

# Lana Frost

**NOWACTORS**  
PERTH MELBOURNE SYDNEY

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Year of Birth: 1980

Height: 164cm

Chest/Bust: 83cm

Bra Size: 10C

Dress/Suit Size: 6-8 Au

Waist: 64cm

Hips: 85cm

Shirt Collar:

Shoe Size: 39

Hair: Dark Brown

Eyes: Brown

## TRAINING

YEAR	COURSE	TEACHER / INSTITUTION
2019	Screen Acting/Showreel Hollywood Intense Workshop	Perth Film School
2017	Advanced Diploma of Music (Music Artist)	Western Australia Academy of Performing Arts
2016	Diploma of Music (Performance)	North Metropolitan Tafe
2015- 2020	Gestalt Therapy and counselling (Psychotherapy and Psychodrama)	Gestalt Institute , WA
2007	Graduate Diploma in Broadcast Journalism	Curtin University of technology
1998 - 2002	Bachelor of Science (Nursing)	Curtin University of technology
1997	Improvisation and masks	Melbourne Theatre Company
1989- 1993	Drama Coaching	Gerry and Jill Atkinson /Gerry Atkinson Productions

## FILM

YEAR	TITLE	DIRECTOR	PRODUCER
2007	Eat Your Heart Out (support)	Zac Gillam	Sarah Rakich

## TV/COMMERCIALS

YEAR	TITLE	DIRECTOR
2019	Lotterywest "Keep Your Saturday Deams Alive" (extra)	Perry Westwood
2019	Bowra and O'Dea "Near Misses" (extra)	

## OTHER

Lead vocalist and guitar -plays in bands, various song releases and songwriting awards,  
Previous Photographic modelling work

## SKILLS

Plays Acoustic and electric Guitar, sings, plays drums,  
Works as a Registered Nurse, Psychotherapist and Counsellor  
Able to engage in Dynamic athletic sports such as box jumping and park our  
Accents - Australian, American, English, Irish, Indian