



Niona Seabury

She/Her/Hers

Non-Union

Hair: Auburn

Eyes: Hazel

Height: 5'5

Voice: Soprano G3-B5

Theatre:

The Road Less Traveled*	Improviser	Theatre Momentum	Matthew Hellon Hodges
The Anthology	Improviser	Theatre Momentum	Alyse Dionne
The Porch	Improviser	Theatre Momentum	Tony Rielage
Life (x) 3	Inez**	ISU Black Box Theatre	Vanessa Ballam
Dead Man's Cell Phone	Jean**	ISU Black Box Theatre	Joel Shura
Proof	Catherine	Old Town Actors' Studio	Daniel Mark Shelden
Silent Sky	Henrietta Leavitt	Westside Theatre	Tanner Morton
A Midsummer...Dream	Helena	Old Town Actors' Studio	Michael Fornarotto
The Book of Will	Alice Heminges	Beverly B. Bistline Theatre	Vanessa Ballam
Marisol	The Woman with Furs	ISU Black Box Theatre	Stefan Espinosa
Romeo and Juliet	Nurse	ISU Black Box Theatre	Stefan Espinosa
The Burial at Thebes	Chorus**	ISU Black Box Theatre	Joel Shura
Ben Hur	Crystal Singer	Actors' Rep. Theatre of Idaho	Rebecca Beck
Vanya and Sonia...Spike	Nina	Actors' Rep. Theatre of Idaho	Melanie Seneff

*Upcoming

**Irene Ryan Nomination

One-Act/Festival Performances:

Me and You...Cancun	Leaf	KCACTF VII New Play Festival	Nancy Lee-Painter
The Garden Proposal	Katie	ISU 10 Minute Play Festival	Joel Shura
Knit One, Bitch Two	Hester	ISU 10 Minute Play Festival	Joel Shura

Training:

Acting Studio Chicago:

Beginning Monologue - *Sarafina Vecchio*
On Camera 1 - *Jessica Dean Turner*
On Camera 2 - *Charles Andrew Gardner*

The Second City Training Center:

Grad Revue 1-3 (In Progress)
Conservatory 1-3 - *John Hildreth, Dee Ryan, Sam Super*
Improv for Actors 1 & 2 - *David Montgomery, Kerri Morrison*

Bachelor of Arts - Theatre - Idaho State University

Acting: <i>Vanessa Ballam</i> <i>Stefan Espinosa</i> <i>Rebecca Beck</i>	Dialects/Voice: <i>Adrienne Moore</i> <i>Diana Livingston Friedley</i> <i>Michelle Adams</i>	Improv/Clowning: <i>Joel Shura</i> <i>Daniel Mark Shelden</i>	Dance: <i>Ballet/Jazz - Idaho Ballet</i> <i>Theatre</i> <i>Tap - Tiffin Bennett</i>
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Special Skills:

Improv; Clowning; Unarmed Stage Combat; Stage Intimacy; Dialects: *RP, London, Estuary, Southern American*; Balloon Animals

Awards:

Best Classical Performance: KCACTF VII Irene Ryan Scholarship Competition (2024),
KCACTF VII Irene Ryan Finalist: (2023, 2024)