

# **Meridith C. Grundei**

## **Curriculum Vitae**

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### **EDUCATION**

#### **A. Degrees**

2007 M.F.A. Naropa University: Contemporary Performance  
1996 B.A. Colorado State University: Liberal Arts. Minor in Theatre

#### **B. Specific Education and Training**

2015-ongoing The Theatricians a training collective for actors (monthly)  
2005-2007 Roy Hart Technique: Ethie Friend  
2003-2007 Viewpoints and Suzuki: The SITI Company; Leon Ingulsrud, Akiko Aizawa, Barney O'Hanlon  
2005-2007 Moment Work: Moises Kaufman and Leigh Fondakowski  
2005-2007 Grotowski: Stephen Wangh  
2006-2007 Dance: Dan Safer, Onye Ozuzu  
1987-ongoing Dance: Jazz, Modern and Hip-hop  
2005-2007 Body Mind Centering: Erika Berland and Wendell Beavers  
2005-2007 Pedagogical Training in Theatre: Stephen Wangh  
2003,2005 Michael Chekhov Technique: Dawn Arnold and Jessica Cerullo  
2004 On-Camera training for film, Jane Alderman  
2003 On-Camera and Improv, Adam McKay  
2001-2003 Completed training, iO Chicago: Improvisation  
2000-2001 Suzuki Training, Jeffrey Bihl  
2000 Commedia Dell'Arte, Daniel Stein  
2000 Biomechanics: Gennadi Bogdanov  
2000 Moliere Intensive: Margot Whitcomb, A.C.T.  
1998 Stanislavski Method: Morris Burns and Wendy Ishii  
1997 Experimental and Devised Theatre: Helen Richardson

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### **CURRENT EMPLOYMENT**

**Founder and Owner** of Red Ball Speaks, LLC  
Presentation Skills, Public Speaking and Team Building  
Denver, CO/ San Miguel De Allende, MX/ New York, NY  
2010- Present

**Creator/Director:** Off-Center at The Denver Center for the Performing Arts  
(Opens October 26, 2018): a sight specific, micro-theatre experience titled *Bite-Size*.

**Guest Director:** Naropa University, Boulder CO. (October 28 - November 17, 2018):  
directing devised moments created under the mentorship of Leigh Fondakowski for the  
first year M.F.A. students.

**Guest Artist:** Teaching a course titled, The Business of Acting, M.F.A. in  
Contemporary Performanc

## AWARDS AND GRANTS

Recipient of the 2017 True West Award, Denver CO

Denver Henry Nomination for: Outstanding Direction of a Musical for Beowulf: A Thousand Years of Baggage, The Catamounts Boulder CO

Recognized as top 100 Colorado Creatives by the Westword, February 16, 2017, Denver, CO.

Nominated for Best Actress in a Comedy as Messenger #3, Messenger #1 (Jackson) by 2012 True West Awards, The Catamounts, Boulder CO

Best Actress in a Drama as Mel in God's Ear (Schwartz) by the Boulder Daily Camera, 2011.

Nominated for Best Actress in a Comedy as Leslie in The House of Yes (MacCleod) by Boulder Daily Camera, 2008

Awarded \$1000.00 from Boulder County Arts Alliance to attend the 2013 Americans for the Arts Conference in Pittsburgh PA

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## PROFESSIONAL APPOINTMENTS

### A. Artistic and Teaching

2017 Guest Improv Teacher, Florida State University: *No Bears Allowed*  
2010-ongoing Presentation skills coach and team facilitator for Red Ball Speaks, LLC  
2016-ongoing Associate Company Member, LOCAL Theatre Co., Boulder CO  
2010-2017 Resident Actor and Director, The Catamounts, Boulder CO  
2016-2018 Guest Artist, The Improv People, San Miguel De Allende, MX  
2012-2015 Guest Artist, Naropa University M.F.A., Boulder CO  
2014 Guest Artist, The Omega Institute, Upstate NY  
2013 Guest Artist, ConterPulse and ECHOSUITCASE, San Francisco CA  
2008-ongoing Resident performer with Playback Theatre West, Boulder/Denver CO  
2008-2009 Adjunct Faculty, Naropa University B.A., Boulder CO  
2008 Teaching Artist, Creative Spaces, University of Northern Colorado  
2007 Visiting Teaching Artist, The Denver Center and The Second City, Denver CO  
  
