

Parastoo Amanzadeh

ACTRA / CAEA

HEIGHT: 5'1" | HAIR: Brown | EYES: Brown

Agent: lindsay@creativdriveartists.com

TELEVISION & FILM

SWEET CHILD OF MINE
UNIBROW (Short)
THE DECISION (Short)
KHASTEGARI (Short)
LOCKED (Short)

Lead/Lisa	Indie Project / Fereshte Nezakati
Supporting/Sahar	Union / Nedda Sarshar
Lead/Mina	George Brown Productions
Lead/Mona	Indie Project / Camil Ghajary
Lead/Parastoo	Student Project / Vahid Salehizadeh

THEATRE

BOUNDARIES OF BODIES
SANGUINE
STORYBOOK SEARCH
CAGED BIRD SINGS (Workshop)
THE DEATH OF THE KING
CHILDREN OF FIRE
MIGRAAAANT
STORIES
CROSSING GIBRALTER
9428
FINGER ISOLATION
STORY OF THE MOUNTAIN MAN
CHEKHOV WITH PROTOCOLS
QUESTION 1 AND 2

Lead Dancer	Théâtre de la Ville, Paris, France
Choreographer/Performer/Co-Creator	Cahoots Theatre
Princess/Peter the Brick Pig	Bad Hats Theatre / Fiona Sauder & Mat Pilipiak
Lisa	Modern Times / Rouvan Silogix
The Girl	Humber / Soheil Parsa
Ronia	RUTAS Festival / Bea Pizano
Elihu	Two Thousand Feet Up Theatre / Siavish Shabanpour
Improviser	Nuit Blanche / Lauren Runion
Dance Piece	Cahoots Theatre / Sedina Fiati, Yvette Bonnell
Arman	Fringe Festival / Aida Shirazi
Improv Movement, Co-Creator	P. Amanzadeh & D. Wilson
Arash	Tirgan Festival / Afsaneh Zamani
The Dog And The Boy	Small World / Siavash Shabanpour
Bethy	Glendon Theatre / Siavash Shabanpour

TRAINING

Acting Intensive - Jane Moffat (2025)
Acting - T. Jennings, H. Barnes, T. Tweed, S. Parsa, C. Earle (2020-2023) - Humber College Theatre Performance Program
Film - S. Wan, T. Kochler, J. Higgins (2020-2023) - Humber College Theatre Performance Program
Clown/Neutral Mask - J. Beale, N. Gilmour, M. Smith (2020-2023) - Humber College Theatre Performance Program
Voice/Singing - P. de Jong, F. Krucker, J. Millard (2020-2023) - Humber College Theatre Performance Program
Movement - S. Moore, N. Moraes, P. Johnson, P.C. Muchochoma, R. McCollum (2020-2023) - Humber College Theatre Performance Program
Physical Theatre - C. Edwards (2020-2023) - Humber College Theatre Performance Program
Stage Combat - S. Wilshire, K. Wooten, N. Moller (2020-2023) - Humber College Theatre Performance Program
Voice Over - M. Kirby, E. Lennie (2020-2023) - Humber College Theatre Performance Program

AWARDS

2024 Dora Award Winner
Humber First Year Achievement Award

SPECIAL SKILLS

Discipline: Actor, Dancer, Puppeteer, Stunt Performer, Improv (General)
Languages: Farsi, English (Fluent)
Accents/Dialects: Farsi
Dance: Contemporary, Improv Movement, Modern
Athletics: Swimming, Skiing, Skating, Rollerblading
Skills: Yoga Teacher, Puppeteer
Voice: Voice Demo Available on Casting Workbook
Other: Driver's License, Boat License, Motorcycle License, Boat License, Motorcycle License