

# TESSA HERAN

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## SUMMARY

Summary. As mother of three grown children. I've left my dreams on hold and raised my family and now, I am eager to get back into following my dream of being working Actor and Model. What I lack in experience I make up for in enthusiasm, hard work. I am a team player. I have spoken as a guest speaker at many local events as well as working in Health and Wellness field doing public events for 6 years. I love helping and inspiring others become the best versions of themselves. I love art in all forms and the passion to create and would love the opportunity to bring that to you and your audience.

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## EDUCATION AND TRAINING

Associate of Arts, Liberal Arts And Sciences, 06/1992

Suffolk County Community College - Selden, NY, United States

**Training and Mentoring:** Patrick Quagliano, Robert Galinsky, Haviland Stillwell, Alycia Joy Powell, Dominick LaRuffa , Alley Grant, Mark Schonfeld. Robert Funaro

**Voice Over:** Santino Fontana, Phil Galinsky

**Modeling** Experience with Ryan Colby, Fugi Ruiz, Phil Sullivan.

**Photography** by Ron Cantarsy, Tim Francis, Seth London, Juan Algarin, Juan Vladimir.

Stunts/Props: Training with Mark Hicks and Jeron Bray

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## EXPERIENCE

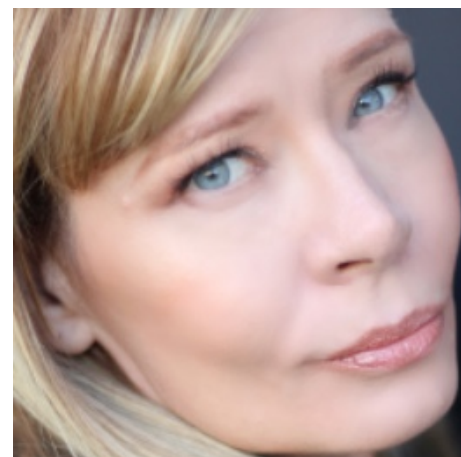
**ACTOR, Model**, 10/2020 - Current

**Self-employed** - Encino, CA

**Actor, Model, Production Crew**, , , 01/2021 - Current

**Self-employed** - Encino, CA

- Opened for Production of the Everything in NY Goes Bang!
- Table read for The Bench .
- Music Videos-disgruntled passanger 02/19/24 Girlfriend Role May 2021.
- Public Speaker.
- Health and Wellness Coach.
- Assiant for Productions of Aladin, Grease.
- Collaborated with other actors to brainstorm ideas.



## CONTACT

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**Phone:** 323-510-6699

**Email:** [thetessaheran@gmail.com](mailto:thetessaheran@gmail.com)

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## SKILLS

- Incorporates feedback quickly
  - Horseback riding, English & Western
  - Free Style Dancing
  - meditation practitioner
  - Adaptable
  - Skilled problem solver
  - Runway walking
  - Creative
  - Role-playing age range: 38-56
  - Acting
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## WEBSITES, PORTFOLIOS, PROFILES

- [@tessa\\_heran.instagram.com](https://www.instagram.com/tessa_heran)

- Researched roles to learn traits, mannerisms, accents and other key features of characters.
  - Studied and memorized scripts to learn lines and cues.
  - Interacted with audience members during performances by asking questions and performing improv.
  - Developed strong acting skills through rehearsals and coaching sessions.
  - Demonstrated physical movements necessary for realistic portrayal of characters' emotions.
  - Maintained professionalism on set by arriving early, following directions, and staying focused.
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#### **ADDITIONAL INFORMATION**

**Height: 5'5" Weight:130lbs Bust:35" Waist:29" Hips:36" Dress Size2  
Shoe-9 Hair-Blonde Eyes-Blue**