.	Karen Lund	2022
Seattle Pacific University	Rick Lorig	2022
5 th Avenue Theatre	Jay Santos	2022
Taproot Theatre Co.	Karen Lund	2022
The Shattered Glass Project	Various	2021
Seattle Shakespeare Co.	George Mount	2021
Lakeside Middle School	Jenny Estill	2021
Seattle Shakespeare Co.	David Quicksall	2020
Kent-Meridian High School	Jay Thornton	2019
Washington Ensemble Theatre	Lava Alapai	2019
Book-It Repertory Theatre	Myra Platt	2019
Washington Ensemble Theatre	Bobbin Ramsey	2019
University of Washington	Samie Spring Detzer	2017
Washington Ensemble Theatre	Wayne Rawley	2017
	Seattle Shakespeare Co. Village Theatre Seattle Children's Theatre The Seagull Project Roosevelt High School 5th Avenue Theatre Seattle Shakespeare Co. (camp) Seattle Repertory Theatre Village KidStage (Everett) Seattle Shakespeare Co. Sound Theatre Co. Taproot Theatre Co. Seattle Pacific University 5th Avenue Theatre Taproot Theatre Co. The Shattered Glass Project Seattle Shakespeare Co. Lakeside Middle School Seattle Shakespeare Co. Kent-Meridian High School Washington Ensemble Theatre Book-It Repertory Theatre Washington Ensemble Theatre University of Washington	Seattle Shakespeare Co. Village Theatre Seattle Children's Theatre The Seagull Project Roosevelt High School Sth Avenue Theatre Village KidStage (Everett) Seattle Shakespeare Co. Sound Theatre Co. Taproot Theatre Co. Seattle Pacific University Sth Avenue Theatre Taproot Theatre Co. The Shattered Glass Project Seattle Shakespeare Co. Lakeside Middle School Seattle Shakespeare Co. Seattle Shakespeare Co. Lakeside Middle School Seattle Shakespeare Co. Seattle Shakespeare Co. Lakeside Middle School Seattle Shakespeare Co. Seattle Shakespeare Co. Lakeside Middle School Seattle Shakespeare Co. Seattle Shakespeare Co. Seattle Shakespeare Co. Samara Lerman Malika Oyetimein Pauls Mac Allison Narver Seattle Chevet Samara Lerman Malika Oyetimein Pauls Mac Allison Narver Seattle Greve Samara Lerman Malika Oyetimein Pauls Mac Allison Narver Seattle Greve Samara Lerman Malika Oyetimein Pauls Mac Allison Narver Seattle Shakespeare Co. Lakeside Midale Oyetimein Pauls Mac Allison Narver Seattle Shakespeare Co. Lakeside Midale Oyetimein Pauls Mac Alison Narver Seattle Shakespeare Co. Lakeside Midale Oyetimein Pauls Mac Alison Narver Seattle Shakespeare Co. Lakeside Midale Oyetimein Pauls Mac Alison Narver Seattle Shakespeare Co. Lakeside Midale

