

NATALIE LUROWIST

Curriculum Vitae

AEA Actor/Singer/Director/Educator

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Education

University of Iowa (Iowa City, IA)

Fall 2015 – Spring 2018

M.F.A. in Theatre Arts (Acting), 3.99 GPA, *Department of Theatre Arts*

Thesis: "Divine Dissatisfaction: An Actor's Process"

Syracuse University (Syracuse, NY)

Fall 2003 – Spring 2007

B.F.A. in Drama (Acting), Cum Laude, *College of Visual and Performing Arts*

Minor in History, *Maxwell School of Citizenship*

Teaching Interests

- Advanced Acting Techniques: Stanislavsky, Meisner, Grotowski, Practical Aesthetics, Classical, or Contemporary
- Interdisciplinary Training: Acting for Musical Theatre, Singers, Dancers, etc., or Voice and Movement Fundamentals for Actors
- Interdepartmental Collaboration: Acting for Leaders/Success: Creative Skills and Techniques for Non-Theatre Majors
- Basic/Modern Acting Foundations: Action, Truth, Risk, Imagination, and Play
- Actors as Collaborators: Engaging with New and Devised Theatre
- The Russians: Chekhov, Stanislavsky, and Russian Theatre Basics for Actors

University Teaching Positions

University of Iowa (Iowa City, IA)

Teaching Assistant, Basic Acting

Fall 2015 – Spring 2018

- *The course:* An introductory study of the actor's work, divided into "Work on the Self" and "Work on the Scene," and culminating in a "Festival of Scenes." We explored Stanislavsky, Meisner, Grotowski, Rodenburg, Linklater, and Fitzmaurice techniques, among others. Course objectives: To discover and develop the creative resources at the basis of the actor's art, including relaxation, observation, imagination, sensory awareness, and creative play; To acquire an awareness of the dynamics of the dramatic situation, including the elements of given circumstances, objectives, actions, tactics, and character, while applying practically to performance through technique. Additionally, I sought to promote actor skills that are beneficial in other professional and personal contexts, such as communication, mindfulness, and emotional intelligence.
- *The work:* Sole classroom instructor for approximately 16 undergraduate non-theatre majors for three academic years (six semesters). Designed the course syllabus and continuously developed the curriculum and lesson plans. Led a daily "check-in," warm ups, games, activities, scene work,

discussions, and lectures. Created and graded reading, writing, research, and performance-related assignments. Provided class-by-class feedback, individual mid-semester meetings, and advised students additionally during office-hours. Accommodated students with learning disabilities and all levels of performance experience. Coordinated with TA Supervisor and graduate colleagues.

Workshop Instructor, Arts Share

Fall 2016 – Fall 2017

- *The program:* Arts Share, of the Office of Outreach and Engagement, provides schools and communities across the state with interactive performances, workshops, readings, and more.
- *The work:* Co-taught acting workshops for local high school students, including warm-ups, games, improvised scenes, and discussions. I also participated in Q&A's with audiences following Arts Share-sponsored community performances (i.e. readings and selected scenes).

University Staff Positions

Northwestern University (Evanston, IL)

Program Assistant, Qatar Support Office

Fall 2018 – Present

- *The office:* Provides Evanston-based services to the University's international campus in Doha, Qatar. We engage with both Doha and Evanston colleagues to promote and implement logistical coordination, communication, business operations, and other intercampus cooperation.
- *The work:* Assist NU-Qatar administrators, faculty, staff, students, and guests with communication and special requests. Craft itineraries and make local and international travel arrangements. Support special NU-Qatar events by arranging catering, shipping, and other logistics. Handle expense reports, invoice payments, check deposits, and other financial transactions. Utilize Box, Cascade, Canvas, Kronos, NUFinancials, SharePoint, and other University software.

