

# Lauren Montes

Monteslaurens@gmail.com

[Laurenmontes.com](http://Laurenmontes.com)

NYC & LA

Height: 5'4"

---

## Film:

|                        |            |                              |                   |
|------------------------|------------|------------------------------|-------------------|
| A Team Lovestruck      | Lead       | Invisible Disco Prods        | Amelia Annen      |
| Mirror of Us           | Lead       | Blue Hawk Studios            | Tyler Sword       |
| Get Diva Laid (Sizzle) | Supporting | Necessary Outlet Prods       | Jack Tracy        |
| Rejecting Destiny      | Lead       | NYU Tisch Film and TV        | Diego Nuñez       |
| Weekend in March       | Lead       | Pace University              | Lizie Zayas       |
| Waiting For Gina       | Supporting | A and M Make Movies          | Miranda Kang      |
| Julia Reel             | Supporting | Tell Me Charlene             | Addie McKeon      |
| Angel                  | Lead       | Invisible Disco Productions  | Amelia Annen      |
| What we Talk about...  | Lead       | NYU Gallatin Directing Class | Kasey Johnson     |
| Bird Intervention      | Lead       | NYU Tisch Film and TV        | Mercer Malakoff   |
| Brand New Challenge    | Lead       | NYU Tisch Film and TV        | Devin Hollinger   |
| Annie                  | Supporting | NYU Tisch Film and TV        | Natalie Silverman |
| Nuts for You           | Lead       | NYU Tisch Film and TV        | Alison Kusmik     |

## Theater:

|                                  |                |                                |                    |
|----------------------------------|----------------|--------------------------------|--------------------|
| Family Dinner                    | Rebecca        | LES Play Festival              | Claire Smith       |
| Midsummer Night's Dream          | Quince, Egeus  | La Plaza Cultural              | Natalya Ribovic    |
| Under the Limelight              | Ellie          | Rogue Theater Festival         | Steph Prizhitomsky |
| The Winter's Tale                | Paulina        | The Pop Up Players             | Sophie Toomey      |
| Romeo and Juliet                 | Friar Lawrence | Shakespeare to Go              | Timmy Gage         |
| Dog Sees God                     | Van's Sister   | The Theater Project            | Dennis Deprille    |
| Sunshine Valley Dolls            | Riley          | IDP All Work No Play Festival  | Esther Um          |
| Elegies for Angels, Punks,...    | Helen, Bertha  | NYU Playwrights Horizons       | John Thornton      |
| The Perks of a Doorman Building  | Jamie          | NYU Broke People Play Festival | Sarah Simon        |
| Accidental Death of an Anarchist | The Maniac     | Atlantic Acting School         | Dustin Willis      |
| After the Beep                   | Charlie        | NYU Experimental Theater Wing  | Thea Thronson      |
| Human Resources                  | Canuzo         | Atlantic Acting School         | Jack Tambouri      |

## Comedy:

Sketch: Enemies to Lovers, NYU Tisch Friends with Dads Variety (Head Writer)

Stand Up: Women Stand Up NYC

Improv: Brooklyn Comedy Collective (Level 2)

NYU Pasadena Golf Club: National College Improv Tournament Champion

Upright Citizens Brigade (Level 101-301)

ComedySportz LA

## Training:

NYU Tisch School of the Arts

Experimental Theater Wing:

Nora Woolley Lisa Sokolov Bradley Ellis

Atlantic Acting School:

Scott Zigler, Kathryn Alexander, Tom Costello, Sam Gonzalez, Hilary Hinkle, Jacquelyn Landgraf, Jennifer Rau,

Anya Saffir, Andy Shneeflock, Katie Bull, Katie Honnaker, Charley Layton, Kelly Maurer, Isadora Moya, Renee

Redding-Jones, Janice Orlandi

USC Summer Musical Theater Intensive

## Skills:

Accents: California, New York, Estuary, Southern American, Vocal range: Alto/Mezzo-soprano, Intermediate Spanish, Nanny, Professional Server, Distance runner, Puppets, Very good at Trivia