

5660 Virginia Dr , Denton, USA |
Worldwide , 76247
Soothingsolutions2019@outlook.com
6602626228

MARIA MONCHEL

MODELING | ACTING

Panamanian and Black



PROFESSIONAL SUMMARY

Emerging talent in the modeling and acting industry, demonstrating a unique blend of skills in social media marketing, project management, and mindfulness practices. With recent experiences as a clothing model for Law Lux Collection and a yoga/meditation fitness model for Naked In Motion, this individual has showcased versatility in portraying diverse styles and promoting wellness. Poised for significant growth, they are eager to leverage their expertise in content creation, fitness training, and event coordination to make a lasting impact in the entertainment and wellness sectors.

Eyes: Brown

Hair: Black with Highlights

Height: 5'9

Dress: 4

Bust: 32

Waist: 32

Hips: 34

Shoe: 8.5

EMPLOYMENT HISTORY

2023 - AUG 2023

Yoga/Meditation Fitness Model, Naked In Motion, Seattle

- Demonstrated breathing techniques during yoga sessions
- Demonstrated modifications for yoga poses on camera for the meditation app.

MAR 2024 - MAR 2024

Clothing Model, Law Lux Collection, Houston

Fashion Model for clothing line. Multiple poses and looks for this urban chic style.

SKILLS

Social Media Marketing

Project Management

Yoga Instruction

Content Creation

Fitness Training

Mindfulness Practices

Event Coordination

EDUCATION

MAY 2007 - MAY 2009

BGS in Liberal Studies, Fort Hays State University, Kansas

JAN 2024 - PRESENT

Urban Talent, Boise

Professional Model Development

FEB 2024 - PRESENT

John Casablancas Model Institute , Dallas

Model Poses / Faces 101

Acting 101

Model Terminology

Runway Walking/ Turning

Dialogue Training

HOBBIES

Interests in cooking and baking, hiking and outdoor sports, travel and fashion as well as fitness| health and wellness.