



EMMA MONK

Playing Age: 28–35
Height: 157 cm
Eye Colour: Blue
Hair Colour: Blonde
Accents: Australian and Standard American

Unions: MEAA, SAG-E
Agent: Desiree Hernandez
Agency: EastEnd Talent
Email: admin@eastendtalent.com.au
Phone: +61 452 645 591

FEATURE FILMS

2025	Exam Supervisor	Cooked	Utiger Productions	Cameron Utiger
2024	Sally	The Holy Scoundrel	Nova Films	Ben Allan
2023	Louise	Let's Go Below the Rainbow	JUVI Films	Julian Karikalan
2022	Jenna	BEAT	Green Frog Productions	Jye Currie
2018	Margo	Tough Love	Big Movie Company	Brad Diebert
2017	Sarah	The Demonic Dead	Performers House USA	Rick Vargas
2016	Jenny	Nunnunarvu	Sakthi Screens	Mathivanan Sakthivel
2016	Reporter	The Colour of Darkness	GK Makwana Films	Girish Makwana

TELEVISION SHOWS

2022	Rainbow Rai	Flower Fibi and Friends	Flower Fibi Productions	Tina A Wake
2017	Jessica	Hopefuls	Nickelodeon	Eric Dean Seaton
2017	Susie Kramer	Grey's Anatomy	Shondaland / ABC (US)	David Greenspan
2017	Deborah Fream	Corrupt Crimes	Bellum Entertainment	Matt Fisher
2017	Kristen	Catfish: The Untold Stories	Catfish Picture Company / MTV	Suzanne Ali
2016	Cassie	Starting From...Now	Common Language Films / SBS	Julie Kalceff

SHORT FILMS

2025	Sarah	Between Us	Coral Cove Productions	Cassie Muller
2025	Kirra	Pillars of the Community: Wildlife Rescue	Playhound Productions	Emily Caelli
2020	Elise	DIPTYCH	UoN Productions	Lachlan Kramer
2019	Angie	Ruby	UoN Productions	Zac Stoltenberg
2016	Stephanie Greaton	Warriors	TrueBEAM Productions	Shannon Waters
2016	Young Lady	Let's See How Fast This Baby Can Go	RKPix	Julietta Boscolo
2015	Marlow	#Zombie	7 Heads Productions	Alex Winner
2015	Jenny	BUSTED	LAVA communications	Steven Hirst

WEB SERIES

2025	Estella	Bronte Rescue	Woohoo Productions	Estelle Halabi
2018	Annabelle	Love Ya. Not So Much!	TrueBeam Productions	Julia Nulbuch

MUSIC VIDEOS

2023	Katie (Lead)	Better Days - Lexie Johns	Perbenyik Productions	Paul Mailath
2020	Lead Woman	Before I Let You Go - Jason Owen	New Heights Media	Kerryn Williams

THEATRE

2023	Lila Bancroft	A Murder by Invitation	Dark Stories Theatre	Emily McKendry
2019	Judy	How to Survive a Zombie Apocalypse	Dark Stories Theatre	David Prickett
2019	Purity	Female of the Species	Dark Stories Theatre	David Prickett

VOICE OVER

2019	Daisy	The DinoMights	The Little Scallywagz	Stacy Tierney
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TRAINING

2013 - Ongoing	Chubbuck	Anthony Wong
2023 - Ongoing	Meisner	Justin Lehmann Studios
2023 - Ongoing	American Accent	Barbara Hastings
2023 - 2025	Advance Scene Study	TrueSCREEN Acting Studio
2017 - 2018	Improv/Sketch Comedy	Groundlings (Los Angeles)
2015 - 2017	Stella Adler Technique	Stella Adler Academy of Acting
2015 - 2016	Sketch Comedy	Upright Citizen Brigade (Los Angeles)
2015 - 2015	Acting Conservatory	TVi Studios (Los Angeles)
2012 - 2013	Diploma of Screen Acting and Presenting	Screenwise Pty Ltd

AWARDS

2024	Septimius Awards	BEST OCEANIAN ACTRESS - Let's Go Below the Rainbow (nom)
2023	Europe Music Video Awards	BEST ACTRESS - Better Days (win)
2023	Munich Music Video Awards	BEST ACTRESS - Better Days (win)
2023	Prague International Film Festival	BEST ACTRESS in a Music Video - Better Days (win)

SPECIAL SKILLS

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

INTERESTING FACTS

LGBTQIA+, Conversational in Auslan, Part time wheelchair user, Recipient of the 2024 Screen NSW Pathways Development Program as a Creator/Writer/Actor to develop a Dramedy 6x30min TV series.