

Carolyn Cole Improv/Acting Resume April 2026

IMPROV TEAM/TROUPE PERFORMANCES

MettleSome Theater, GiRLhOoD, All-female troupe, 2026 -current
BlackSheep Comedy, Without A Clue (Murder Mystery), 2025
MettleSome Theater, The Setup, an improvised play, 2024
Vintage Improv Festival, The Lesser Andersons, Duo Derby, Smallest Nose, Maestro, Magic Carpet, 2024
Vintage Improv Festival, MikMik & Cole (duo), 2023.
Actors Improv Theater, 'Funk of the Soul,' guest player, 2022
Vintage Improv Festival, House Team Messing, 'Brad & Janet,' 'Henry,' 2022
'Echoes'(Indy) performing DreamLogic/JTS Brown, 2018-20
'Average Couple' (Indy Duo), 2018
'Pleiades' (Indy), 2017
'Lunartics,' Moonlight Stage Company, Raleigh, NC, 2014-15
DSI Comedy Theater, 2012-13
NC Comedy Arts Festival, 'Bitter Sweet'/Close Quarters, 2012-13

Zoom-based International Performances (minimum six months each)

House Team Messing, Vintage Improv Academy, 2022
'Horrible Friends of Mine,' Queen City Global Improv Team, 2022
'Off the Grid,' Global Improv Troupe, 2021
House Team, The Nursery (London), 2020
Vintage Improv Festival, Multiple Global Curated Teams, 2020-21

COMPANY MEMBER

Vintage Improv Festival (VIF) Academy, 2021- 2024
ComedyWorx, Raleigh 2016-17
DSI Comedy Theater 2012-13

IMPROV TEACHER

ImprovNow, Private Classes, 2021- 2024
Duke University's OLLI Program, 2016-2023
Vintage Improv Festival (Zoom), 2021
Durham Arts Council, Durham, 2014-2020
The PIT-Chapel Hill, 2018-20
Seymour Center, Chapel Hill, 2016-18
World Fellowship, Conway, NH, 2017 summer workshop

WEBSITE: [ImprovNow.org](https://www.improvnow.org) FB founder of [50+Improvvisers](#)

CREATOR/PRODUCER

Wild Card Improv, 2025. BlackSheep Comedy, 2025, and
. The PIT-CH, 2019-2020 monthly.

IMPROV THEATER TRAINING (intensives and longer classes)

- Narrative Improv
 - Slow Burn, AndAlso, Jules Munns, Brighton, England, 2025
 - Dramatic Improv Festival, Chicago, 2025
 - Mallie McCown, Coalition Theater, Tennessee Williams, Hero's Journey, Richmond, VA, 2019.
 - Kareem Badr, Roy Janik, Hideout Theater, Austin, Intensives: Apr & Aug 2018.
- Inbal Lori, The Wes Andersons, VIF, Maine, 2024.
- Luana Proenca, Magic Carpet, VIF, Maine 2024.
- David Razowsky, You (Philadelphia), Performance Intensive & Putting it Together (ANDTheaterCompany, NYC), 2016. Personal zoom coaching 2020.
- Lisa Rowland, Form: The Bechdel Test series, Vancouver, 2019.
- Loose Moose Theater Company International Improvisation School, Loose Moose Teacher Training Course, Mask Making & Performance Intensive, Calgary, Canada; Dennis Cahill, Shawn Kinley, Steve Jarand, Three weeks-2019.
- Annoyance Theater Summer Intensive, Chicago, Mick Napier, Cassidy Russell, Charley Carroll, Ryan Asher, 2019.
- Summer Deep Dive Improv Long Form Intensive, Chicago Improv Studio, Bill Arnett, 2018.
- Camp Improv Utopia Yosemite, JTS Brown Intensive, Craig Cackowski, 2017.
- Chicago Improv Den Summer Intensive, Dina Facklis, Mike Brunlieb, & Adal Rifai, 2016.
- Camp Improv Utopia Yosemite - Form:The Harold, Karen Graci, iO West (LA), 2016.
- ComedyWorx, Raleigh. Long Form /Short Form curriculum courses, 2015-17.
- Upright Citizens Brigade (UCB - NYC), Long Form 101 & 201, 2012 & 2014.
- Second City Chicago, Long Form. Susan Messing & Rachael Mason, 2013 & 2014.
- Under The Gun Theater, Chicago, Game of the Scene, Kevin Mullaney; Long Form, Michael Delany (weekend intensives), 2014.
- Jimmy Carrane - Chicago, Art of Slow Comedy, 2014.
- iO Chicago Theater, Fall week intensive, The Harold, 2012.
- DSI Comedy Theater, Chapel Hill, NC - curriculum 2011-12.

Zoom-based International

- Narrative Improv
 - Kenn Adams, Synergy Theater, Master Classes, 2020-21.
 - Jules Munns, London, The Nursery/Maydays, Narrative Toolbox, 2020.
 - Jonathan Pitts, VIF, Monoscene series, 2020.
 - Felipe Ortiz, Peru, VIF, Mime, Storytelling through Magical Realism, 2020.
- Patti Stiles, Australia, Two Play, Scenework, Johnstonian improv, 2020-2023.
- Heather Uquhart, London, Musical Monoscene, 2023.
- Inbal Lori, Berlin/Israel, Die-Gorillas Theater, The Logic of the Illogical, Monologues, Acting for the Improviser, Larger Group Scenes, Extreme Characters, Dark & Uncomfortable Scenes, Status, Form:Deep Dream, more, 2020-2022.
- Michael Gellman, Canada, VIF, Acting for Improvisers, Performance Forms, 2021-2022.