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INTIMACY DIRECTION				
Spring Awakening	5 th Avenue Theatre		Jay Santos	2024
Romeo and Juliet	Seattle Shakespeare Co.		Sheila Daniels	2024
The Fantasticks	Village Theatre		Adam Immerwahr	2024
The Lower Depths	The Seagull Project		Gavin Reub	2024
Hadestown (National Tour Consultant)	RCI Theatricals		Rachel Chavkin	2023
Sweeney Todd	5 th Avenue Theatre		Jay Santos	2023
Macbeth	Seattle Shakespeare Co.		John Langs	2022
Newsies!	Village KidStage (Everet	t)	Pauls Mac	2022
Much Ado About Nothing	Seattle Shakespeare Co.		Allison Narver	2022
Gaslight	Sound Theatre Co.		Teresa Thuman	2022
The Nerd	Taproot Theatre		Karen Lund	2022
Afterwords	5 th Avenue Theatre		Adrienne Campbell-Holt	
Ghosts	Seattle Repertory Theatr	·e	Carey Perloff	2022
Hotter Than Egypt	ACT Theatre		John Langs	202 2
Ghosts: An Original Festival	The Shattered Glass Proj	ect	Various	2021
Troilus and Cressida	Seattle Shakespeare Co.		David Quicksall	2020
DIRECTING				
Spring Awakening (Associate Director)	5 th Avenue Theatre		Seattle, WA	2024
The 39 Steps	Seattle Pacific University	7	Seattle, WA	2023
Romeo and Juliet	Anderson High School		Cincinnati, OH	2013
ACTING				
Solaris	Ray	Rook It	Donortory Thoatro	2023
0.010.10	George Wickham		Repertory Theatre Theatre Co.	2023
The Wickhams: Christmas at Pemberley The Bard-O-Rama (radio drama)	Shakespeare		mstrong Productions	2022
Dracula (radio drama)	Van Helsing		in Productions	2021
It's A Wonderful Life	Cousin Eustace	_	Anonymous	2019
The Diary of Anne Frank	Man		Children's Theatre	2019
American Junkie	Tom Hansen		Repertory Theatre	2019
A Christmas Carol	Marley	ACT The		2018
Jane Eyre	St. John/John Reed		Repertory Theatre	2018
A Nervous Smile (reading)	Brian		heatre Company	2018
The Picture of Dorian Gray	Alan Campbell/Ens.		Repertory Theatre	2018
Hamlet	Claudius/Gravedigger		rse in Motion	2018
Don't Split the Party	Steve		arent Storytelling Theatre	
Teh Internet is Serious Business	Ensemble		gton Ensemble Theatre	2017
Pilgrims	Soldier		d Flux Productions	2017
The 39 Steps	Hannay U/S	Village 7		2017
Treasure Island		_		2017
	Blind Pew/Ens.		Repertory Theatre Immersive Theatre	
Harvest	Jamie		'Alene Summer Theater	20162016
Peter and the Starcatcher	Grempkin/King Prawn			
The Things Are Against Us	Response		gton Ensemble Theatre	2016
Titus Andronicus	Demetrius		Shakespeare Company	2016
Holiday of Errors (remount)	Hatton		heatre Company	2015
Bad Jews	Liam Bartia Waastar		Public Theater	2015
Jeeves Intervenes	Bertie Wooster	-	Theatre Company	2015
The Underpants	Versati		Baker Theatre	2015
The Innkeeper's Christmas (tour)	Jacob	Taproot	Theatre Company	2014

2020 - 2021

Don Quixote and Sancho Panza	Ensemble	eSe Teatro	2014
Diana of Dobson's	Captain Bretherton	Taproot Theatre Company	2014
Frankenstein	Henry Clerval	Book-it Repertory Theatre	2014
Holiday of Errors	Hatton	Sound Theatre Company	2013
Hunting Dinosaurs	The Doctor	Seattle Fringe Festival	2013
Savage/Love	Ensemble	Smith Tower Project	2013
Measure for Measure	Claudio	Cincinnati Shakespeare Co.	2013
A Midsummer Night's Dream	Philostrate/Moth	Cincinnati Shakespeare Co.	2013
When the Rain Stops Falling	Gabriel Law	Know Theatre of Cincinnati	2013
Richard II	Aumerle	Cincinnati Shakespeare Co.	2013
Romeo and Juliet	Romeo	Cincinnati Shakespeare Co.	2012
Porgy and Bess	Policeman	Cincinnati Opera	2012
The Merchant of Venice	Salerio/Arragon	Cincinnati Shakespeare Co.	2012
The Grapes of Wrath	Al Joad	Cincinnati Shakespeare Co.	2012
Sense and Sensibility	Willoughby	Cincinnati Shakespeare Co.	2012
Henry VIII	Surrey/Brandon/Ens.	Cincinnati Shakespeare Co.	2012
Love's Labours Lost	Dumaine	Cincinnati Shakespeare Co.	2011
Macbeth	Banquo	Cincinnati Shakespeare Co.	2011
A Man for All Seasons	William Roper	Cincinnati Shakespeare Co.	2011
Julius Caesar (tour)	Caesar/Octavius	Cincinnati Shakespeare Co.	2011
A Midsummer Night's Dream (tour)	Demetrius/Quince	Cincinnati Shakespeare Co.	2011
The Two Gentlemen of Verona	Outlaw/Servant	Cincinnati Shakespeare Co.	2011
Julius Caesar	Soothsayer/Lucius	Cincinnati Shakespeare Co.	2011
Pride and Prejudice	Mr. Darcy	Cincinnati Shakespeare Co.	2011
King John	Chatillon/Melune	Cincinnati Shakespeare Co.	2011
The Merry Wives of Windsor	Nym/Boy/Servant	Cincinnati Shakespeare Co.	2010
Dracula	Jonathan Harker	Cincinnati Shakespeare Co.	2010
Much Ado About Nothing	Claudio	Cincinnati Shakespeare Co.	2010
A Midsummer Night's Dream (tour)	Demetrius/Quince	Cincinnati Shakespeare Co.	2010
Hamlet (tour)	Hamlet	Cincinnati Shakespeare Co.	2010
The Little Dog Laughed	Alex	Actor's Theatre of Charlotte	2008

