



JULIA LYNN MONK

PROFESSIONAL ACTOR & VOICE OVER ARTIST

5' 9" 125 LBS HAZEL EYES LONG BROWN HAIR

PROFILE

Female millennial artist with over a decade of acting and production experience in film, television, theatre and radio.

CONTACT DETAILS

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

EDUCATION

LA - AADA (Summer intensive)
VANCOUVER - VFS

CERTIFICATIONS:

Firearm Safety Level One (ACTRA)
Dustin Hoffman's Acting
Masterclass

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.

- Lead - Physio Student, in an internal teaching video for the physio department (UBC)
- 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)

SPECIAL SKILLS & HOBBIES

Sketching . Painting . Photography . Radio broadcasting . Voice over .
Runway trained by former ANTM model Brittany Sharaun . Self-defence &
firearm safety (for film) trained . Manual & automatic transmission driving . Ice
hockey & ice skating . Rollerblading . Soccer . Volleyball . Long distance
running . Yoga . Swimming . Cycling . Hiking . Horseback riding . 10 pin
bowling