

MARIA MICHA

PERSONAL STATS:

Height: 5.4 ft
Weight: 160 lb
Hair Color: Blond
Eye Color: Brown/Green
DOB: 16/6/1974

CONTACT INFORMATION:

AskMariaMicha@gmail.com
(323) 678-1230

THEATER:

School Play:	"Greece in the 1800"	Athens, Greece
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RADIO:

Money FM 89.3	Career 360	Singapore
Awedio Radio	"Maria Micha tells us about Cognitive Reframing"	Singapore
CNA 93.8	Losing my Marriage Finding Myself"	Singapore
Singapore Stories	"Motherhood, Loneliness, Reinvention, Self Doubt... Can I do it?"	Singapore
CNA 93.8	"Emotional Resilience during Covid19"	Singapore

TRAINING/EDUCATION:

MS in Clinical Mental Health Counseling	United States of America
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"Audition Techniques'	Conor Weil	NYLA Talent - Online
Acting Coaching	Robert Vito	NYLA Talent - Online
Acting Coaching	Matthew Michael Ross	NYLA Talent - Online
"Executive Media and Presentation Training"	Glenn van Zutphen - Ex-CNN News Anchor	NYLA Talent - Online
"iPoP Acting: Monologues and Commercials"	Conor Weil	NYLA Talent - Online

PUBLIC SPEAKING:

"Recharge, Restart, Reconnect"	NCPC Guest Speaker	Singapore, November 2022
"Motherhood, Migration, Loneliness"	Podcast Interview with Kaylene Tan	Singapore, August 2022
"How to Stay Mentally Healthy"	Podcast Interview with Estelle Low	Singapore, January 2021
"Coping with Corporate Loneliness"	Google APAC Guest Speaker	Singapore, October 2020
"Anxiety in the Workplace"	Webinar, PayPal GuestSpeaker	Singapore, May 2020
"Leadership Through Covid-19"	Webinar, PayPal Guest Speaker	Singapore, May 2020
"Managing Anxiety and Depression"	NCPC Guest Speaker	Singapore, November 2020
"The End of Executive Loneliness "	Executive Global Network	Singapore, February 2022

SPECIAL SKILLS:

Energy Reading/Healing, Couple/Family/Individual Therapy, Fashion Designing/Sewing of Haute Couture, Driving, Swimming, Ballet 3-14 y/o, Sound Healing, Spiritual Retreats Leading, Psychedelic Assisted Therapy, Pilates

PERSONAL INTERESTS:

Fashion, Make Up, Personal Development, Exploring New Cultures, Education, Travelling, Pets, Reading, Creating Youtube Videos

AWARDS & RECOGNITION:

- **First Runner-Up – Commercial Print**, iPOP LA Summer 2025
- **Second Runner-Up – Swimwear**, iPOP LA Summer 2025
- **Second Runner-Up – Runway**, iPOP LA Summer 2025
- **Second Runner-Up – Headshot**, iPOP LA Summer 2025
- **Cast as ‘Madame Morrible’**, *WICKED*, iPOP LA Summer 2025 Showcase
- **Awards Presenter**, 46th Young Artist Academy™ Awards

AFFILIATIONS & MEMBERSHIPS

- **Member**, Young Artist Academy™ (2025–present)