

JENJARACKAS COACHING

Acting Coach & Mentor | Greater Orlando, FL | Serving Clients Nationwide & Internationally

TESTIMONIALS

What students, clients & collaborators are saying

What Students Are Saying

"JJ is absolutely incredible as a coach and friend. I would recommend her to anyone — whether you want to become a professional actor or simply want to improve how you relate to the world and figure out who you are as a creative being. When she says she's a master at removing emotional blocks, she means it. You'll become a better artist and person just by sharing space with her. If you are even remotely considering an acting coach, choose JJ. She'll change your life."

— Laurie Cobb

"Jen's got the fire... she's genuine... supportive... challenging... with grace and heart she'll bring the YOU out of you." — Jed Sloe, Actor

"What an inspirational woman! She is an excellent coach, mentor, and human being. She has such a passionate heart and takes all her students to heart — whether it be in coaching, giving adjustments in class, or one-on-one time about life. Her love for the craft shows in everything she does. I've changed as a person since studying under her and it's been the most important experience in my life. You learn so much about yourself and she creates such a safe environment for you to explore and become vulnerable. I am forever grateful to have met a person like JJ. She's truly the BEST!"

— Ashley Kroft-Sida

"JJ was my first acting teacher and she gave me such a great base to build my training as a film and TV actress. She's very patient, incredibly open, and wants the absolute best for her students. I feel incredibly lucky to have her as a teacher, a mentor, and a friend."

— Arielle Prepetit

About My Father w/ Robert De Niro · CBS/Paramount+'s Beyond the Gates

"I greatly enjoyed taking classes with JJ! I think she is one of the best acting coaches in the area. She also takes a very personal approach with every student because she genuinely cares about each one. I would highly recommend taking classes with her."

— Adam Murray

Ghostbusters: Frozen Empire · Stranger Things · Hillbilly Elegy

"JJ is an exceptional woman who has done nothing but inspire me to strive to be the absolute best that I can be! I have been learning from JJ for a year now and could not feel more accomplished in the growth I have made. Her classes are incredibly welcoming and full of need-to-know gems!"

— Hannah Malone

Netflix's Insatiable · The Vampire Diaries · Howard High

"JJ is amazing. She cares about her students and goes above and beyond to help when needed."

— Kris Kozlowski

Cheerleader & the Beast, Discovery · Murder Chose Me · Homicide Hunter

"I'm so thankful to have found this place – to be taught and inspired. The growth you feel in yourself and watch in others is incredible. They really push you to be the best artist and storyteller you can be in a safe place. Those who come here for craft leave with a new appreciation and a deeper love for the art and for people."

– **Charleston Urbina**

On the Craft Work

"Due to my job I needed a top-notch professional acting coach. Jen Jarackas proved to be even more than that. She is professional, prompt, insightful, and on the leading edge of her craft. She gave me the confidence and acting skills needed, which allowed me to make huge gains at my job. If you are a beginner, experienced, or serious about learning and growing in acting – Jen is a must."

– **Briana Brandy (B-Fab)**

WWE NXT · WrestleMania · Smackdown · Signed with WWE

"JJ is an amazing acting coach. She has helped me take my craft to a new level by teaching me how to have quick access to my range of emotions. Her tips really work for having and maintaining a strong connection in your scene work. My castings and callbacks have increased since I have been taking class with her. I highly recommend her."

– **Dina Najjar**

"JJ has opened me up to a new depth in scene work and really helped me gain ease of emotional access. Her straightforward teaching style, her creativity, and her passion for the craft keep me coming back to her classes. JJ creates a safe space for her students, where even someone as shy as me can feel confident making mistakes and showing their true selves."

– **Victoria Swilley**

"JJ's coaching is superior. She's coached me through monologues ranging from contemporary comedy to Shakespeare, and I've gotten useful feedback every time. Often she'll use strategies from her Emotional Freedom Workouts – which are essential tune-ups for any actor – which helps find the right emotional range to bring any piece of writing to life. Her classes are a staple of my training."

– **Allen Gorney**

"JJ is an insightful teacher. She gives you tools to improve your technique and helps you access emotional levels to apply alongside that technique. She helps you be emotionally truthful in your acting, so that you aren't just saying words – you're living in the moment. She's your gal if you want to grow as an artist."

– **Sarah Malfara**

"Jennifer Jarackas is an amazingly talented and passionate coach. The depth at which she cares for her students is immeasurable. She opens the door for students to be free to explore ranges in emotions and encourages growth personally and professionally. There is no doubt her first intention is to bring out the best in her students."

– **Kelly Tinsley, Actress**

"I started acting classes with Jennifer Jarackas 18 months ago. Jennifer has taken my acting skills to a whole new level. Her Emotional Freedom, Body & Voice, and Character Intensive workshops have been so valuable to me. When I learn a new scene, I rely on the tools that Jennifer has taught me to fully immerse myself in the character. Her positive energy permeates her classes and allows her students to truly reach their highest potential."

— Judith Topper

"JJ knows how to bring the best out of actors. She is knowledgeable, passionate, and — best of all — patient. She'll find the good in the performance you've given, yet give you tons to think about and work on."

