



SHANNON SPANGLER



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💻 www.shannonspangler.com
📍 Los Angeles, CA
🎭 SAG-AFTRA

TRAINING

BFA Drama, New York University

Tisch School of the Arts

Acting Technique

Lee Strasberg Institute, Stella Adler Studio,
Nancy Banks Studio, Anthony Meindl,
Vance Barber, Ted Sluberski

Improv

Upright Citizens' Brigade,
People's Improv Theatre, NYC

Voiceover

Andy Roth, Kalemenson & Kalmenson

SPECIAL SKILLS

Accents

British (London, RP), Irish (Northern,
Southern), French, Southern US (Rural,
Georgian), Texan, Boston, New York

Sports

Marathon Runner, Backpacking, Frisbee,
Rock Climbing, Horseback Riding

Dance

Musical Theatre (3 years), Ballet (7 years),
Jazz (5 years), Tap (3 years)

Stage Combat

Motion Capture, Unarmed Combat, Single
Sword, Small Sword, Knife

MISC

Valid US Passport and Driver's License
2024 Subaru Crosstrek



FILM

A Nightmare Wakes	Supporting, Feature	Shudder	dir. Nora Unkel
Room 16	Lead, Feature		dir. Jolie Kinga
Stray*	Lead, Short	DUST	dir. Nora Unkel
Across The Aisle*	Lead, Short		dir. Tom Block
Attention	Lead, Short	Arrow	dir. Nora Unkel
The Disenchantment of a Young Adult and a Wild Child*	Lead, Short	Shorts TV	dir. Caryn Waetcher
Awesome Gal*	Lead, POC		dir. Frank Calo
Planned Parenthood	Lead, Industrial	Planned Parenthood	dir. Aaron Matthews
Vloggers	Lead, Web Series	YouTube	dir. Andrew Williams
What We Talk About When We Talk About Love	Lead, Short		dir. Seamus McGuigan



THEATRE

Belleville	Abby u/s	Beverly Hills Playhouse	dir. Benjamin Burt
Sage Center*	Gail	Hollywood Fringe Fest	dir. Corey Renfree
Romeo y Julieta	Julieta	The Guthrie Theatre	dir. Andres Chaves
Hamlet (excerpts)	Hamlet	Roselle Arts Festival	dir. Emma Schwartz
Red Light Winter	Christina	ITSelf, Warsaw	dir. Laura Savia
Mary V	Exeter	Theatre for the New City	dir. Charlie Murray
Julius Caesar	Calpurnia	Shakespeare in the Square	dir. Dan Hasse



AWARDS

The Disenchantment...	Best Supporting Actress	The Lee Strasberg Film Festival
Across The Aisle	Award of Merit - Special Mention, Leading Actor	Best Shorts Competition
Awesome Gal	Best Leading Actress	So You Think You Can Act Fest
Awesome Gal	Best Actor	WRPN TV Short, Tight, and Loose Film Festival

*** Commercial Conflicts Available Upon Request ***