

# MONET SABEL

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## OFF-BROADWAY

SWEENEY TODD      Johanna, Beggar Woman & Adolfo Pirelli      Barrow Street Theatre/Dir. Bill Buckhurst

## FILM/TV

THIS IS B.S.	Guest Star	Web Series / Dir. Amanda Pinto
THE PERFECT CHRIS-MAS	Lead	Short Film / Dir. Katy Frame
PATIO SEATING	Lead	NYU Student Film / Dir. Yianni Papadimos
(IM)MATURE	Co-star	Web Series / Dir. Jake Nathanson
AS TOLD BY GINGER	Lead	Self-written/directed/edited NYU Student Film

## SELECT THEATRE

AGENT 355	Anna Strong / John Simcoe	Chautauqua Theatre / Dir. Estefania Fadul
6 THE MUSICAL	Emma	NYMF / Zack Zadek, Dir. Max Friedman
CHILDREN OF EDEN	Eve / Mama Noah	Little Victory Theater / Dir. Brendan Stackhouse
WENDY'S SHADOW	Tinkerbell	NYMF / Dir. Dave Maglione
ALL SHOOK UP	Miss Sandra	Arundel Barn / Dir. Taavon Gamble

## READINGS/CONCERTS

ELLIS ISLAND HERITAGE AWARDS	Soloist	Dir. Sammi Cannold / MD Madeline Smith
BROADWAY: THE NEXT GENERATION	Soloist	Kennedy Center Millennium Stage / Nikko Benson
THE CRAZY ONES	Chrisann Brennan	Musical Theater Factory / Zack Zadek
HIT LIST: SMASH IN CONCERT	Soloist	Feinstein's/54 Below - Joshua Safran/Julia Brownell

## RECORDINGS/MUSIC

*HBO "Beautiful Things Can Grow"	Soloist	Song of Parkland / Mark Sonnenblick
Self-Titled Jazz Album	Soloist	With the Charlie Rosen Big Band
Kerrigan-Lowdermilk LIVE	Featured Vocalist	Yellow Sound Lab
Drafts: Volume Two	Soloist	Alexander Sage Oyen

## TRAINING

NEW YORK UNIVERSITY - BFA Tisch School of the Arts, New Studio on Broadway & Stonestreet Film and TV  
*Acting:* Bob Krakower, weekly class with Eric Reis, Andy Roth (VO), Ted Sluberski, Jen Waldman, Alexandra Neil  
*Voice:* Tyley Ross, Michael McElroy, Aimée Steele, J. Oconer Navarro  
*Dance:* Byron Easley, Dell Howlett, Barry McNabb

## SPECIAL SKILLS

Extensive demo studio recording/mixing/editing experience, excellent sight singer, American Sign Language knowledge, basic piano & guitar, music dictation, conversational French, ZFX flying experience, belay-certified rock climber, bike rider, embroiderer.

Writer/director/performer of original works and cabarets at Feinstein's/54 Below, Joe's Pub, Don't Tell Mama, Le Poisson Rouge, National Sawdust

Dialects: RP, Dublin, southern

\*Emmy Nomination