

SEAN COOK

2130 Fair Park Avenue, Unit 201, Los Angeles, CA 90041 213-258-9609 sean@therealseancook.com

Actor, Producer, Director

EDUCATION

Western Washington University, Bellingham, WA

Earned Bachelor of Arts in Theatre with an emphasis in Acting and Directing, 2001

University of Wisconsin, Eau Claire, WI

Studied in Theatre program, 1996-1997

University of Winchester, Winchester, UK

International Student Exchange Program

Coursework: "Devising from the French Revolution" and "Ritual as Expression", 1997

ADDITIONAL EDUCATION AND TRAINING

Script Anatomy

Concept to Outline, Outline to First Draft

2017

Developed a single-camera comedy pilot. Explored concepts including television structure, act outs, stakes, genre expectations, dynamic relationships, and conflicts and obstacles. Completed two-course program.

Writer's Bootcamp

Concept to First Draft

2016

Created a single-camera comedy pilot, from development of a single sentence idea. Coursework based on premise that story backbone is derived from main character misbehavior.

John Rosenfeld Studios

Levels 1 and 2, Ongoing

2014-2015

Worked with John Rosenfeld in upper division sessions. Met 2-3 times weekly with group outside of sessions to cultivate genre specific, performance ready work that was unique to our voices.

Upright Citizens Brigade

Level 1

2013

Completed Level 1 course in story-driven improv technique. Culminated in a live performance on main stage.

Sam Christensen Studios

Archetype Exploration, Archetype to Character

2012

Worked with Sam Christensen on six-week course to develop an understanding of my own archetype. Adjusted marketing materials according to discoveries in program. Following completion of the exploration, continued to work with Sam to apply archetype discoveries to audition execution.

Lesly Kahn and Company

Levels 1 and 2, Ongoing

2011-2012

Attended Level 1 course on comedy and acting fundamentals, Level 2 course on technique. Invited into on-going sessions with Lesly Kahn. Group consisted of guest star and series recurring-level actors. Met and rehearsed 3-5 times weekly outside of class. This system is focused on comedic acting.

Killian's Commercial Workshop

Levels 1-3

2010

Killian's sessions consisted of intensive commercial workshop study. Focused on basic camera skills, navigating personality test, interpreting ad boards, commercial improv, and interpreting copy.

Groundlings Improv Training

Levels 1 and 2

2009

Completed two session of improv training, focusing on character-driven improv technique.

TEACHING EXPERIENCE

Freelance Audition Coach

2014 - present

Currently working with actors to help them prepare genre-appropriate, authentic auditions.

Instructor

Mighty Tripod Productions, Seattle WA

2015 - present

"Auditioning for Film and TV"

Taught the following, using current audition scenes and breakdowns for TV and film:

- How to mine as much information from the breakdown as possible
- How to interpret genre of material
- How to build an audition to stand above the 80%

“Typing Exercises”

Use non-acting exercises to bring class participants to their most neutral and honest places.
Built “roadmaps” to character types inhabited naturally by each participant.

“Co-Star Auditions”

Using script analysis, taught students to deduce the purpose of each co-star in a piece, helping them to interpret roles as the writer intended for enhancing co-star auditions.

Instructor

Northwest Passage, Bellingham, WA

2014 - present

“Camera Acting Techniques”

Derived from Michael Caine’s “Acting in Film,” students explore different techniques to use when on set. These include “hitting your mark,” “continuity,” and “the close-up.”

“Scene Study for Film and TV”

Advanced acting course using real-time scenes currently casting or in production. Digging deeply into each scene and character, exploring higher emotional states, increased commitment, making it “yours,” etc.

Associate Instructor

LA On Camera Training Center

2012 – 2013

Led and co-led classes devised by Jamison Haase. Students worked on translating performance to match camera shots.