University of Iowa (Iowa City, IA)

Marketing Assistant, Department of Theatre Arts

Spring 2017

- *The assignment:* Was awarded a second Graduate Assistantship by the Head of Acting, to assist in a variety of marketing, advertising, and promotional campaigns, including photography, social media, and other publicity, for all Department productions and the Iowa New Play Festival.
- *The work:* Gathered, proofread, edited, and distributed PR and playbill material. Designed and/or edited and approved digital slides. Photographed rehearsals and other events. Edited and publicized photos. Wrote promotional blurbs and updates on Social Media sites. Attended production meetings. Coordinated with numerous teams and the Marketing Coordinator. Utilized PowerPoint, Dropbox, and Picasa software.

Harvard University (Cambridge, MA)

Ticket Services, American Repertory Theatre

Fall 2012 – Summer 2015

- *The venue:* Prominent regional theatre housed at Harvard University (AD: Diane Paulus).
- *The work:* Handled calls and in-person sales of tickets and subscriptions to new and long-time patrons. Provided website assistance, and information on productions, policies, and the area. Performed data entry, opening/closing, and will-call duties. Coordinated with Ticket Services, Audience, and House Managers. Utilized Tessitura, AudienceView, and PeopleSoft software.

Leadership Positions

- **Northwestern University** (Evanston, IL)
Assistant Director, Play: "Kiss of the Spider Woman" Winter 2020 – Present
- **Otherworld Theatre** (Chicago, IL)
Co-Director, Play: "Shelter" Summer 2019
- **University of Iowa** (Iowa City, IA)
Cast Deputy, Three Productions Fall 2017 – Spring 2018
- **Norwegian Cruise Line** (Miami, FL)
Vocal Captain, Production Cast Fall 2011 – Spring 2012
- **Syracuse University** (Syracuse, NY)
Music Director, A Cappella Group: "Groovestand" Fall 2006 – Spring 2007

Professional Affiliations

- Association of Northwestern University Women Spring 2019 – Present
- Actor's Equity Association (10 years) Summer 2009 – Present

Professional Training & Certificates

Northwestern University (Chicago, IL)

"The Art of Storytelling" Course, School of Professional Studies Winter 2020

- *Instructor:* Rives Collins

Certificate in Leadership, School of Professional Studies

- *Classes:* Developing People and Teams, Leaders as Change Agents, Leading, Acting, and Thinking Strategically Winter 2019 – Summer 2019
- *Instructors:* John Cooper, Alyssa Dickman, Carlann Fergusson

University of Iowa (Iowa City, IA)

"Intimacy for the Stage" Workshop Spring 2018

- *Instructor:* Tonia Sina (Creator)

Alexander Technique Workshop

Fall 2017

- *Instructor:* Thomas Schoffler

Q Brothers Workshop: Shakespeare Add-RAP-tations

Fall 2015

- *Instructors:* JQ, Jackson Doran

Boston Casting (Boston, MA)

Media Performance Institute

Fall 2014 – Spring 2015

- *Classes:* Advanced Acting for Commercials, Screen Acting
- *Instructors:* Anne Baker, M. Lynda Robinson

Moscow Art Theatre School USA (Cambridge, MA)

Stanislavsky Summer School Certificate Summer 2012

- *Classes:* Acting, Acting Seminar, Russian History of Theatre and Drama, Scene Study, Stage Movement
- *Instructors:* Andrei Drosnin, Natalia Fedorova, Mikhail Lobanov, Adolf Shapiro, Anatoly Smeliansky, Oleg Topoliansky

Wayland High School (Wayland, MA)

WHSTE Alumni Summer Practicum: *Teaching Devised Theatre* Summer 2012

- *Supervisor:* Richard Weingartner

WHSTE Alumni Workshop: *Devised Performance* Summer 2009

- *Supervisor:* Richard Weingartner

Warner Bros. Studios (Los Angeles, CA)

Internship, NBC TV Show "*Studio 60 on the Sunset Strip*" Summer 2006

- *Supervisor:* Aaron Sorkin (Creator)

Syracuse University (Various Locations)

