



SARAH S. PARIENTI

DIRECTOR

ALL ABOUT ME

Multifaceted Actress, Director and Writer with experiences in Television, Film, and Theatre, Sarah is seeking roles that showcase her creativity. She has a natural ability to interpret characters accurately, and deliver truthful performances. Well-versed in different acting techniques, and more specifically the Meisner Technique, having studied under some of the most renowned acting coaches in the industry. Sarah is also an excellent communicator and team player. Coming from a background and degrees in Neurosciences and Healing Energy Science and Medicine, it is Sarah's passion to reflect her humanness to the world.

ON STAGE

2023 **Creative Director,** Interactive Theatre Play " Sarah and Abraham: A Story That Is Yours", ASTIY Production, Miami

Costume and Set Design. Post-Production. Instructed Actors on how to perform from their Core using their Energy .
Encouraged positive interactions between actors and on set.
Provided Individual Instruction to Actors, and teamwork. Attended Team Meetings Hybrid to discuss the project, brainstorm ideas and put forward solutions to issues.

RECENT PRODUCTIONS

- 2003** **Assistant Director,** " Le Coeur des Hommes", by Marc Esposito, Paris
- 2017** **Assistant Director,** Miami Radio Sitcom, by Stan Harris
- 2017** **Director,** "Wake-Up!", T.V Show, Miami
Creative Director, "The Trick", by Gian Bonacchi
- 2023**

PODCAST

- 2023** Creative Director/ Host, Costume & Set Design, Post Production. " Click Avec Moi!"
Hosting a Rendez-Vous With Artists of all kinds to discuss their Creative Process - Conversations with No Agenda



SKILLS

High Sense Of Perception, Visual, Innovative, Creative Writing, Organization, French (Parisian) Accent, Creative Thinking, Public Speaking, Confidence, Teamwork, Flexibility, Leadership, Organization, Active Listening, Social Awareness, Script Analysis, Voice Projection, Character Building, Dance/Movement, Dialects/Accents, Cold Reading, Auditioning, Casting, Costume/Stage Design, Creative Director, Podcast Host

GET IN TOUCH

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