

# SHANNON O'DOWD

SAG-E/AFTRA

Height: 5'7" Weight 125 lbs

(310) 254-6063

www.shannonodowd.com (Reel)

**SHAMON FREITAS  
AGENCY**

WWW.SHAMONFREITAS.COM

(619) 325-1180

## HOSTING/SPOKESPERSON (Partial List)

Invisalign	Spokesperson
Sunsweet Raisins	Spokesperson
Zoom Rent-A-Car	Spokesperson
Mitel	Spokesperson
Targus Electronics	Spokesperson
Sneeze Sleeve (Infomercial)	Host
Think and Lose (Infomercial)	Host
Beckman Coulter	Spokesperson
Calgene Patient Support	Spokesperson
Firefly	Spokesperson
Peak Fresh (Infomercial)	Host
Synergieyes Contact Lenses (Industrial)	Spokesperson

Success Strategies
Socket Films
Central Station Media
Voodoo Productions
Rhythm Interactive
Spot-On Media
Cort Howell Productions
(20) 10 Productions
Post Modern Group Media
Industry Advanced Technologies
DV Creations
Digital Outpost

## TELEVISION/FILM (Partial List)

The Bold and the Beautiful	Recurring
Diagnosis X (Medical Drama)	Series Regular
I Didn't Know I Was Pregnant	Lead
Operation Repo	Lead
WB Kids Promo Program	Principle
Lily and the Syphon	Starring
Barnett, Dir.	
Power of Language	Lead
A Dog's World	Supporting
Still	Lead

CBS
TLC
Discovery/TLC
True TV/Court TV
Warner Bros. Sat. Morning Kids
Matter Splatter Productions/Lloyd
GEP Productions/Mitch Brisker, Dir.
Gravity Productions
Pushing Sumo Productions

## VOICE-OVER (Partial List)

Anthem Blue Cross	Spokesperson
Xbox Gator Series	Narrator
Sunsweet Raisins	Spokesperson
Concord Law School On-Line	Narration
Ra Organic Spa	Spokesperson
Firefly	Spokesperson
Technologies	
Global Media Networking	Spokesperson

Wellpoint
SDI Media
Nice Advertising
Kaplan, Inc.
CMP Media
Industry Advanced
Global Media/Carlos Benitez/Dir.

## COMMERCIALS (Conflicts Available Upon Request)

## TRAINING (Partial List)

Bachelor of Arts – Acting	Florida State University	Tallahassee, FL
Stella Adler Conservatory	Various	Hollywood, CA
Improv Olympic	Various	Hollywood, CA
The Lyndon Technique	Amy Lyndon	Studio City, CA
Advanced Commercial Class	Carolyne Barry	Los Angeles, CA
On-Camera Audition Technique	Jim Gleason (of Margie Habor)	Los Angeles, CA
Hosting Technique	Suzanne Sena	Studio City, CA

## SPECIAL SKILLS

Dialects: Southern, New York, British, Irish

Dance: Tap (Teacher and National Competitor), Hip-Hop, Funk, Jazz, and Modern

Voice: Show tunes, Indie Folk, Standards, Indie Rock

Other: Teleprompter, Hosting/Spokesperson, Yoga, Party Entertainment, Balloon Twisting, Face Painting,

Astrological Knowledge