"Aaron Sorkin Week" Entertainment Practicum (Los Angeles, CA) Spring 2006

- 1 of 8 Department of Drama students selected

Shakespeare's Globe Theater, Semester Abroad (London, England) Fall 2005

- *Classes:* Devised Ensemble Performance, Movement, Text, Voice/Verse
- *Instructors:* Giles Block, Tom Cornford, Glynn MacDonald

Honors

University of Iowa (Iowa City, IA)

- Carol A. Berkowitz Memorial Scholarship Fall 2017 – Spring 2018
- Kenneth Allison Fund Fall 2017 – Spring 2018
- Shirley Rich Scholarship Fall 2015 – Spring 2017

Syracuse University (Syracuse, NY)

- Marcia Mohr Award for Outstanding Female in the Performing Arts Spring 2007
- Founder's Scholarship (Highest Merit Scholarship Offered) Fall 2003 – Spring 2007

College of the Holy Cross (Worcester, MA)

- Program for Gifted High School Students Fall 2002

National Merit Scholarship Corp. (Evanston, IL)

- National Merit Scholar Spring 2002
- AP Scholar with Distinction Spring 2002

Performance Experience

Theatre:

Devised Work

**Originated Roles **Upcoming*

Rome Sweet Rome (An Add-RAP-tation)	Senator Casca, Soothy Sue*	Q Brothers/University of Iowa
Housewife of the Year (Cabaret)	Betty Pepper (lead)*	Syracuse University
Remembering Christmas (Variety Show)	Principal Singer	Norwegian Cruise Line
Devised Performance	Ensemble	WHSTE Alumni Workshop
Devised Performance	Ensemble	Shakespeare's Globe Theatre

Musicals

Fun Home	Alison Bechdel	University of Iowa
Beauty and the Beast	Belle (u/s), Ensemble	Gateway Playhouse
Follies	Young Phyllis	Yorktown Stage
The Last Five Years	Cathy	Syracuse University
Songs for a New World	Woman 1	Regis College
A Chorus Line	Maggie	Clinton Theatre
Hello, Dolly!	Dolly	Hudson High School
Grease	Sandy	Hudson High School
A Fiddler on the Roof	Hodel	Hudson High School
Oklahoma!	Laurie	Hudson High School
Crazy for You	Irene	Clinton Theatre
West Side Story	Maria	Clinton Theatre
A Little Night Music	Anne	Regis College
The Wizard of Oz	Dorothy	North Shore Players
The Robber Bridegroom	Ensemble	Wayland High School
Fame	Ensemble	Wayland High School
Big River	Ensemble	Suffolk University
The Secret Garden	Lily	Suffolk University

New Work

The Age of Innocence	Eileen Myles (lead)*	Iowa New Play Festival
Found	Tabitha (lead)*	University of Iowa
Aurora Fra Bergen, or, Ibsanity	Sonja (lead)*	Iowa New Play Festival
Doxxed	Carol Keynard*	Iowa New Play Festival
Known	Mimi Ford (lead)*	University of Iowa
Dialogues of the Travelers	Woman*	Theatre Row Studios
Be Me	Kerry Quinn (lead)*	Syracuse University

Plays

Mr. Burns, a Post-Electric Play	Quincy, Willy, Nelson	University of Iowa
Pericles	Marina	Riverside Theater
Fair Maid of the West	Ensemble	Riverside Theater
Food and Fadwa	Hayat Johnson	University of Iowa
Arabian Nights	Scheherazade	Michael Chekhov Theatre Co.
The Winter's Tale	Hermione	Syracuse University

Rookery Nook: A Farce
A Comedy of Errors
The Good Doctor

Rhoda
Adriana
Woman

Syracuse University
Hudson High School
Hudson High School

Readings

The Battlefields of Clara Barton
The Wood Problem
The Wood Problem
The Wood Problem
Shattered No. 1
The Antigones
Found
Tough
The Pirate Queen
Quiz Out
Young Playwright's Festival
Six Seeds: The Persephone Project

Woman 2**
Dean George Kay
Dean George Kay
Dean George Kay
Bobbi
Ismene
Tabitha
Lorina
Kate
Hannah
Claire, Eva, Lorie
Persephone

