

# Chrystel Contreras

Height: 5'4"

Website: [www.chrystelcontreras.com](http://www.chrystelcontreras.com)

## TELEVISION/NEW MEDIA

Luxury Property Wars	Guest Star	Abode Entertainment/Ben Freidin
Million Dollar House Hunters	Guest Star	Abode Entertainment/Ben Freidin
Legend Transportation	Guest Star	Ambient Skies/Deanna Beghtol & Richard Charney
Finn-Again Web Series	Guest Star	Bijan Shemirani & Andrew Norton
Zach King Video	Co-Star	King Studio, LLC./Lukas Rooney

## SHORT FILM

Henry's Anguish	Supporting	Burnham Pictures/Kevin Joshua Burnham
Restitution	Supporting	Monte V Productions/Garrett Midkiff & Ed Kearns

## TRAINING

MFA in TV + Screenwriting (IP)	Various	Stephens College, Columbia, MO.
Formatting Your Script Like a Pro	Karl Iglesias	UCLA Extension, LA. CA.
Features: Essential Beginnings	Roberto Marinas	UCLA Extension, LA. CA.
Improv for Actors	Eric Goins	Compass, Atlanta, GA.
Film & TV	Brendan Robinson	Graham Shiels Studio, LA, CA.
Sitcom Comedy Intensive	Scott Sedita	Scott Sedita Acting Studios, LA, CA.
Teleprompter Levels 1 & 2	Ashley Faulkner/Amanda Melby	Verve Studios, Scottsdale, AZ.
Film Acting Level 1	Amanda Melby	Verve Studios, Scottsdale, AZ.
Acting Foundations	Amanda Melby	Verve Studios, Scottsdale, AZ.
Scene Study	Bill & Carla Howey	Howey Acting Studio, Mesa, AZ.
Intro to the Theater	M. Zurla	West L.A. College, Culver City, CA.
History of World Theater	M. Zurla	West L.A. College, Culver City, CA.
B.S. Business Administration	Various	CSU Dominguez Hills, Carson, CA.

## SKILLS

- US Navy Veteran
- Firearms Training
- Ship/Nautical Training
- Beach Volleyball
- Surfing and kayaking
- Swimming and snorkeling
- Horseback Riding
- Hip Hop Dance