PRODUCTIONS AND PERFORMANCES

Director

These Seven Sicknesses by Sean Graney, iDiOM Theater, Bellingham, WA – 2016

The Last Days of Melville Malloy by Glenn Hergenbahn, iDiOM Theater, Bellingham, WA – 2015

Red by John Logan, iDiOM Theater, Bellingham, WA – 2014

The Devil and Billy Markham by Shel Silverstein, iDiOM Theater and ReBar Theater, Seattle, WA – 2006, 2009

Producer

Roomiess - Web-series to Pilot, 22 episodes. Produced via SAG-AFTRA New Media Agreement.

Currently represented by Verve’s Literature department.

Producer/Development Producer

Hold Up Heart – Short film produced via SAG-AFTRA Short Film Agreement. Screened at various festivals including Fastnet Short Film Festival, Hollyshorts Film Festival, KABANG Music, Art, and Film Fest.

Producer

Drive Danny Drive – Short film produced via SAG-AFTRA Short Film Agreement. Awarded “Best Short Narrative” at Moondance Film Festival

Associate Producer/Actor

Wesson and Smith – Short film produced via SAG-AFTRA Short Film Agreement. Chosen “Short of the Week” on *FUNNY OR DIE*.

Associate Producer/Assistant Director/Actor

Turf – Television short produced via SAG-AFTRA New Media Project. Selected to compete in Channel 101 monthly short pilot contest in Los Angeles

Producer/Actor

Actor

Role/Type	Title	Director/Company
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FEATURE FILM

Rick	<i>Radioflash</i>	Ben McPherson
Lonnie Hammer	<i>Any Bullet Will Do</i>	Justin Lee
Irate	<i>At Middleton</i>	Adam Rogers
Winston	<i>Knights of Badassdom</i>	Joe Lynch
Brian Felzner	<i>The Hit List</i>	Wil Kaufman
Wrangler	<i>The Big Bang</i>	Tony Krantz
Jimmy	<i>John Carpenter's The Ward</i>	John Carpenter
Matt	<i>Look At Me</i>	Alesia Glidewell
Dylan	<i>The Choke</i>	Juan Mas
Guy	<i>We Go Way Back</i>	Lynn Shelton
Dakota	<i>Perfect Sport</i>	Anthony O'Brien

TELEVISION

Dr. Derrick Co-Star	<i>The Orville (Pilot)</i>	Jon Favreau
Stoller Series Recurring	<i>Thunderballs (Pilot)</i>	Andy Tennant
Chris Guest Star	<i>NCIS LA</i>	James Hanlon
Will Co-Star	<i>Criminal Minds</i>	Rob Bailey
Dale Stanton Co-Star	<i>Leverage</i>	Marc Roskin
Joshua Hall Co-Star	<i>Grimm</i>	Rob Bailey
Evan Co-Star	<i>Dial Star</i>	Fred Gerber

SHORTS/WEB ABRIDGED

Lead	<i>Out to Launch</i>	Mark Jones
Lead	<i>Our Manifest Destiny</i>	Jon Hill
Lead	<i>Disconnected</i>	Casey Donohue
Supporting	<i>Neck Bomb</i>	Cameron Rumford
Supporting	<i>My Fake Job</i>	Chad Cobain

AEA STAGE ABRIDGED

Marc	<i>ART</i>	Mount Baker Theater – Bellingham, WA
Male 1	<i>Almost, Maine</i>	Mount Baker Theater – Bellingham, WA
Chuck/Professor	<i>Mitzi's Abortion</i>	A.C.T. - Seattle, WA
Lee/Austin	<i>True West</i>	INTERplayers - Spokane, WA
Versati	<i>The Underpants</i>	INTERplayers - Spokane, WA

ADDITIONAL RELEVANT EXPERIENCE

Casting Assistant
 Nike Imoru Casting - SyFy's *Z Nation*, Season 2

AWARDS/HONORS

Inductee – National Golden Key Honor Society
 KCACTF Irene Ryan Regional Nominee
 KCACTF Irene Ryan Regional Semi-Finalist
 KCACTF Irene Ryan Regional Semi-Finalist Partner

MEMBERSHIPS

Actor's Equity Association - Active Member since 2003
 SAG-AFTRA – Active Member since 2007