

Lisa Strykowski Non-Union

Personal Contact:
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Hair Color: Auburn/Red,Brown
Eye Color: Blue
Height: 5'7"

FILM

About Amelia	Bookstore Extra	Tufts FMS (Trina Sanyal, Dir)
Off the Menu	Lead Medical Examiner	Emerson College (Daniele Sestifo, Dir)
A Ring for Christmas	Party Guest	Karen Clark Productions & Storyworks Entertainment

TV

Divorce Court (Season 24)	Virtual Audience Member	Lincolnwood Productions
Defending Jacob	Courtroom Attendee	Paramount TV

THEATER

Dracula	Maid (Miss Fenster)	Break A Leg Legally
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LIVE EVENT

Face2Face Pro Virtual Talent Showcase Summer 2022	Face2Face Pro
IMTA Elite Talent Team for IMTA NY Summer 2022	Lau Lapidès Company
Patient Panelist - IFFGD's 2021 Virtual Nancy and Bill Norton Patient Education Series (NES): The 30th Anniversary Edition	IFFGD Organization
Virtual Bi-Coastal Talent Showcase - Fall 2020	Lau Lapidès Company

TRAINING

Face2Face Pro	Improv	Deirdre McCarthy
Boston Casting	Creating Content	Michael Nickles
Lau Lapidès Company	Radio Play & Podcasting Performance	Lau Lapidès
Lau Lapidès Company	An Evening with Debi Derryberry	Debi Derryberry
Lau Lapidès Company	Virtual VO Vortex	Lau Lapidès & Team
Lau Lapidès Company	ImprovMania	Lau Lapidès & Team
Lau Lapidès Company	Actor's Bootcamp	Lau Lapidès, Deirdre McCarthy, Joann Yarrow
Lau Lapidès Company	MBA Master Class	Lau Lapidès & Team
Lau Lapidès Company	Voiceover Animation Intensive	Lau Lapidès & Team
Lau Lapidès Company	Voice Over Intensive: Level 2	Lau Lapidès & Team
Lau Lapidès Company	Voice Over Intensive: Level 1	Lau Lapidès & Team
Lau Lapidès Company	Voice Over Master Class	Lau Lapidès
Boston Casting	Audiobook Narration 101	Chris Ciulla
The Actors Studio of Newburyport	On-Camera Acting	Charles Van Eman
Boston Casting	Acting for Commercials	Ann Baker
Boston Casting	Commercial Acting: On-Camera and Voice Over Intensive Workshop	Ann Baker and Sonny Dufault
CNAW at The Actor's Loft	Business of Acting Workshop	Chris Neville
The Actors Studio of Newburyport	Improv for Comedy	Sara Fisher & Charles Van Eman
Boston Casting	Breaking Into the Business	Angela Peri
Boston Casting	Cold Read Audition Workshop	Chris Neville
Celia Slattery Voice and Performance	Mezzo Soprano	Celia Slattery

AWARDS

2022 IMTA NY Event; Honorable Mention for Cold Read
2021 Tabata-Ha Shotokan Karate-Do Bermuda Triangle Championships Virtual; Women's 18+ Adv/BB: 1st place Traditional Forms, 1st place Traditional Weapons
2019 ShidokanUSA Invitational Tournament, Londonderry NH; Women's BB 30+ Division: 3rd place weapons
2018 15th Annual MSTKD Open Tournament, Manchester NH; Women's BB 30+ Divisions: 2nd place kata, 3rd place weapons, 3rd place sparring
(Name used for tournaments available upon request)

SPECIAL SKILLS

Sports: 2nd degree black belt (Nidan) in Shorin-Ryu karate, instructor level Sempai; Golf (high handicap)
Kobudo/Weapons: Bo, Sai, Katana, Kama
Occupation: IT Consultant with on-prem experience in government, education and private sectors
Singer: Mezzo Soprano; musical theater, show choirs, a cappella choirs, competition choirs
Other: Ordained minister with ULC, Reiki II practitioner, occasional cigar smoker

VOICEOVER

'Visit with Spirit' Podcast - Co-host, Co-creator
Westford's Grey Ghosts - Jenny - New England Legends Podcast 285
Backstage for Spotify - Mom, Narrator: Good People Digital
Forest Haven: The Garden Of Eternal Rest - Ch 1 (YouTube) - Self: Charm City Paranormal
Campton's Cursed Covered Bridge - H (The Letter Writer): New England Legends Podcast 229
Noirest of Nights (Episode 2) - Sally: 'Be Happy; Be Heard' Lau Lapidès Company and Staples Corporation
Infahmation Technalagy - Becky: 'Be Happy; Be Heard' Lau Lapidès Company and Staples Corporation
A Haunted House in Portsmouth - Reporter: New England Legends Podcast 194
Mundane Molly (Act 1) - Whiteboard: 'Be Happy; Be Heard' Lau Lapidès Company and Staples Corporation

AUTOMOBILES

Model	Make	Year	Color	Condition
Kia	Sportage	2016	Blue	

LANGUAGES

Languages: Accents: Boston, New England,