

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

2019 Master Class for Directors with Anne Bogart, SITl Company
2005-2007 Roy Hart Technique: Ethie Friend
2003-2007 Viewpoints and Suzuki: Wendell Beavers,
The SITl 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
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.

CURRENT EMPLOYMENT

Founder and Owner of Meridith Grundei Coaching
Presentation Skills, Public Speaking and Team Building
Denver, CO/ San Miguel De Allende, MX/ New York, NY
2010 - Present

Faculty at The PIT (Peoples Improv Theater), New York, NY: teaching
improvisation to a variety of levels.
2018 - Present

Guest Artist (remote) at Naropa University, Boulder CO: teaching a course titled,
The Business of Acting, M.F.A. in Contemporary Performance.

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

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 Meridith Grundei Coaching
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 Improv Coach, Colorado State University: *Clown Box Comedy*
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

CREATIVE WORK

A. Direction, Devised Work and Performance: professional

2018	Creator/ Director	<u>Bite-Size, An evening of microtheatre</u> (various): Off-Center at The Denver Center for the Performing Arts
	Director	<u>MOVE</u> (ensemble created): Naropa University, M.F.A. in Contemporary Performance, 1st Year Class, Boulder CO
2017	Director	<u>Under Construction</u> (Mee): Naropa University, M.F.A. in Contemporary Performance, 2nd Year class, Boulder CO
	Director	<u>BEOWULF: A Thousand Years of Baggage</u> (Craig, Malloy): regional premiere, The Catamounts, Boulder CO
	Actor	<u>On the U.S.S. Fortitude</u> (Carlson): Motherhood Out Loud, Stories on Stage, Denver CO
	Actor	<u>The Taming of The Shrew</u> (Shakespeare): Colorado Shakespeare Festival Role: Curtis/Understudy Kate
2016	Actor	<u>Sweet & Lucky</u> (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	<u>FUTURA</u> (Harrison): regional premiere, The Catamounts, Boulder CO
	Actor	<u>FRANKENSTEIN</u> (Dear): director, <i>Tony and Olivier nominee</i> : Sam Buntrock U.S. premier, The Denver Center for the Performing Arts Role: servant, ensemble, understudy for Elizabeth

2015	Director	<u>A Christmas Carol</u> (Barlow): co-director with Len Mattheo regional premiere, Miners Alley Playhouse, Golden CO
	Actor	<u>Spirits to Enforce</u> (Maher) regional premiere, The Catamounts, Boulder CO Role: Ariel
2014	Actor	<u>FAITH</u> (McLindon): world premiere, LOCAL Theatre Company, Boulder CO Role: Theresa
	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
2013	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
	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	<u>Abound</u> (Sherman): world premiere, The Chopin Theatre Chicago IL Sprung Movement Theatre, director Jon Sherman Role: ensemble
2004	Co-creator/ Actor	<u>Wireless I & II</u> : world premiere, Strawdog Theatre Company, Chicago IL Role: Marcey Wade
	Choreography/ Actor	<u>Moulin Scrooge</u> (Gwinn): world premiere, iO Theatre, Chicago IL Role: Ghost, Cabaret girl, Stage Manager
	Actor	<u>Air Tact Light</u> (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	<i>The Dark Eyed Strangers</i> : sketch comedy group, performances: Donny Sky Box @The Second City, Chicago Sketch Fest and various other locations
2002	Actor	<u>Airland</u> (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:

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

Bite-Size, An Evening of Microtheatre 2018;
One Act: A fully improvised play 2012; SWEAT: improv on bikes
2013; Normal Heights 2013.

Bite-Size, An Evening of Micro Theater (Creator/Director) Off-Center at The Denver Center Theater Company: 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 was a series of 15 minute plays written by local playwrights inspired by The BookBar, a sight-specific local business in Denver where the event happened.

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

- 2019 NYC Regional Coordinator: StateraArts Mentorship Program
- 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

TEACHING

A. Grundeis Coaching, LLC

2010-ongoing:

Presentation and Public Speaking Skills

Lead facilitator 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.

B. Naropa University, Boulder CO

2018/19

Fall:

Guest Director, MOVE, an evening of unique theatre (devised) M.F.A. 1st year fall performance.

Fall:

Guest Professor, The Business of Acting M.F.A. in Contemporary Performance.

2017/18

Fall:

Guest Director, Under Construction (Mee) M.F.A. 2nd year fall performance.

Fall/Spring:

Guest Professor, The Business of Acting M.F.A. in Contemporary Performance.

2015

Fall:

Guest Artist, Long form improvisation basics -working with Stephen Wangh leading to final, devised M.F.A. performance.

2013

Fall:

Guest Artist, Improvisation and script development for original showing of Siddhartha, Naropa M.F.A. performance.

2009

Spring:

Adjunct Professor, Improvisation and Theatre Games (PFAR250)

2010

Spring:

Adjunct Professor, 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.*