MOTION CAPTURE

Unnamed Project Current

Sucker Punch Productions/SONY - Bellevue, WA

- Motion Capture Artist
- Motion Capture Hiring Consultant

Ghost of Tsushima - Iki Island Expansion

NΑ

Sucker Punch Productions/SONY - Bellevue, WA

- Motion Capture Artist sole Mocap hire due to covid restrictions
- 2021 Golden Joystick Award Winner Best Game Expansion

Ghost of Tsushima 2018 - 2020

Sucker Punch Productions/SONY - Bellevue, WA

- Motion Capture Artist
- Japan Game Awards 2021 Winner Award for Excellence and Game of the Year
- Nominated for dozens of awards at Golden Joystick Awards, DICE Awards, The Game Awards, British Academy Games Awards, etc.

W PLAY DEVELOPMENT AND COLLABORATION The Co-Conspirators – Seattle, WA	202
New play workshop and reading – Sponsored by the Void by Melanie Godsey	
ACT One New Play Festival – Seattle, WA New play workshop and reading – untitled play by Kimber Lee	201
Hedgebrook Women Playwright's Festival – Whidbey Island, WA New play workshop and reading – <i>Stacy</i> by Ruby Spiegel	201
Sound Theatre Company - Seattle, WA Literary Assistant	201
Transparent Storytelling Theatre New play workshop and reading – <i>Don't Split The Party</i> by Nathan Kessler-Jeffrey	201
ACT Theater - Seattle, WA Literary Assistant	- 20 1
Dacha Theatre – Seattle, WA Dramaturg – <i>Quick, Bright Things</i>	20
Macha Monkey – Seattle, WA New play reading – <i>The Names</i> by Paul Lewis	20
Red Stage – Seattle, WA New play workshop – <i>Funny Haha</i> by Nicky Davis	20
Transparent Storytelling Theatre – Seattle, WA New play workshop – <i>Happy Christmas, Jeeves</i> by Nathan Kessler-Jeffrey	20
ACT Theatre Construction Zone – Seattle, WA New play workshop and reading – <i>The Ansel Intimacy</i> by Vince Brady	20
Theatre Schmeater – Seattle, WA New Play workshop and reading – <i>PluggedIn</i> by Gavin Reub	201
LungFish Productions – Seattle, WA New play workshop and reading – <i>The Mermaid Man</i> by Kyle James Traver, Elizabeth Richmond	20

PROFESSIONAL DEVELOPMENT AND TRAINING

STAGE COMBAT

Society of American Fight Directors SPT Certification Courses - Seattle, WA

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•	Quarterstaff	Geof Alm	2020
•	Knife	Geof Alm	2019
•	Unarmed	Geof Alm	2019
•	Single Sword	Geof Alm	2019
•	Rapier & Dagger	Geof Alm	2018
•	Broadsword	Geof Alm	2018
•	Quarterstaff	Geof Alm	2018
•	Smallsword	Geof Alm	2017
•	Sword & Shield	Geof Alm	2017

