

# Lorena Pulido

Height: 5'0 Weight: 118 Hair: Brown Eyes: Brown

## Television

Chicago P.D	Co - Star	NBC Universal / Chad Saxton
Greatest Prison Escapes	Supporting	Golan Studios / Ari Golan

## Film

Hamster in my Head - Short Film	Principle / Catherine	Mendy Zimmerman Productions
Truncatia - Proof on Concept	Principle / Naia	Ladie K Productions
Recuerdame - Short Film	Principle / Flor	Depaul University
Life Line - Short Film	Principle / Sophia	Brooks Media Productions
Spaghetti Man - Short Film	Supporting / Dee Boyar	Mendy Zimmerman Productions
A Choice - Short Film	Principle / Sister Helen	Columbia College Chicago
Pinkslipped - Web Series	Supporting / Paloma	Jacqueline Priego Productions

## Commercial / Industrial

Endeavor Health Commercial	Principle / Mother	Endeavor Health Productions
Ohio Lottery Commercial	Friend	PPS Group Productions
Paylocity Sexual Harassment Training	Principle / Anita	Paylocity Internal Team
AllSteel	Employee	Joshua Ford
Buggies Pickle Commercial	Mother	JorgeArana Productions
Anytime Fitness - Commercial	Gym Goer	Scorpion Productions
United Airlines Training Video	Wheelchair Customer	Miller Creative
Encompass Health Commercial	Speech Therapist	Mays Entertainment LLC
UIC Cancer Awareness Series	Spokesperson	Solid Line Media
Iron Mountain	Employee	Stone Media Productions
Facial Protection Video	Nurse	HuFriedy Group

## Theater

Dead on 2 Counts	Supporting / Sara	14k Productions
The Vagina Monologues	Various Monologues	Mujeres Latinas En Accion
Carson Kreitzer's, Self Defense	Lu	Act One Studios

## Training

Ted Hoerl	Meisner Technique	Act One Studio
Laura Fisher	Voice and Speech	Act One Studio
Michael Gellman	Improvisation	Act One Studio
Grant Stokes	Movement	Act One Studio

Robert Schleifer  
Kristin Spangler  
Scott Olsen  
Alan Wilder

Movement  
Alexander Technique  
Core Acting  
Core Acting

Act One Studio  
Act One Studio  
Act One Studio  
Columbia College, Chicago

### Special Skills

Languages: English / Spanish (fluent)

Dance: Bachata, Cumbia, club/freestyle

General Sports: Certified Yoga Instructor, Boxing, Jogging, General Horseback Riding, can hold a vocal tune. Active Drivers License & Passport.