



Cunningham • Escott • Slevin • Doherty  
TALENT AGENCY

# Lydia Hensler

SAG-AFTRA

[www.lydiahensler.com](http://www.lydiahensler.com)

Hair: Brown

Eyes: Blue

Height: 5'8"

Weight: 135lbs

## Film/Web/TV

Help Yourself	Melody Thomas	Dir. John Launchi
Sitters	Auditor	Dir. Phebe Szatmari
What To Expect...	Wife	Dir. Brian Crano
Between The Scenes: Ghostbusters	Alyssa	Dir. Ryan Hunter
#NotSexyRolePlay	Lydia	Dir. Cody Lindquist
The Dressing Room	Lydia	Dir. David Bluvband
Bluvband Is Doing Just Fine	Kelly	Dir. David Bluvband
The B.S.of A.	Multiple Characters	Dir. Jack Helmuth
Sleep Well	Lucy	Dir. Morgan Evans
Disgusting Bachelors	Rebecca with an 'h'	Dir. Kevin Miller
Laid Off	Waitress	Dir. John Launchi
Sex In The City In 60 Seconds	Carrie	Dir. Paul Briganti

## Improv/Sketch

Grandma's Ashes	Every Saturday Night 10:30pm	UCB Chelsea
Take It Personal	Every Friday Night 9pm	UCB East
Stone Cold Fox	u/s multiple roles 2012 & 2013	UCB Chelsea
Our First Orgy	Denise	UCB Chelsea
The State vs. Josh	Lynn	UCB Chelsea

## Hosting

The Ride	Jackie	Dir. Daniel Goldstein
Ladies Night	Monthly Variety Show	UCB East
Home For The Holidays	Host	AOL.com

## Education

Improv/Sketch: Upright Citizens Brigade Theatre 2004-present  
 Storytelling: John Flynn; Margot Leitman  
 On Camera: Brooke Thomas & Mary Egan Callahan; Stacy Gallo  
 Acting/Musical Theatre: The American Musical and Dramatic Academy

## Special Skills

Current UCB Improv teacher- levels 101-Advanced Study, Voice Over, Character Voices, Swimming, Yoga, Great with Kids, Valid NY Driver's License and U.S. Passport.