

# Shannon O'Dowd

SAG/AFTRA (Fi-Core)

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## HOSTING/SPOKESPERSON (Partial List)

|                    |                        |                         |
|--------------------|------------------------|-------------------------|
| Cable One          | Spokesperson (6 years) | Lane Terralever         |
| Keurig             | Show Host              | Script to Screen        |
| Nano Gym           | Show Host              | Thane Direct            |
| SlimNLift          | Show Host              | Thane Direct            |
| Instant Figure     | Show Host              | Grand Slam Direct       |
| Aerobed            | Show Host              | Bob Celecia Productions |
| Think and Lose     | Show Host              | Cort Howell Productions |
| Lipozene           | Show Host              | Continuity Productions  |
| Aquatize           | Show Host              | High Street Productions |
| Invisalign         | Spokesperson           | Success Strategies      |
| Nissan             | Corporate Host         | RBPI Productions        |
| DiTech             | Spokesperson           | Post Modern Group       |
| Zoom Rent-A-Car    | Spokesperson           | Central Station Media   |
| Mitel              | Spokesperson           | Voodoo Productions      |
| Targus Electronics | Spokesperson           | Rythm Interactive       |

## TELEVISION/FILM (Partial List)

|   |                |                                       |
|---|----------------|---------------------------------------|
| The Bold and the Beautiful (8 Episodes) | Recurring      | CBS                                   |
| Diagnosis X (12 Episodes)               | Series Regular | TLC                                   |
| I Didn't Know I Was Pregnant            | Lead           | Discovery/ TLC                        |
| My Life is a Movie                      | Lead           | Lifetime                              |
| Love You to Death                       | Starring       | Matter Splatter /Dir. Lloyd Barnett   |
| Finding Love                            | Supporting     | Lionsgate Films/Dir. Henry Bros.      |
| A Dog's World                           | Supporting     | Gravity Productions/Dir. Gerry Welles |

## VOICE-OVER (Partial List)

|                           |              |                                |
|---------------------------|--------------|--------------------------------|
| Anthem Blue Cross         | Spokesperson | Wellpoint                      |
| Xbox Gator Series         | Narrator     | SDI Media                      |
| Sunsweet Raisins          | Spokesperson | Nice Advertising               |
| Concord Law School Online | Narration    | Kaplan, Inc.                   |
| Ra Organic Spa            | Spokesperson | CMP Media                      |
| Firefly                   | Spokesperson | Industry Advanced Technologies |

## COMMERCIALS (Conflicts available upon request.)

## TRAINING (Partial List)

|                                 |                |                         |
|---------------------------------|----------------|-------------------------|
| Bachelor of Arts – Acting       | Florida State  | Tallahassee, Florida    |
| Stella Adler Conservatory       | Various        | Hollywood, California   |
| Improv Olympic                  | Various        | Hollywood, California   |
| The Lyndon Technique            | Amy Lyndon     | Studio City, California |
| Commercial Callback Class       | Killian McHugh | Hollywood, California   |
| Commercial Audition Technique   | Toby Lawless   | Hollywood, California   |
| Advanced Commercial Class       | Carolyne Barry | Los Angeles, California |
| Margie Habor Audition Technique | Margie Habor   | Los Angeles, California |

## SPECIAL SKILLS

Dialects: Southern, New York, British, Western

Dance: Tap (former instructor), Hip-Hop, Funk, Jazz, and Modern

Voice: Showtunes, Indie Folk, Standards, Indie Rock

Other: Teleprompter (teacher), Hosting/Spokesperson (teacher), Ear-Prompter (teacher), Yoga, Great with Kids, Balloon Twisting, Running, HIIT training.