- Tim Orr, Master Class, VIF Academy, 2022.
- Mark Phoenix, London, Meisner Performance, VIF Academy, 2022.
- Nick Mandernach, Characters, WGIS, 2022.
- Jay Sukow, Master Class, VIF Academy, 2022.
- Jules Munns/Heather Urquhart, London, The Nursery/Maydays, Characters, Advanced and Experimental Scenework, Status, Script, more, 2021-22.
- Remy Bertrand, France, VIF Academy, Master Class, 2022.
- Brandon Gardner, WGIS, Forms:Six Degrees of Separation, One Act Play, 2021-2022.
- Andrew Hefler, Romania, VIF, Status, Acting Classes, 2021.
- Liz Allen, VIF Academy, Monologues, 2021.
- Jason Perez, WGIS, Form:The Glen, 2021.
- Katy Schutte, London, The Nursery/Maydays, Teaching Team, 2021.
- Chris Mead, London, The Nursery/Maydays, Duos, Grounded Scenes, 2021.
- Will Hines, WGIS, Advanced Game of the Scene Class, 2020.
- Rebecca MacMillan, London, The Nursery, Improvised Shakespeare, 2020.
- Gwen Coburn, Improv Boston, Improvised Shakespeare, 2020.
- Craig Cackowski, Sustaining the Scene, Form: LaRonde/Cocktail Party, 2020.
- Carla Cackowski, Form:Close Quarters from a Distance, 2020.
- Stephen Davidson, London, Radio Play, Viewpoints for Improvisers, 2020.
- Jim Karwisch, Advanced Scene Study, 2020.

ACTOR TRAINING

- Carol Fox Prescott, Breath Work, VIF, Saco, ME, 2024.
- Aretha Sills, Viola Spolin Intensives, NYC, 2016 & 2023.
- On-Camera Acting, Drew Matthews/Lee Spencer, in-Studio, Greensboro, 2023.
- Advanced On-Camera Acting, Bronwen Carson, Back-to-One Studio, Raleigh, 2023.
- Commercial Acting, Chris Hill, Back-to-One Studio, Raleigh, 2023
- Script Analysis, Bronwen Carson, Back-to-One Studio, Raleigh, 2023.
- Character Acting, Gus Allen, Back-To-One Studios, Raleigh, 2019.
- Emmett Anderson, Introduction to Devised Theater, Durham, 2019.
- Emmanuelle Delpech, Movement Theater Studio, NYC, Neutral Mask Intensive, 2015.
- Meisner: Tech I and IIA. Wendy Ward, Ward Acting Studio, Durham, 2014-15.
- Estes Tarver, Advanced Acting for the Professional Actor, Moonlight Stage Company, Raleigh, 2015.
- Workshops: Joan Darling, Acting Master Class/Craig Turner, (Movement), Moonlight Stage Company, Raleigh, 2015.
- Meisner Intensive and Meisner for Actors: J Chachula, Flying Machine Theatre Studio, Raleigh, 2014.
- Dana Marks, The Expressive Voice, Flying Machine Theatre Studio, Raleigh, 2014.
- Viewpoints: Eric Hunnicutt, NC Comedy Arts Festival workshop, 2013.

OTHER IMPROV WORKSHOPS / CLASSES / COACHING

- Jeris Donovan, Moonlight Stage Company/Comedy Conservatory, Raleigh, NC. Advanced Long Form Improv classes, team coaching 2014 - 2021.

- Little Green Pig Incubator workshops, 2019, Durham, NC, Movement, Clown, & Devised Theater.
- Craig Cackowski, formerly iO West (LA), weekly troupe coaching (Zoom) for the Echoes/JTS Brown, 2018.
- Improv Scene study, J Chachula, Flying Machine Theatre Studio, 2018, Durham.
- Karen Graci, formerly iO West (LA), improv coaching via Zoom, 2016-17.
- Various Longform workshops/classes with Joe Bill, Jet Eveleth, Armando Diaz, Rich Talarico, Ben Rameaka, Asaf Ronen, Jill Bernard, Rick Andrews, John Windmueller, Dan Sipp, Anoo Brod, 2014-20.
- Improv Utopia East (Camp), 2015, 2017, 2018 (eg., workshops with David Razowsky, Craig & Carla Cackowski, Josh Nicols, Nick Armstrong, others).

ZOOM-based 2020-22

- Jet Eleveith, Jason Shotts, Jaime Moyer, Andel Sudik, Fena Ortalli, Louis Kornfield, Daniel Orrantia, Franck Buzz, Asaf Ronan, Rob Norman, Amanda Rountree, John Hildreth, Vic Hogg, Shannon O'Neal, Alex Berg, Adam Cawley, Jeff Michalski, others.