

# PARNESHA INGRAM

**Height:** 5'4"  
**Weight:** 125 Lbs.  
**Hair:** Black  
**Eyes:** Dark Brown

**Brevard Talent Group**  
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## Film

Misperception	Lead	Calvin Greer Productions
Guardian Angel	Lead	Fullsail University
Apartment 5210	Lead	Eight9Media
Bon Appetite	Lead	Fullsail University
Double Life	Lead	Pure Luxury Films
Without Fear	Lead	Fullsail University
I live	Supporting Lead	MACL Productions
Last Chance	Supporting Lead	Fullsail University
Ring for Service	Supporting Lead	Fullsail University Thesis
Dating Material	Supporting Lead	Fullsail University Thesis
The Guest	Supporting Lead	Fullsail University
Unexpected Surprises	Supporting Lead	Fullsail University
Counter Intelligence	Supporting	Orlando Independent Film
The Season	Supporting	Dibz Productions
Sudden Moments	Supporting	Sudden Moments
Unity Salvation	Supporting	Terminal 52 Films
Love is the Key	Supporting	Simba Productions

## Web Series

Child Protective Services	Series Recurring	Kenneth Lee
Age of Maturity	Series Recurring	Mike Anderson

## Theater

Single and Saved	Melissa	David Watts Theatre
Double Twist Life	Delilah	Dir. Dr Soloman
Hairspray	Dynamite/Lorraine	Idaho Repertory
Antigone	Antigone	Lela Barlow Theatre
Before it Hits Home	Reba	Lela Barlow Theatre
A Raisin in the Sun	Beneatha	Lela Barlow Theatre
Smokey Joes Café	Pattie	Lela Barlow Theatre

## Commercial, Print

List available upon request

## Training

Meisner	Brain Martin	Alabama State University
Meisner	Robb Maus/ Marco DiGeorge	Truthful Acting Studios
Stanislavsky Technique	Dr. Tommie Stewart	Alabama State University
Commercial Acting	Shauna Bartel	Cast Studios
Improv	Bob Kodzis	SAK Comedy Lab
8-Week Online Audition	Lori Wyman	Lori Wyman Casting

## Skills

Director, accents (southern), dance (hip-hop, contemporary), band (baton Twirler), motivational speaking, running, singing (alto), cheerleading, sketch comedy, improv, modeling, Photography, Valid Driver's License and U.S. Passport. KCACTF NOMINEE, IRENE RYAN NOMINEE