Society of American Fight Directors Workshops -	IISA	
Philadelphia Stage Combat Workshop		2023
National Stage Combat Workshop (Sandbox	(Intensive)	2023
Philadelphia Stage Combat	· memory eg	2021
Texas Stage Combat Intensive		2021
Neutral Chaos Masterclass series		2020
Philadelphia Stage Combat		2020
Texas Stage Combat Intensive		2020
Social Distance Showdown 2.0		2020
Trapped Inside		2020
Social Distance Showdown 1.0		2020
 Winter Wonderland 		2020
Humble Warrior Movement Arts - Denver, CO		
Tomahawk and Knife	Jake Guinn	2021
 Knife 	Sean Chin	2021
 Smallsword 	Ian Rose	2020
Rapier and Dagger	Ian Rose	2020
History and Theory for Stage Combatants	D. Granke, Nigel Poulton	2020
Biomechanics	Nigel Poulton	2020
Medieval Martial Arts	Jess Finley	2020
Flow Arts	Jake Guinn	2020
Sword Footwork	Ian Rose	2020
Masterclasses and SAFD Certification Renewals -	USA	
 Knife 	Paul Ray	2024
 Quarterstaff SPR 	Alex Cordaro	2023
 Sword & Shield SPR 	Alex Cordaro	2023
 Single Sword SPR 	Paul Ray	2023
Broadsword SPR	Paul Ray	2023
 Single Sword 	J. Allen Suddeth	2023
 Broadsword 	D. Granke	2023
Knife SPR	Leraldo Anzaldúa	2022
 Sword & Shield 	Geof Alm	2021
 Unarmed SPR 	Oliver Donahue	2021
 Smallsword SPR 	Oliver Donahue	2021
 Rapier & Dagger SPR 	Geof Alm	2021
Sword & Shield	Geof Alm	2020
 Smallsword 	Geof Alm	2020
Broadsword	Geof Alm	2019
• Unarmed	Geof Alm	2016
INTIMACY DIRECTION		
Intimacy Directors and Coordinators - New York,	, NY	
 Level 4 Certification 	Cha Ramos	2022
 Level 3 Certification 	Claire Warden, Cha Ramos	2022
 LGBTQ History on Broadway 	Maybe Burke, Colleen Hughes	2021
 Intro to Kink and BDSM 	Timaree Schmit	2021
 Three Ring Thinking 	Charlie Baker, Colleen Hughes	2021
 Audience Participation 	Colleen Hughes	2021
 Anatomy of an Apology 	Charlie Baker	2021
 Facilitating Closure 	Mitch McCoy	2021

 Content Warnings Intimacy in Auditions Digging Deeper into Boundaries Working with Underage Performers Intimacy and Academia Intimacy and Covid-19 Consent for the K-12 classroom Intimacy and Fight Directors Preparing for the Intimacy Director Acting Intimacy Essentials Intimacy and Opera Approaching Communication Closure Practices 	Gaby Labotka Mitch McCoy Samantha Kaufman Adam Noble D. Granke Claire Warden Colleen Hughes Colleen Hughes, Eli Lynn Samantha Kaufman Jessica Steinrock Tonia Sina, Doug Scholz-Carlson Yarit Dor Various	2021 2021 2021 2020 2020 2020 2020 2020
Theatrical Intimacy Education - Washington, D.C		
 Race and Choreography Trauma Informed Practices Working with Minors Consent in the Acting Classroom Race and Intimacy Intimacy Choreography Studio Techniques, Casting, and Policy Best Practices 	Kaja Dunn Chelsea Pace Kim Shively Laura Rickard Kaja Dunn Chelsea Pace, Laura Rickard Chelsea Pace, Laura Rickard Chelsea Pace, Laura Rickard	2021 2021 2021 2021 2020 2020 2020 2020
Intimacy Directors of Color - New York, NY		
Racial Trauma in the Rehearsal Room	Delvena Thomas	2020
Brave Space	Ann James	2020
 Intimacy Directors International – Dallas & Hous 3-day Intimacy Direction Workshop 3-day Intimacy Direction Workshop 	Adam Noble, Ashley White, Sam Kaufman Adam Noble, Ashley White, D. Granke	n 2020 2020
Moving Body Arts – London, UK • The Drama Spiral	Clark Baim	2021
 Trauma Awareness Through Movement 	Ashley MacDonald	2021
Humble Warrior Movement Arts – Denver, CO • Articulations of Intimacy THEATRICAL MOVEMENT	Siobhan Richardson	2020
Momentum Stage - Fort Lauderdale, FL		
Suzuki Workshop	Suzanne Ankrum	2021
Grotowski's The Cat	Suzanne Ankrum	2021
Wholistic Movement Pedagogy CourseLaban Workshop	Nicole Perry Nicole Perry	2021 2020
 School of Acrobatics and New Circus Arts - Seattl Tricking Class Improvisational Dance Class Tumbling 1 Acro Yoga Class 	-	2021 2021 2020 2020

