

Natalia Trou



Height: 5'9

Weight: 130 lbs.

Union status: Non-union

Eyes: Brown

Hair: Light Brown

FILM AND TELEVISION

- Movie: *Marry Me* (Nuyorican Productions) - Rooftop party model guest
- Music Video: Dua Lipa “*Don’t Start Now*” (Operator Media) - Masked party attendee
- Commercial: Canon Ivy Rec (Playback Digital) - Camera user
- Show: *Dash and Lily* (Roman Candle Casting) - Popular high school teen
- Show: *Prodigal Son* (Central Casting) - Extra, friend of principal
- Show: *Blue Bloods* (Central Casting) - Extra, passerby

TRAINING

Sheila Gray: *The Drama Continues*

- Intensive Workshop - New York, NY
 - Sensory work and script improvisation

SPECIAL SKILLS

- **Languages:**
 - Fluent: English, Ukrainian, Russian
 - Conversational: Spanish, Polish
- **Dialects:** British, Russian, New York (Bronx, Brooklyn)
- **Musical Instruments:** piano (advanced)
- **Improvisation:** general, short form, long form
- **Sports:** Jump rope, boxing, kickboxing, weight lifting, roller skating, trampoline, aerobics, hiking, running, jogging