2006-2009 Teaching Artist, The Arvada Center, Arvada CO  
2005-2009 Guest Teaching Artist, The Evergreen Players, Evergreen CO  
2003-2016 Team facilitator and creative coach, Center for Executive Presence, Chicago IL  
  
2003-2005 Associate Faculty, The Second City Training Center, Chicago IL  
2001-2004 Resident Acting Teacher, Prologue Theatre Company, Chicago IL  
2002-2003 Resident Acting Teacher, Live Bait Theatre Company, Chicago IL  
2000 Teaching Artist, San Francisco Shakespeare Festival, San Francisco CA  
1999-2001 Owner and Teaching Artist, Theatremonkey, San Francisco CA  
1999-2001 Resident Teaching Artist, Leap Arts in Education, San Francisco CA  
1999-2000 Resident Teaching Artist, MARSH Theatre, San Francisco CA

## B. Unions and Affiliations

Actor's Equity Association: Member

Screen Actor's Guild: Eligible

Stage Directors and Choreographers Society: Associate Member

STATERA Arts: Member

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## CREATIVE WORK

### A. Direction, Devised Work and Performance: professional

2017

Director      Under Construction (Mee):  
Naropa University, M.F.A. in Contemporary Performance,  
2nd Year class, Boulder CO

Director      BEOWULF: A Thousand Years of Baggage (Craig, Malloy):  
regional premiere, The Catamounts, Boulder CO

Actor          On the U.S.S. Fortitude (Carlson):  
Motherhood Out Loud,  
Stories on Stage, Denver CO

Actor          The Taming of The Shrew (Shakespeare):  
Colorado Shakespeare Festival  
Role: Curtis/Understudy Kate

2016

Actor          Sweet & Lucky (Morris and co-created with cast):  
world premiere, The Denver Center for the Performing Arts  
and Third Rail Projects co-production  
workshop: the Colorado New Play Summit.  
Role: "Grandma" and ensemble

Director      FUTURA (Harrison):  
regional premiere, The Catamounts, Boulder CO

Actor          FRANKENSTEIN (Dear):  
director, *Tony and Olivier nominee*: Sam Buntrock  
U.S. premier, The Denver Center for the Performing Arts  
Role: servant, ensemble, understudy for Elizabeth

Director      A Christmas Carol (Barlow):  
co-director with Len Matheo  
regional premiere, Miners Alley Playhouse, Golden CO

2015	Actor	<u>Spirits to Enforce</u> (Maher) regional premiere, The Catamounts, Boulder CO Role: Ariel
	Actor	<u>FAITH</u> (McLindon): world premiere, LOCAL Theatre Company, Boulder CO Role: Theresa
2014	Director	<u>There is A Happiness That Morning Is</u> (Maher) regional premiere, The Catamounts
	Actor	<u>Mr. Burns, A post Electric Play</u> (Washburn): regional premiere, The Catamounts, Boulder CO Role: Susanna, Lisa, Marge
	Director	<u>Moulin Scrooge</u> (Gwinn): production previously seen in 2012 and now mounted for The Bug Theatre in Denver CO. Co- produced by The Band of Toughs and The Catamounts
2013	Creator/ Director	<u>One Act: A Fully Improvised One Act Play:</u> production previously seen at the 2012 Boulder International Fringe Festival 9 mo. season at The Dairy Arts Center, Boulder CO Chicago Improv Festival, Chicago IL
	Actor	<u>Failure, A Love Story</u> (Dawkins): regional premiere, The Catamounts, Boulder CO Role: Jenny June
	Creator/ Improvise	<u>SWEAT, Improv on Bikes:</u> Off-Center at The Denver Center for the Performing Arts
	Director/ Co-Creator	<u>Normal Heights</u> (Grundeir, Walker): world premiere, performances: International Boulder Fringe Festival, Brighton England Fringe Festival, City of Lafayette, Gay and Lesbian Alliance Choruses, Out Boulder, University of Redlands and CU Boulder
2012	Actor	<u>Messenger #1</u> (Jackson) regional premiere, The Catamounts, Boulder CO Role: Messenger #3
	Creator/ Director	<u>One Act: A fully improvised one act play:</u> 2012 Boulder International Fringe Festival

