



CV + Bio

Natalie Astwood

Age range 50 - 65

Agent: ICON MANAGEMENT

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EDUCATION

MFA student at NIDA: Cultural Leadership, 2024 - current

Drama School: BA - Drama studies at Edith Cowan University & Minor in acting at WAAPA, 2003

Grad Dip Education - secondary drama, Griffith University 2010

Grad Cert Creative Industries - Queensland University of Technology 2006

Training

Film/ TV Acting Mastery - Holly Matthews: Mindset 2026
 Film/ TV Acting Mastery - Holly Matthews: Craft 2025
 Film/ TV Hub Studio - Anousha Zarkesh: self tapes/ auditions 2025
 Film/ TV Acting Mastery - Ben Matthews: craft/ mindset 2025
 Theatre/Film Amanda Lovejoy - Dream workshop for actors/writers/directors
 Film/ TV Les Chantry - Self taping, auditions 2025
 Theatre Les Liaison Dangereuse - Marquise de Merteuil; Harry Haynes 16th St, 2025
 Theatre The American Way - Anna Christie - Martha Owen: Iain Sinclair - Sydney 2025
 Theatre Sam Shepard - A Lie of the Mind: Lorraine - Director: Iain Sinclair 16th Street, 2025
 Film/TV Julia Grace - Self taping, auditions, 2025
 Film/TV Toni Higgenbotham Casting, Self-taping & auditions, 2025
 Theatre Match Fit: People, Places and Things - Mum; Director: Iain Sinclair 16th Street, 2025
 Theatre Shakespeare: Hamlet - Gertrude; Director: Harry Haynes/Iain Sinclair, 16th St, 2025
 Theatre Scene Study: Ghost - Helene; Director: Harry Haynes 16th Street, 2025
 Theatre Nancy Banks Masterclass: The How & The Why: Zelda; 16th St Actors Studio 2025
 Film/TV Greg Apps - The Audition Technique, Green Room
 Theatre Actors Centre Australia - Dean Carey Workshop December
 Voice/Actor Jennifer White - Dialect coach November
 Film NIDA - 2 week Advanced Actors Residency July
 Theatre NIDA - 4 week Residency January
 Theatre La Boite - Masterclass
 Film/TV Thea Mcleod - TAFTA Workshop
 Camera Samuel Johnson - Acting for Camera
 Theatre Physical Theatre - Frank Theatre
 Screen Advanced Workshops - Annie Murtagh-Monks Casting
 Theatre Character Development - Black Swan, Kerry Armstrong

Theatre

	<u>Director/ Company</u>	<u>Role</u>
IHo	Gary Abrahams 2025	Clio
I worked with Heath Ledger Once	Gallery 107 Redfern 2025	Mum Jennifer
Georgina	Georgina & Kovac Project 2024	Irma
Brothel Sprouts	Aaron Darrell with JUTE	Not Mary
To Kill a Cassowary	JUTE Theatre Company - Play reading	Daughter
Picnic	NIDA OPEN Jennifer Hagan	Flo
Corporate Vibes	Cairns Little Theatre Ron Smith	Michelle
Proof	NIDA OPEN Garth Holcombe	Claire

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Honour	NIDA OPEN Imara Savage	Claudia
Away	Cairns Little Theatre Kevin West	Coral
Romeo and Juliet	Suzanne Little QUT	Friar
Antony and Cleopatra	Suzanne Little QUT	Cleopatra
Entropy	Blue Room WA Boris Radmilovich	Sam/ Kate
Whores of Atreus	Rebecca Johnston	Clytemnestra
Shorts	Windsor Theatre WA	Sandra
As You Like It	Christine Best WAAPA Annexe	Celia
Merry Wives of Windsor	Christine Best WAAPA Annexe	Miss Ford
After Life	Teresa Izzard WAAPA Theatre	Woman

