

"I aspire, to inspire, before I expire".

During my acting career, I have worked in Film, T.V and Theatre across Australia, New Zealand and the USA. I like to use the craft of acting to help tell meaningful stories.



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Based in Sydney

EMMA MONK

FILMS

I've been quite a few indie flicks. Here's a sneak peek.

- 2024 - Sally - The Holy Scoundrel - NOVA Films
- 2023 - Louise - Lets Go Below the Rainbow - Juvi Films
- 2022 - Jenna - Beat - Green Frog Productions
- 2022 - Ally Virelli - Love and Triangles - Awake Productions
- 2021 - Exam Supervisor - Cooked - YouTiger Productions
- 2017 - Sarah - The Demonic Dead - Performers House USA

TELEVISION

- 2022 - Rainbow Rai - Flower Fibi and Friends - Flower Fibi Productions
- 2016-2018 - Jessica - The Hopefuls - Nickelodeon
- 2017 - Deborah Fream - Corrupt Crimes - Seven.One Studios
- 2017 - Susie Kramer - Grey's Anatomy - Shondaland
- 2017 - Kristen - Catfish: The Untold Stories - Catfish Movie Company
- 2016 - Starting From... Now - Common Language Films

SHORT FILMS

- 2024 - Kirra - Pillars of the Community - Playhound Productions
- 2022 - Miss McKell - Lost Boys - TrueBeam Productions
- 2019 - Elise - DIPTYCH - UON Productions
- 2016 - Angie - Ruby - UON Productions
- 2016 - Stephanie Greateon - Warriors - TrueBeam Productions
- 2015 - Marlow - #Zombie - 7 Heads Productions
- 2014 - Jenny - BUSTED - LAVA Communications

THEATRE

- 2022 - Lila Bancroft - Murder By Invitation - Dark Stories Theatre
- 2019 - Purity - Female of the Species - Dark Stories Theatre
- 2019 - Judy - How to Survive a Zombie Apocalypse - Dark Stories Theatre

TRAINING

I continuously do workshops, masterclasses, and private coaching. Here are some highlights:

- Ongoing - Chubbuck - Anthony Brandon Wong
- Ongoing - Meisner - Justin Lehmann
- 2017 - Improv/Sketch Comedy - Groundlings
- 2017 - Sketch Comedy - Upright Citizens Brigade
- 2015 - Actors Conservatory - TVI Studios
- 2012-2013 - Diploma of Screen Acting - Screenwise



AWARDS

- Best Actress (win) - Prague International Music Video Awards, 2023
- Best Actress (win) - Europe Music Video Awards, 2023
- Best Actress (win) - Munich Music Video Awards, 2023
- Best Oceanian Actress (nom) - Septimius Awards, 2024

INTERESTING FACTS

- Ambulatory wheelchair user
- LGBTQIA +
- Conversational in Auslan
- I wrote, produced, and acted in the short film 'Warriors', created to inspire people to speak out about child sexual abuse.

SPECIAL SKILLS

Aerial silks Boxing, Stage Combat, Presenting, Weapons (guns & swords), Swimming (backstroke, freestyle), Dancing (tap, hip-hop, jazz)