	Actor	<u>The Three Faces of Dr. Crippen</u> (Schwartz): regional premiere, The Catamounts at Buntport Theatre in Denver CO Role: Cora
	Director	<u>Moulin Scrooge</u> (Gwinn): Co- produced by The Band of Toughs and WreckingBall Theater Lab, Boulder CO
2011	Actor	<u>God's Ear</u> (Schwartz) regional premiere, The Catamounts, Boulder CO Role: Mel
	Director	<u>Paul Sill's Story Theatre</u> (Sills): The Evergreen Players, Evergreen CO
2010	Actor	<u>Mr. Spacky: The Man Who Was Continuously Followed by Wolves</u> (Schwartz): regional premiere, The Catamounts, Boulder CO Role: Edwina
	Actor/ Co-creator	<u>Songs of Meat and Cake</u> : world premiere, square product theatre, Boulder CO Role: Ms. Bacon
2009	Dancer/ Actor	<u>Good Girls Don't, But I Do</u> (Bruemmer-Holden): square product theatre in co-production with WreckingBall Theater Lab, Denver CO Role: Ensemble
	Actor	<u>Sixteen Wounded</u> (Kraiem): regional premiere, Evergreen Players, Evergreen CO Role: Nora
	Director	<u>Escanaba in da Moonlight</u> (Daniels) The Evergreen Players, Evergreen CO
2008	Actor	<u>The House of Yes</u> (MacCleod): square product theatre, Boulder CO Role: Lesley
2006	Director	<u>365 Plays/365 Days</u> (Parks) July 30-August 5: Bas Bleu Theatre Company, Fort Collins CO

2005 Actor Abound (Sherman):  
world premiere, The Chopin Theatre Chicago IL  
Sprung Movement Theatre, director Jon Sherman  
Role: ensemble

2004 Co-creator/  
Actor Wireless I & II:  
world premiere, Strawdog Theatre Company, Chicago IL  
Role: Marcey Wade

Choreography/  
Actor Moulin Scrooge (Gwinn):  
world premiere, iO Theatre, Chicago IL  
Role: Ghost, Cabaret girl, Stage Manager

Actor Air Tact Light (Scott):  
world premiere, PAC Edge, Chicago IL  
Role: various

2003 Improviser Variety of shows with iO Chicago house teams: Miss  
Texas, Concept Album, Shuttle Cock

Co-creator/  
Actor *The Dark Eyed Strangers*: sketch comedy group,  
performances: Donny Sky Box @The Second City,  
Chicago Sketch Fest and various other locations

2002 Actor Airland (Scott):  
world premiere, performance for the  
Rhino Festival, Chicago IL  
Role: Mary

Improviser Variety of shows with iO Chicago house teams: Miss  
Texas, Concept Album, Shuttle Cock

2000 Actor Better Days (Chadsey):  
director Kent Nicholson,  
world premiere, The Exit Theatre, San Francisco  
Role: Pearl/Peggy

Actor The Misanthrope (Moliere, Congdon adaptation):  
director, Carey Perloff  
The American Conservatory Theatre, San Francisco CA

Co-creator/  
Actor Breton's Dream:  
world premiere for San Francisco Fringe Festival  
Role: Dancing ballerina, Meret Oppenheim

1999

Actor            Bits and Pieces of Ionesco (Ionesco, Owen adaptation):  
world premiere, The Exit Theatre, San Francisco CA  
Role: Jacqueline

Actor            Megan and The Magic Compass (Jackson);  
Art Street Theatre, San Francisco CA  
Role: Megan

## RESEARCH/WRITING

### A. In Process

Ongoing research in using improvisational and immersive theatre forms to devise work using source material, story structure, moment work and the viewpoints. The research has resulted in several workshops utilizing the tools of the stage to develop work. Through the above methodologies of theatre I have been investigating the intersection of individual stories, identity and cultural perception:

City of Golden commission (Fall 2018): Creator and director:  
An immersive and improvised theatre piece for the Golden History Museum. Golden CO

Off-Center at The Denver Center (Fall 2018): creator and director in a sight specific, micro-theatre experience. This was a proposal I submitted to the Denver Center in the Spring of 2017. It will be a series of 15 minute plays written by local playwrights called *Bite-Size*.