CM	B Fitness - Mill Creek, WA		
UM		Ryan Hurst	2023
	• Elements Program	-	
	Sequences Program	Ryan Hurst	2023
The	Black Acting Methods Studio - Cincinnati, OH		
	Black Acting Methods Workshop	Sharell D. Luckett, Kashi Johnson	n 2021
		. ,	
Kin	ected - New York, NY		
	• Functional Anatomy for Movement and Injuries	Matt and Carrie McCullough	2020
Eve	ryday Strength and Movement - Seattle, WA		
	Personal Training	Andi Segur	2020-2024
	Mobility Series	Andi Segur	2020-2021
	·		
Sea	ttle Actor's Workshop – Seattle, WA		
	• The Art of the Audition	Margaret Layne, Victor Pappas	2017
The	e Studios – Seattle, WA		
	Actor's Intensive	John Langs	2016
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Fre	ehold Theatre - Seattle, WA		
	 Actors and Directors Workshop 	John Jacobsen, Robin Smith	2016
DIVE	RSITY, EQUITY, INCLUSION, ACCES	SIBILITY	
Rig	ht to Be - Brooklyn, NY		
8	Resilience: This Moment and Beyond		2021
	Resilience in the Face of Covid-19		2020
	Bystander Intervention to Stop Police Violence	e and Anti-Black Harassment	2020
	Conflict De-escalation Training		2020
	Bystander Intervention to Stop Anti-Asian/An	nerican Harassment	2020
	Bystander Intervention Training		2020
_			
Rac	e Forward: The Center for Racial Justice Innova	tion – Washington, D.C	2020
	Race Forward National Conference 2020		2020
	Organizing Racial Equity: Shifting Power		2020
	Building Racial Equity		2020
Sea	ttle Cultural Accessibility Consortium - Seattle,	WA	
	Successful Accessibility and Inclusive Design I	ntegration	2021
	• 2020 Accessibility Successes		2021
	• Disability Justice, Racial Justice, and the ADA		2020
Cou	and Theatre Commons. Coattle MA		
30u	 dnd Theatre Company - Seattle, WA Calling Up Justice/National Disability Theatre: 		
	Theatre at the Crossroads of Racial and Disabi		2021
	 Sins Invalid: An Unshamed Claim to Beauty in 		2021
	ChrisTiana ObeySumner: Introduction to Disal	•	2020
	- Giris Hana Obeysummer. Introduction to Disa	onity justice	2020
NW	Network - Seattle, WA		
	• Facilitating Across Differences		2020
	• Centering Black LGBTQ Survivors of Sexual Vic	olence	2020
	• Assessing Patterns of Coercive Control in Abus	sive Relationships	2020

The Transgender Training Institute - Philadelphia, PA	
 Supporting Transgender Artists 1 	2021
 Supporting Transgender Artists 2 	2021
 Getting Comfortable with Pronouns 	2020
Syntrio Inc. – Deerfield, IL	
Valuing Diversity	2020
Creating a Bully-Free Workplace	2020
Preventing Workplace Harassment for Managers	2020
Rainbow Center - Tacoma, WA	
Gender Identity Training	2020
LGBTQIA+ Core Competency	2020
Compliance Training Group - Santa Fe Springs, CA	
 Workplace Sexual Harassment Awareness Training for Supervisors 	2020
Conflict Resolution Training	2020
Groundwater Arts - Turtle Island	
Decolonizing Theatre Basics	2020
• Decolonizing Theatre basics	2020
Theatre Puget Sound - Seattle, WA	
 Prioritizing Racial Equity into Our Budgetary and Organizational Decisions 	2020
Amplify RJ – Los Angeles, CA	
Intro to Restorative Justice	2020
Kirwan Institute for the Study of Race and Ethnicity - Columbus, OH	
Implicit Bias Module Series	2020
- Implicit bias Module Series	2020

SKIILLS AND AWARDS

- Winner 2019 Broadway World Critics Choice Award Best Lead Performer in a Play (*American Junkie*)
- Nominated for 2019 Gypsy Rose Lee award Excellence in a Lead Performance, big theatre category (American Junkie)
- Basic juggling
- 15+ years as a rock climber, runner, hiker, yoga practitioner, weightlifter, and endurance athlete
- First Aid/CPR/AED Certified
- Mental Health First Aid, MHFA for Covid-19