



JULIA LYNN MONK

PROFESSIONAL ACTOR & VOICE OVER ARTIST

I'm a half-Canadian/half-Spanish, aquarius, millennial actor with over a decade of acting experience in film, television, theatre and radio - add another 15 years of acting experience working in the customer service industry.

I especially like taking on comedic roles.

5' 9"
125 LBS
HAZEL EYES
BROWN HAIR

UBCP/ACTRA UNION MEMBER

CONTACT DETAILS

Burnaby, BC
julialynnmonk@gmail.com
www.julialynnmonk.com
Instagram @julialynnmonk

REPRESENTATION

Commercial -
Connekt Creative, Rebecca Strom
Vancouver, BC

Background -
Hollywood North Extras, Stephanie Scheider
Burnaby, BC

Principal & Voice - Currently seeking representation

SPECIAL SKILLS

- Formally trained in sketching & painting
- Professional photographer
- Radio broadcasting & voice over
- Runway trained by former ANTM model Brittany Sharaun
- Self-defence & firearm safety trained
- Manual & automatic transmission driving
- Hockey & ice skating
- Soccer
- Volleyball
- Running
- Yoga
- Swimming
- Hiking
- Bike Riding
- Rollerblading
- Horseback riding
- Bowling

COMMERCIAL

I've been cast mostly in travel and tourism commercials.

- Lead - (e)Cyclist in "Rize Bikes" ad (RizeBikes)
- Lead - Florist in "Cantec" app ad (Advesa Digital Solutions)
- Supporting - Female Entrepreneur in "YWCA" ad (Moves Media)
- Lead - Female lead in "Vancouver Visitor Centre" ad (VVC)
- Lead - Lead in "Pure Flavor Farms" ad (Deplonty Productions)

FILM & TELEVISION

I've been cast mostly in dramatic films.

- Supporting - Joan, in the short "Bull!" (Black Water Productions)
- Lead - Lauren, in the indie feature "Vitreous" (V12 Films)
- Lead - Host/Reporter, in "Growing Exposed" (Green Planet)
- Lead - Reality TV contestant/artist, in "Crash Gallery" S2E2 (CBC)

THEATRE & LIVE PERFORMANCE

I work with universities as a live 'patient' during student exams in the medical field. I am a part of training the future doctors of Canada.

2016 - Present (Standardized Patient)

I work on local sets as a background actor & stand-in

2015 - Present (Background Actor)

TRAINING & EDUCATION

- CERTIFICATIONS - Firearm Safety Level One
- ONLINE - Dustin Hoffman's Masterclass
- LA - The American Academy of Dramatic Arts
 - Summer intensive graduate
- VANCOUVER - The Vancouver Film School
 - Graduated with honours, class speaker