Film and TV

	<u>Producer</u>	<u>Role</u>
Palooka Restaurant	UGC Legacy Media 2025	Patron
My Style Homes	Red Carrot	Party Friend
Flipped	Linn Lagergren AFTT	Margaret
Mother Knows Best	Zac Chobanov AFTT	Emma
Cairns Airport	Red Carrot	Mother
Cairns Hardware	The Media Agency	Plumber
Burswood Casino TVC	Brand Agency TVC	Featured WA
The Shark Net	Graeme Burfoot Taylor Media	Extra
Black Pearls	Kazimir Sas	Fran
Defrocked	Ingelin Noresjo - H.E.I. @ ECU	Pearl

Performance Art

	<u>Choreographer</u>	
Drag Performance	Kings of Joy - Danica Lani 2024	Red Rattler - Sydney
Drag Performance	Devised 2024	The Vanguard - Sydney
Drag Performance	Devised 2024	Speakeasy - Melbourne
Tank Arts	Visibility 2024	Cairns City Council
Gallery 107 Redfern	Awkward Orchid 2024	Kaleidoscope Collective
Drag Performance	Devised 2023	Mardi Gras
Tank Arts Cairns	A Gender Agenda 2023	Cairns Council/ Pride

Modelling

	<u>Designer</u>
New York Times Square, DB Publications 2023	Outer
Hyatt Brisbane, Mind Your Fashion 2023	Teddy McRitchie/ Outer
Ultimo Sydney, Emas Events 2024	Mila Creations
Toowoomba Fashion Festival 2024	Barr body swim
Qld Arts and Fashion Festival 2024	Wacker/ SFH/ Anannasa
Australian Wearable art 2024	Rhianon and
Tasmanian Fashion Festival 2024	Romy/ Viva AI Ago/ Cable
Cairns Fashion Week 2024	Millyzu/ St. Ballentine

Martial Arts

World Championships Canada: Gold - Power breaking and Team power breaking, Bronze - Special; Mardi Gras World Pride Championships Sydney, Silver - creative patterns

Awards Best Actor Award - 3rd year Edith Cowan University Production, WA, Blue Room Theatre Perth, 'Kate / Sam', ENTROPY Boris Radmilovich 2003 Dual citizen of New Zealand and Australia, Natalie brings depth, resilience, lived experience and humour to her work as an actor.

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In WA Natalie completed a Bachelor of Arts with a major in Drama at Edith Cowan University and a Performing Arts Minor in Acting at WAAPA; and later undertaking a Graduate Certificate in Creative Industries through QUT and a Graduate Diploma in Secondary Teaching (Drama & English) through Griffith Uni.

Natalie is currently at NIDA completing a Master of Fine Arts (Cultural Leadership) at while continuing with masterclasses, theatre intensives, and screen workshops.

During her undergraduate she received a Best Actor award for Entropy directed by Boris Radmilovich. Her training grounded her in text analysis, character psychology, vocal and physical precision, and classical theatre including Shakespeare and Greek tragedy.

Alongside her creative career, Natalie built an extraordinary parallel path in elite sport and leadership. Beginning Taekwondo at 33, she went on to become an Taekwon-Do World Champion, winning Gold in Power Breaking and Team Power; and she is a current 3rd Degree Black Belt. High-performance competition refined her discipline, breath control, somatic precision, psychological regulation, and composure under scrutiny, skills that deeply inform her screen and stage work.

Natalie also served as a Lieutenant in the Royal Australian Navy working across leadership coaching, cultural reform, and psychosocial risk awareness. Operating within high-trust environments strengthened her understanding of power, hierarchy, institutional identity, and performance under real consequence.

Creativity and performance remained constant throughout these years. Natalie has worked across fashion festivals, spoken word performance, live arts events, and in drag performance spaces in Sydney and Melbourne, exploring transformation, identity, humour, vulnerability, and theatrical risk.

Now returning full-time to acting, Natalie brings a rare combination of athletic discipline, emotional intelligence, leadership experience, and embodied performance craft. Her work is grounded, psychologically aware, physically precise, and deeply human.