— Lynnea Peters

On the Inner Work

"I've taken a few workshops with JJ and they always blow me away. Somehow what I learn from her happens to be the exact thing I've been struggling with for years — yet it catches me off guard because I don't see it coming. This is about way more than acting. She has so much wisdom and shares it so generously. It's obvious she is very invested in giving back and packing value into every session. Besides acting, I've learned from her — healing, organization, goal setting, self love, how to experience our emotions in a healthy way, how to manifest what we want in our lives. If you have a chance to work with JJ, DO IT!"

— Jamie Aronson

Actress, Filmmaker & Marketing Consultant

"I never knew someone could change your life in such a dramatic way. Not only has my friend, mentor, and teacher been a positive role model in my life — she has taught me something so special that not many people get the chance to learn. She has taught me to feel my emotions. To feel my strengths. To feel what it's like to be present. To feel what it's like to be okay with the past and live for the now. She brought something out of me that I would never let go of. The ability to be me. To accept me. To create and become the story that I have a vision for."

— Kelli Reid

"Honestly, the breathwork and grounding practices you've walked us through have been huge for me. I didn't even realize how much I was carrying in my body until I started tuning in during your sessions. It's helped me reset emotionally and spiritually — not just as an actor, but as a person. I've come out of certain sessions feeling more connected to myself and to what God's doing in me creatively."

— Tammy Hanson

Actress, Musician & YouTuber

"Working with JJ has taught me that the moments I feel most overwhelmed or 'too busy' are actually when I need self and spirit care the most. I've learned to notice the resistance and see it as a sign to slow down and reconnect. These tools have helped me regulate my nerves in both my acting and my daily life. From that place, I feel more empowered — body, voice, and feelings. When I care for myself, the work flows more honestly and freely."

— Shannon Taylor

NYC

"The piece of JJ's coaching that has a profound impact in my personal life and professional acting life is the Self & Spirit Care. Learning the importance of yoga, meditation, and journaling opened my mind and created habits that benefit my acting and my personal life. I'm learning to sit in the quiet, feel how my body moves without judgment, and unraveling layers that I haven't been open to in the past. I'm more in the moment in my acting and in my life."

— Jessica Katz

FL – GA

"JJ is an amazing coach. Her aura is welcoming. She has an amazing ability to help you work through your resistance. She does more than scene study — she works completely mind, body, and spirit of truth. She really helped me awaken inside what I forgot that I had. She is a wonderful, inspiring coach — gentle but she holds you accountable. No bull. And that's what I like."

— Mary Leonard

Tampa Area, FL

"I can't begin to tell you how much these classes and workshops have changed my life for the better. Jennifer has taught me how to be free, how to have confidence, and how to become myself and just be." — Kelli Reid

On Private Coaching

"From the warm ups — which are incredible — to the work we prepare together, it is by far the most intensive coaching session I have ever encountered. Her notes are spot on. So if you are serious about your craft, do as I did — ask JJ to be your coach. Learn from a coach who has a true passion for sharing her knowledge."

— Michael Opal, Actor

"Jennifer approaches each of her developing artists according to their individual needs and takes great care to be direct without being intimidating and nurturing without coddling. Jennifer has helped me embrace depths of my emotions I never previously felt comfortable exploring. I deeply value her honest and constructive feedback, which is free of any ego on her part. Jennifer is truly a breath of fresh air as both an individual and an instructor. Her humor is invigorating and her laid-back yet firm teaching style creates an ideal environment for growth and exploration. I consider her a very important mentor in my career and an indispensable figure in my life."

— Danielle Superior

"Jen's technique for spirit care put an emphasis on making sure your body — one of your biggest tools for acting — is prepared and ready to help you be at your best. Things you wouldn't even think about, like simply deep breathing or journaling, have been a game changer. One of the most impactful things has been the emotionality work. Not only have I noticed a difference in my level of acting, but my peers notice as well. She is some of the greatest support I've had in this industry yet."

— Melissa Chin

Actress — upcoming feature & short in production

On the Workshops

"The Emotional Freedom Workshop has given me a greater appreciation of the mind-body connection and how I can apply it to acting. It's helped me make significant progress breaking down emotional blocks. I've also taken away new tools to deepen my emotional prep work. I loved the very first class and continue to return for emotional tune-ups."

— Dina Saunders

"As an actor it's vital — as a human being it's utterly relevant. Do it."

— Jed Sloe

On the Emotional Freedom Workshop · Constantine (TV Series) · Between Waves (Feature)

"I took JJ's Emotional Freedom Workshop twice. That's how much I loved it! Jen is such a warm person. She makes you feel so comfortable expressing your feelings physically and emotionally. I strongly recommend working with her any chance you get!"

— Jen Halbert, Actor

"I love JJ's classes and the Emotional Freedom workshops. I have most definitely grown as an actor and person taking her classes and workshops."

— Tonia Kerr

"Jen has been such a big help in both my acting ability and my growth as a creative person. I've driven hours to have workshops with her and each time it was totally worth it! It was fun, enlightening, and inspiring — and I always felt like I was in a safe place to explore my craft. I highly recommend taking any opportunity you may have to work with this talented and generous soul!"

— Jolene Perez

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