

# ELIZABETH KATHRYN KOMOS

630.738.0824 | komos.elizabeth@gmail.com | Chicago, IL  
Height: 5'6" | Weight: 165 | Hair: Brown | Eyes: Brown

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## Theatre

Los 49 - After Orlando w/Benchmark Theatre      Ensemble      Phamaly Theatre Company      Dir. Gregg Vigil

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## Improv

Denver's Next Improv Star Season 8	Cast Member/Winner	Bovine Metropolis Theater	Dir. Eric Farone
Too Close For Comfort	Cast Member	Bovine Metropolis Theater	Dir. Eric Farone
Nilbog & The Day Drinkers	Cast Member	A Bovine House Team	Dir. Kent Welborn
Squid Goat	Cast Member	A Bovine House Team	Dir. Kat Bond
On The Spot	Cast Member	Bovine Metropolis Theater	Dir. Eric Farone
The Barkley Jam- Special Guest	Guest Cast Member	Voodoo Comedy Playhouse	Dir. Chris Teregis
Campfire Jams	Producer & Director	Bovine Metropolis Theater	
Midnight in Miami presents Home	Cast Member	iO Chicago	Dir. Steph Perez
The Musical Armando	Guest Monologist	iO Chicago	Prod. Stacey Smith
MOSAIC	Cast Member	Playground Theater	K. Hughes & Z. Pedica
Bad Ghost	Cast Member	Various Venues	Nia D'Emilio
Madeline + Dante	Cast Member	Various Venues & Festivals	Kevin Reader
Who Dis?! Disability Variety Show	Creator & Producer	iO Chicago	
Affirmed	Cast Member	The Nest Theater annual Festival	
Code Grey - Improvised Med Drama	Cast Member	The Annoyance Theater	Dir. Thomas P. Clune
New Team Smell	Co-Producer & Creator	iO Chicago / Training Center	
Breakfast of Champtions	Cast Member	iO Chicago	

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## Training

Bovine School of Improv	Grad (1-5 & Masterclasses)	Katy Craig, Brogan, Camilla Modesitt, Natalie Kilkenny, E. Farone
Denver Center for Performing Arts	Intro to Acting - Acting 101	Heather Hughes
iO Summer Intensive	Grad (1-5)	Jessica Rogers, Adal Rifai, Bill Arnett, Ryan Archibald, Katie Klein
Annoyance Training Center	Grad (1-5)	Julia Morales, Sean Cusick, Sarah Ashley, Jimmy Pennington
iO Training Center	Grad, (3, 4, 5, 5b)	Jeff Griggs, Craig Uhler, Matt Higbee, Noah Gregoropoulos
Second City Conservatory	Levels 1-6	Jeff Griggs, Jay Steigmann, Jack Bronis, Matt Hovde, Ali Barthwell & Molly Todd Madison

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## Workshops / Camps / Intensives

Phamaly Theatre Company  
Intro to Improvisation

Denver Improv Festival Workshops  
Absurd-ism, POV, Object Work

iO Summer Intensive (2017)  
Musical, Information Sharing, Non-Humans

Huge Summer Intensive (2018)  
Direct coaching and ensemble work with Jill Bernard

Private Acting Coaching with Meridith Grundei  
Body & space work, monologues, stage presence

The Improv Retreat (x3 years)  
Sketch, dramatic improv, monologues, musical improv, group-mind & ensemble work

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## Other

- Board Member at allProv (allprov.org). Allprov is a 501(c)(3) non-profit serving the metro Denver area providing improv comedy education to adults and youth with physical, developmental, cognitive, and emotional disabilities. (2017-Present)
- Advisory Board Member to Second City's Accessibility Advisory Board (2019-Present)
- Improv Instructor, Girl's Create Improv Summer Camp with the Athena Project in Denver, CO (Summer 2018 & 2019)
- Creator & Producer of the Who Dis? Podcast - features interviews with artists from the mental health, chronic illness, and disability communities.