The Father Project (working title) *On-going*  
is a work in progress focusing on perception and performance identity. My focus on source material is inspired by the life of my deceased father, veterans of war and sexual identity.

### B. Previous

One Act: A fully improvised play 2012; SWEAT: improv on bikes 2013; Normal Heights 2013.

One Act (Creator/ Director) was a fully improvised one act play with 9 actors. Using the structure of a story, movement and live accompaniment. This show was a success at the Boulder International Fringe Festival and went on to performing a 9 month season at The Dairy Arts Center in Boulder, CO.

SWEAT, Improv on bikes (Actor)  
was a piece I pitched to The Denver Center for the Performing Arts and their Off-Center program. Myself, another actor and a musician on a tricked-out musical bike performed a 60min. structured improvisational show on bikes with projections and limited audience participation.

Normal Heights (Creator/ Director) is a musical about a gay man growing up in the 50's and 60's. Inspired by one man's journal this piece was developed using movement, song and improvisation. Myself, the actor and the composer used moment work as a structure for creating work. This piece was a success with rave reviews for The Boulder International Fringe Festival, The Brighton Fringe Festival in England, University of Redlands and The University of Colorado, Boulder

## SERVICE

### A. Professional

2018	Actor, Local Theatre Lab's New Play Festival
2017, 2018	Student Mentor, Naropa University
2016	Presenter, STATERA Conference, Denver CO
2015	Actor, Local Theatre Lab's New Play Festival
2014	Actor, Denver Stories: Curious Theatre Company
2013	Actor, Local Theatre Lab's New Play Festival
2011	Actor, Denver Stories: Curious Theatre Company
2009, 2015	Performer, Balls A Holiday Spectacular, Fundraiser
2008-ongoing	Company member, Playback Theatre West
2008	Director, Curious New Voices, Curious Theatre Company
2006	Presenter, University/Resident Theatre Association
2000	Playwright competition w/ Dean Goodman, San Francisco: Judge

### B. Community

2017	Teacher for Lafayette Peer Empowerment Program
2016	Mentor, MADE Life accelerator program, Boulder CO
2016	Teacher, Lafayette Youth Services career program
2015	Presenter, Ignite Denver
2013	Adjudicator, The Next Denver Improv Star
2011-2012	Board Member, Lafayette Arts Commission
2011, 2013	Teacher, and adjudicator for Jeffco Improv Festival
2002	Volunteer, Somalian refugees, Chicago IL

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## TEACHING

### A. Red Ball Speaks, LLC: Presentation and Public Speaking Skills/Team Building

2010-ongoing:	<b>Lead facilitator</b> for 50+ workshops in creative team collaboration, global. Clients include: CU LEEDS School of Business, Hayes Lemmerz (global), Johnson & Johnson, DePuy, SurveyGizmo, CEAVCO. Mercer and many others.
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## **B. Naropa University, Boulder CO**

2017/18	Fall:	<b>Guest Director</b> , <u>Under Construction</u> (Mee) M.F.A. 2nd year fall performance.
	Fall/Spring:	<b>Guest Professor</b> , <u>The Business of Acting</u> M.F.A. in Contemporary Performance.
2015	Fall:	<b>Guest Artist</b> , Long form improvisation basics -working with Stephen Wangh leading to final, devised M.F.A. performance.
2013	Fall:	<b>Guest Artist</b> , Improvisation and script development for original showing of Siddhartha, Naropa M.F.A. performance.
2009	Spring:	<b>Adjunct Professor</b> , Improvisation and Theatre Games (PFAR250)
2010	Spring:	<b>Adjunct Professor</b> , Improvisation and Theatre Games (PFAR250)

## **C. The Denver Center for the Performing Arts, Denver CO**

2017-present	Year round:	Presentation and public speaking skills
2009	Summer:	The Viewpoints and Improvisation

## **D. The Arvada Center, Arvada CO**

2006-2008	Spring:	Improv Theatre Forms
	Summer:	Yes And! Intermediate Improv
	Fall:	Beginning Improvisation
	Winter:	Beginning Improvisation

## **E. The Second City Training Center, Chicago IL and Denver, CO**

2007 (Denver)	Spring:	Beginning Improvisation
2003-2005	Fall:	Levels A-D
	Winter:	Performance Level

*\*Instrumental in developing youth program, has grown to be one of their largest grossing programs.*