

RACHEL EMMANUELA FROST

AEA / SAG-ELIGIBLE

rachelfrost10@gmail.com — www.rachel-frost.com

FILM

Your Vote Matters	Supporting	dir. David Chai
Lust Angeles	Supporting	dir. Paris Holmes
Ghosted	Lead	dir. MC Plaschke
Before Sun Rises	Supporting	dir. Yi Wang
The Line	Lead	dir. Sarah Kaidanow
The Breakthrough	Day Player	dir. Patrick Corbett
Beginners	Lead	dir. Jake Lancelotta
Out of Order	Lead	dir. Trevor Zhou
Action Star	Lead	dir. Chris Leoni
Yes, And...	Supporting	dir. Bridget McGuigan
A Matter of Time	Supporting	Aigne Film Group
The Wedding	Principal	dir. Sam Abbas
I Want More, I Want Less	Principal	dir. Bryce Richardson

TV

The Playboy Murders, ep #102	Lead	ID Network
Harlem Knights (Pilot, NYC)	Principal	Sheep Meadow Films

WEB SERIES

Ruff & Tug	Guest Star	dir. Camille Hugh
Day in the Life of a Shopgirl	Guest Star	dir. Laura Bettelheim
Trinity Comics	Co-Star	dir. Gavin Balazar
Love My Roomie	Featured	YhaWright Productions

THEATER & STAGED READINGS

Becoming A Woman	Lead (Solo Show)	Theater Row, NY
Chasing Jack	Lead	Jerry Orbach Theater, NY
Passing Fancies	Lead	Theater for the New City, NY
Start With I Do	Lead	The Chain Theater, NY
Titus Andronicus	Lavinia	Riverside Church Theater, NY
The Eight: Reindeer Monologues	Vixen	Wild Project, NY
More Than A House	Lead	The Tank, NY
The Final Word	Lead	Black Box Theater Festival, NY
Little Women	Jo	The AlphaNYC Theater Co., NY
The Pride	Sylvia	Esper Studio, NYC
The Dreamer Examines His Pillow	Donna	Esper Studio, NYC

COMMERCIAL (**available upon request*)

TRAINING

William Esper Studio, Meisner Training Conservatory – NYC	
On Camera	Jessica Cummings, JJ Perez
Acting & Scene Study	Rob McCaskill
On Camera Workshops	Bob Krakower, Ted Sluberski
Upright Citizens Brigade	Improv 101, 201

SPECIAL SKILLS

Hand to Hand Stage Combat Experience, Intermediate Pole Dancer, Certified Personal Trainer & Pilates Instructor, Classically Trained Dancer (ballet & ballroom), Intermediate Equestrian (hunter/jumper), Certified Scuba Diver