

# LAUREN PAIGE TRELSTAD

Height: 5' 9"    Dress: 4/6    Pants: 6/8    Shoe: 9.5  
 Hair: Brown    Eyes: Blue-Green    Pronouns: She/Her

## PERSONAL BIO

I am an enthusiastic, athletic, and energetic, 17-year-old who prides myself in timeliness, active listening skills, and a desire for opportunities to learn. As a former competitive dancer, I am no stranger to criticism nor the need for self-motivation, and as a result I take direction well, and pride myself in being my best every time. My outgoing and engaging personality lends itself to the business of commercial & fashion print modeling and acting. I love being a character, stepping into a role and making it come to life. My strong desire to work hard coupled with my love of the arts makes me a perfect fit for advertising and marketing products, clothing, commercials, and film.

## THEATRE

The Man Who 8/2023	Variety of Doctor/Patient roles in eclectic production; small cast	Locally Grown Theatre	Ed Dir: Casey Holmes
Legally Blonde the Musical 11/2022-2/2023	Brooke (understudy) Greek Chorus special ensemble Delta Nu Sorority ensemble	Ashland Productions	Dir: Sharayah Russell

## COMMERCIAL / PRINT

Steffen Sharikov Studios, Print, "Gregg's Garage" GMARO Magazine 7/2023	Teen vintage clothing shoot, chosen for GMARO magazine cover & inside features.	Produced by Steffen Studios, Steffen Sharikov
3M Braces & Aligners, Commercial/Print 4/2023	Teen Daughter, "Patient" with Braces, print/video shoot	3M: produced by by InsideOut Studios
Kellé Company, Print Summers 2018, 2019, 2020	Print shoots: innovative dance costumes, Fit Modeling, Videos	Produced by Kellé Company

## TRAINING

EDUCATION: Graduating class of 2025, Junior at East Ridge High School, Woodbury MN, currently 4.1 GPA

ACTING:	Industry 101 & IMTA 2022 Preparatory Workshops, included On Camera Acting, Cold Read, Improv, Monologue, and Voiceover (w/Jim Haun); IMTA workshops in NYC, Won First Place age group- Monologue at IMTA NYC 7/2022; Teleprompter Workshop through Privileged Models & Steffen Sharikov Studios 12/2023.
MODELING:	Industry 101 & IMTA 2022 Workshops; Photo Movement Workshop 12/2022 through Privileged Models; IMTA workshops in NYC, Won First Place age group- TV Beauty at IMTA NYC 7/2022; 3 local "Time For Prints" shoots, incl. print and video, 4/2023 & 7/2023; Runway for Mac Greeman Foundation charity riverboat tour 9/2023.
DANCE:	2023: Currently training at CRASH Dance Productions (pre-professional contemporary dance corps) in Minneapolis, MN, performing in 3 various unique contemporary aesthetic shows open to the public throughout the year.  2016-2022: Woodbury Dance Center Competitive Company Traveling team member; Studied technique & choreography in ballet, jazz, contemporary, tap, acro, and hip hop, between 10-15 hours/wk.+ 7-8 competitions/yr.
VOICE:	Gillian Teoh-Berbee, Aaron VanDanton (Alto)

## SPECIAL SKILLS

Dance, Super Target Employee 15 hrs/week (fast-paced, requires efficiency & accuracy), Key Club at school- volunteering 50+ hrs/yr., High School Tennis Team, Singing, Running, Yoga, Babysitting, Teacher Asst. for younger dancers, Valid U.S. Passport