

# Alex Stroming (she/her)

Empathy. Courage. Curiosity.

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## Directing Experience

### Directing

<i>Late, A Cowboy Song</i>	Director/Producer	Hen & Chickens Theatre	2025
<i>My Name is Rachel Corrie</i>	Director/Producer	Etcetera Theatre	2025
<i>Scenes with girls</i>	Director/Producer	Golden Goose Theatre	2025
<i>Julia Caesar</i>	Director	East 15 Acting School	2025
<i>Scenes with girls</i>	Director	East 15 Acting School	2024
<i>Out There</i>	Director/Playwright/Composer	Andy's Summer Playhouse	2022
<i>Into the Woods</i>	Director/Vocal Director	Ohme Gardens	2021
<i>Poetry and Prose: A New Musical</i>	Director/Playwright/Composer	Whitworth Theatre	2019
<i>The Girl Who Slays Giants</i>	Director	The Unfinished Space	2019
<i>Everything Goes: Cabaret</i>	Director	Stage II	2019
<i>Out Loud</i>	Devisor	C² Productions	2018
<i>Charleston!</i>	Director	Numerica PAC	2018

### Assistant Directing

<i>Merchant of Venice 1936</i> (on placement)	Dir. Brigid Lamour	Trafalgar Theatre	2024
<i>The Woman Who Turned Into A Tree</i>	Dir. Emily Louizou	Collide/Omnibus Theatre	2023
<i>The Path Less Chosen</i>	Dir. Jared Mezzochi	Andy's Summer Playhouse	2022
<i>Ordinary Days</i>	Dir. Kristin Netzband	Cassidy Theatre	2021
<i>Dance Nation</i>	Dir. Shannon Sindelar	Dobama Theatre	2020
<i>Almost, Maine</i>	Dir. Andy Christensen	Whitworth Theatre	2019

### Intimacy Directing

<i>Indecent</i>	Intimacy Director	JW3	2023
<i>I'm Fine, It's Just the Wine</i>	Intimacy Director	Etcetera Theatre	2025
<i>Three Wise Monkeys</i>	Intimacy Director	East 15 Acting School	2024
<i>Ding Dong</i>	Intimacy Director	The Actor's Studio	2024
<i>The Bough Breaks</i>	Intimacy Consultant	East 15 Acting School	2024
<i>Triggered</i>	Intimacy Coordinator	Independent Film	2023
<i>Dry Land</i>	Intimacy Director	The Other Palace Downstairs	2023

## Teaching & Arts Leadership

<u>Position</u>	<u>Institution</u>	<u>Location</u>	<u>Dates</u>
Artistic Director	<i>T. Regina Theatre Co</i>	London, England	2025-present
Acting Tutor	<i>East 15 Acting School</i>	Southend, England	2025-present
Teaching Artist	<i>Stadium Theatre School</i>	Loughton, England	2022-present
Teaching Artist	<i>Encore Stage &amp; Studio</i>	Arlington, VA	2022
Theatre Faculty	<i>Fairmount Center for the Arts</i>	Novelty, OH/Virtual	2020-2021
Teacher/Director	<i>Stage Kids WA</i>	Wenatchee, WA	2014-2021
Voice/Acting Coach	<i>Private Studio</i>	Various Cities/Virtual	2015-present
Artistic Directing Intern	<i>Dobama Theatre</i>	Cleveland Heights, OH	2019-2020
Artistic & Casting Intern	<i>Collaboraction</i>	Chicago, IL	2019
Co-Artistic Director/Teacher	<i>Jubilation Dance Ministry</i>	Spokane, WA	2017-2019
Teacher/Director	<i>Alegra Program</i>	Ahuachapán, El Salvador	2018
Founder/Director	<i>SEPC Drama</i>	Wenatchee, WA	2017-2018

## Education & Awards

**MFA Theatre Directing, with distinction-** East 15 Acting School, University of Essex  
October 2022- October 2024

**BA Theatre, Summa Cum Laude-** Whitworth University, Spokane WA  
September 2015- May 2019

**Concentrations:** Directing, Acting, Devising, Musical Theatre.

**Voice Training:** Classical Singing, Rodenberg.

**Dance Training:** Musical Theatre, Jazz, Tap, Ballet, Contemporary, Improv.

**Limelight Award for Outstanding Leadership - 2019 Recipient**

### Select Workshops & Training

<i>Intimacy Professional Accelerator Program</i>	Intimacy Directors and Coordinators (IDC)	2024-2025
<i>Showing Up for Racial Justice</i>	Check Your Privilege	2024
<i>Making the Invisible Visible</i>	Sarah Ruhl & Paula Vogel	2022
<i>Songwriting for Musical Theatre</i>	Benj Pasek & Justin Paul	2022
<i>Trauma-Informed Practices</i>	Theatrical Intimacy Education (TIE)	2021
<i>Mental Health First Aid (Certified Course)</i>	Unique Union	2021
<i>Foundations in Race, Intimacy, and Consent</i>	TIE	2020
<i>Applied Intimacy for Theatre</i>	Cleveland Playhouse	2020

### Select Performance Experience

<i>Poetry and Prose: A New Musical</i>	Emily Dickinson	Whitworth Theatre	2019
<i>The Spitfire Grill</i>	Percy Talbott	Whitworth Theatre	2018
<i>Argonautika</i>	Aphrodite/Atalanta	Whitworth Theatre	2018
<i>Go, Dog, Go!</i>	Hattie	Bing Crosby Theatre	2017
<i>The Music Man</i>	Ethel Toffelmier	Whitworth Theatre	2016
<i>The Sound of Music</i>	Liesl	Leavenworth Summer Theatre	2016
<i>Beauty and the Beast</i>	Silly Girl/Dance Captain	Leavenworth Summer Theatre	2016

### Other Production Experience

<u>Vocal Directing</u>			
<i>The Last 5 Years</i>	Vocal Director	Stage II	2018
<i>Fame!</i>	Vocal Director	Riverside Playhouse	2017
<i>Don't Say No to the USO</i>	Vocal Director/Costumer	Numerica PAC	2017
<u>Technical</u>			
<i>Skeleton Crew</i>	Publicity/Box Office	Dobama Theatre	2020
<i>Stupid Fucking Bird</i>	ASM/Publicity/Box Office	Dobama Theatre	2019
<i>Wakey Wakey</i>	ASM/Publicity/Box Office	Dobama Theatre	2019
<i>The Light Youth Festival</i>	Acting Coach/ASM	Collaborative Theatre Company	2019
<i>Jubilation Spring Showcase</i>	Lighting Design	Cowles Auditorium	2019
<i>The Elephant Man</i>	Scenic Crew	Whitworth Theatre	2017

### Skills

Mental Health First Aid Certified \* Advanced Spanish \*  
Writing/Editing \* Team-Building \* Google Drive \*  
Outlook \* Audacity \* Sibelius \* Piano (intermediate)  
\* Ukulele (intermediate) \* Jigsaw Puzzles \* Baking the  
Best Vegan Brownies



### Advocacy & Research Interests

Consent-Based Practices \* Trauma Informed Practices  
\* Anti Racist Practices \* Egalitarian Practices \*  
Viewpoints \* Queer Theatre \* Feminist Theatre \*  
Constructivist Teaching \* Shakespeare Original  
Performance Practices \* Site Specific/Immersive Theatre

References available upon request.

Click [here](#) to see my website, scan the QR code, or visit [alexstroming.com](http://alexstroming.com).