American Music Theatre Project
Iowa Playwright's Workshop
Cedar Rapids Museum of Art
American Gothic House Center
Iowa Playwright's Workshop
Iowa Playwright's Workshop
Iowa Playwright's Workshop
Iowa Playwright's Workshop
Iowa Playwright's Workshop
Iowa Playwright's Workshop
Syracuse Stage
NYR Studios

Tour

If You Give a Pig a Pancake
The Apple Tree
Just So Stories

Ensemble
Ensemble
Ensemble

Theatreworks/USA
BCT Stagemobile
BCT Stagemobile

Variety

University of Iowa Chicago & NYC
Burt Bacharach Tribute Cabaret
Weekly Cabaret
On Broadway
Elements
Soul Rockin' Nights
Get Down Tonight
Colorz!
World Beat
Bi-Weekly Cabaret
Donnell Library Concert Series
What We Did For Love & Money
Syracuse University NYC Showcase
Simply Broadway

Actor/Singer
Principal Singer
Principal Singer
Principal Singer
Principal Singer
Principal Singer
Principal Singer
Principal Singer
Principal Singer
Principal Singer
Actor/Singer
Actor/Singer
Actor/Singer
Actor/Singer

Chopin Theatre/The Tank
Norwegian Cruise Line
Norwegian Cruise Line
Norwegian Cruise Line Prod.
Norwegian Cruise Line Prod.
Norwegian Cruise Line Prod.
Gary Musick Productions
Gary Musick Productions
Gary Musick Productions
Norwegian Cruise Line
HR Artists Management
Personal Space Theatrics
Theatre Row Studios
Southborough Players

Workshops

Three Sisters
Big Love
Zuly in the Last Place on Earth

Irina
Olympia
Rose (lead)*

Moscow Art Theatre School
Maieutic Theatre Works
Golden Fleece Ltd.

On-Camera:

Film

They Said to Get Better (Feature Film)

Supporting

Two Steps to the Left Prod.

His Father's Son (Short Film)	Lead	John Cameron, dir.
Roaming (Student Film)	Supporting	James Spencer, dir.
The Untouchables (Student Film)	Lead	Pearly Leung, dir.
Benjamin (Student Film)	Lead	Lowercase d Productions

TV

Errands (TV Mini-Series)	Supporting	Two Steps to the Left Prod.
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Video

Promotional Video	Extra	Pearson Education, Inc.
Video Training Series	Host	ARMO Corporation
Alexander Kogan Music Video	Extra	Scott Powers Studio

Skills

Professional:

Advanced (20+ Years): Acting, Musical Theatre, Voice

Proficient: A Cappella, Classical Text/Verse, Dance (Ballet, Tap, Jazz), Dialects, Directing, Dropping-In Technique, Improvisation, IPA, Leadership, Linklater Technique, Meisner Technique, Music Theory, Musical Theatre History, On-Camera (Creative, Commercial, Industrial), Period Styles, Play Analysis, Practical Aesthetics Technique, Sight-Singing, Stage Movement, Stanislavsky Technique, Storytelling, Teaching, Theatre History, Voice-Over, Yoga

Basic: Alexander Technique, Biomechanics, Clown, Fitzmaurice Technique, Laban Movement, Lecoq Technique, Grotowski Technique, Mask (Character/Half, Larval, Neutral), Mimetic Dynamics, Piano, Pilates, Rap-toring, Rodenburg Technique, Russian Language, Spanish Language, Stage Combat, Stage Intimacy

Technical:

Proficient: Google Drive, Microsoft Office (Word, Excel, PowerPoint, 365, Outlook), Social Media (Facebook, LinkedIn, Twitter, Yelp, YouTube, Vimeo, SmugMug), Windows & Mac Operating Systems,

Basic: Adobe, AudienceView, Box, Cascade, Canvas, Kronos, NUFinancials, Office Ally, PeopleSoft, ResNexus, SharePoint, Tessitura, Website Building