



Jeff Harding

Non-Union

Hair: Brown
Eyes: Blue
Weight: 200lbs
Height: 5'10"

[actorsaccess](#)
[castingnetworks](#)
[imdb](#)

Film/TV

Defocus Aberration	Supporting	Dir. B. Liu	2025
In Between	Supporting	Dir. A Yeh	2025
Suga West 2	Supporting	Dir. K. Butler II	2025
For Adeline	Supporting	Dir. B. Liu	2025
Let's Eat	Supporting	Dir. R McIntyre	2025
Downtown Disarray	Supporting	Dir. W Harwell	2025
Blind Spot	Supporting	Dir. S Rhodewalt	2025
The Broken Places	Supporting	Dir. Kyle Wyborski	2025
Time Travel Immigration Bureau	Supporting	Dir. Will Susor	2025
Presence	Supporting	Dir. J. Harding	2024
Hope's Last Hope	Supporting	Dir. E Singer	2024
Hear You in Silence	Supporting	Dr. T Wu	2024
Inheritance	Lead	Dir. Becca Robinson	2024
Miseria	Supporting	Dir. Jack Bart	2024
The Crunch	Lead	Dir. Sara Herold	2024
When it Rains	Supporting	Dir. Sophia Pettler	2024
The Dance	Supporting	Dir. Hadley Holyoak	2024
Collateral Knowledge	Supporting	Dir. Jerry Butler	2024
Woman of God	Supporting	Dir. Avery Ward	2024
Drawings from Sunny	Lead	Dir. Ryan McIntyre	2024
Drowning	Supporting	Dir. Sarah Liu	2024
Sins of the Father	Supporting	Dir. Tess Nelson	2024
While Supplies Last	Lead	Dir. J. Franz	2024
All or Nothing	Lead	Dir. August Starling	2024
Gaskins The Roper Woods Killer	Supporting	Dir. Chris Helton	2024
Our Date at Charlies	Lead	Dir. Fercho Diaz	2024
Roasted Bliss	Lead	Dir. Lisa Arnold/JHarding	2023
Undercover	Lead	Dir. Rabner Amill	2023

Commercial

Conflicts – Available Upon Request

Theater

The Dinner Detective	Table Actor	Dinner Detective Theater	2025
Three	Supporting	Dir. Jeanmarie Collins	2024

Music Video

You can't make me laugh!	Supporting	Dir. Abigail Siddall	2025
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Training/Classes

Acting Techniques	William Mark McCullough
Meisner Technique	Anthony Paderewski
The Casting Process	Chad Darnell/Anthony Paderewski
Power Audition	Anthony Paderewski
TV Comedy Sitcom Intensive	Allen Hooper
Spolin Improvisation	Jeanmarie Collins
Acting on Camera	Melanie Forchetti
Scene Study/Trade Secrets	Chad Darnell
Production Assistant (PA)	Witt Lacy

Special Skills & Interests

Golfing, Woodworking, Power Tool Operation, Home Projects, Handyman, Home Cooking, Grilling & Smoking, Billiards, Bicycling, Ping Pong, Bowling, Hatchet Throwing, Badminton, Karaoke, Writing, Directing, Landscaping, Licensed Driver and beginning stunt work.

Characters: Golfer, Salesman, Banker, Dad, Husband, Father, Brother, Detective, Cop, Secret Agent/Spy, Attorney, Priest/Pastor, Principal, Business Owner, Counselor, Buddy, Outdoorsman, Homeless, Doctor, Engineer

Awards

Roasted Bliss – Best Local Actor (Jeff Harding) Top 10 International Film Finalist, Best Local Short, Best Score