

Lisa Strykowski

Non-Union

Personal Contact:
Website: strykitup.com

Hair Color: Blonde
Eye Color: Blue
Height: 5'7"

FILM

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

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

The Play That Goes Wrong New Works Festival - Shorts The Littlest Angel Dracula 2024 Dracula 2023	Annie Grammy G Gabriel / Angel Chorus Maid (Miss Fenster) Maid (Miss Fenster)	Break a Leg Legally The Firehouse Center for the Arts The Actors Studio of Newburyport Break A Leg Legally Break A Leg Legally
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LIVE EVENT

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

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

2022 IMTA NY Event; Honorable Mention for Cold Read Competition
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

The Indian Lake What-Is-It: Mrs. Boyd - New England Legends Podcast 380
Ghost Camp: Mary Scannell - New England Legends Podcast 367
FulFillment: Mitchie - MA9 Media
The Dream Pond Murders: Sappho - New England Legends Podcast 340

The Ghost Ship of Ancient Pemaquid: Old Lady - New England Legends Podcast 324
The Shunned House: Attic Ghost - New England Legends Podcast 301
'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 Lapidis Company and Staples Corporation
Infahmation Technalogy: Becky - 'Be Happy; Be Heard' Lau Lapidis 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 Lapidis Company and Staples Corporation
The Magic Chair: Customer #1 - 'Be Happy; Be Heard' Lau Lapidis Company and Staples Corporation

AUTOMOBILES

Model	Make	Year	Color	Condition
Kia	Sportage	2016	Blue	

LANGUAGES

Languages: Accents: Boston, New England,