



LAUREN VENEDAM

301 - 873 - 7053

lauren.a.venedam@gmail.com

COVID-19 Vaccinated/Boosted

Valid US Driver's License/Passport

HEIGHT 6'1" • WEIGHT 195 lbs • HAIR Red • EYES Hazel

THEATRE

PYGMALION

Supporting Actor

Thunderous Productions/ Rick Starkweather

MOTHERLY LOVE

Director

Thunderous Productions
One Act Festival

FILM & TELEVISION

TWO BLOCKS
DOWN

Lead

DJM Productions/David Murphy

TRAINING

Metropolitan Ensemble
Theatre: The Ensemble School

Adult Acting: Scene Study, Tad Janes

DC Improv Comedy School

Writing for SNL Sketch Class, Ali Farahnakian

DC Improv Comedy School

Beyond Five Minutes to Funny (Stand-Up)/Five
Minutes to Funny, Chris Coccia

DC Improv Comedy School

Beginning Improv, Shawn Westfall

Tufts University: The Fletcher
School of Law and Diplomacy

Master of Arts in Law & Diplomacy (MALD)

Georgetown University: School
of Foreign Service

Bachelor of Science in Foreign Service (BSFS)

AWARDS

Two Blocks Down (Actor) – Best Film Honorable Mention – DC 48 Hour Film Festival (2024)

Motherly Love (Director) – Winner - Thunderous Productions 1-Act Festival

SPECIAL SKILLS

MUSIC: flute (10+ years)

DANCE: swing (5+ years), ballet, club

LANGUAGE: French

SPORTS & HOBBIES: ice skating (30+ years), bike riding, swimming, skiing, horseback riding

ACADEMIC: international development aid work (5+ years), management consulting