

MONET SABEL

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NATIONAL / INTERNATIONAL TOUR

BEAUTIFUL: THE CAROLE KING MUSICAL
DISNEY ON CLASSIC (Japan Tour)

Carole King/Cynthia Weil U/S
Hunchback & Tangled Soloist

Dir. Marc Bruni / AD David Ruttura

Dir. Tony Clements / MD Richard Carsey

OFF-BROADWAY

SWEENEY TODD

Johanna, Beggar Woman & Adolfo Pirelli U/S

Barrow Street Theatre / Dir. Bill Buckhurst

REGIONAL THEATRE / READINGS

CABARET

Fraulein Kost/Fritzie, Sally Bowles U/S

The Guthrie / Dir. Joseph Haj

BEAUTIFUL: THE CAROLE KING MUSICAL

Carole King

Theatre by the Sea / Dir. Michael Jablonski

BEAUTIFUL: THE CAROLE KING MUSICAL

Carole King

Chanhassen Theatres / Dir. Cat & Michael Brindisi

BEAUTIFUL: THE CAROLE KING MUSICAL

Carole King

The Wick Theatre / Dir. Jeffrey Moss

BEAUTIFUL: THE CAROLE KING MUSICAL

Marilyn, Carole U/S

La Mirada Theatre / Dir. David Ruttura

AGENT 355

Anna Strong / John Simcoe

Chautauqua Theatre / Dir. Estefania Fadul

THE TURNING (Zack Zadek)

Ensemble

Whitley Theatrical / Dir. Sammi Cannold

THE DEATH OF DESERT ROSE

Ensemble

Jessica Kahkoska, Elliah Heifetz / Dir. Ashley Rodboro

GOOSE GIRL

Enna

Matthew Smedal, Liz Rossi / Dir. Denis Jones

FILM / TV

WHAT HAPPENED IN SKINNER

Lead

Podcast Series / Mazama Entertainment

THIS IS B.S.

Guest Star

Web Series / Dir. Amanda Pinto

WINE TASTING

Lead

Short Film / Dir. Paulina Knaak

AS TOLD BY GINGER

Lead

Self-written/directed/edited NYU Student Film

RECORDINGS

Self-Titled Jazz Album

Soloist

With the Charlie Rosen Big Band

Kerrigan-Lowdermilk LIVE

Featured Vocalist

Yellow Sound Lab

Drafts: Volume Two

Soloist

Alexander Sage Oyen

*HBO "Beautiful Things Can Grow"

Soloist

Song of Parkland / Mark Sonnenblick

*Emmy Nomination

TRAINING

NEW YORK UNIVERSITY - BFA Tisch School of the Arts, New Studio on Broadway & Stonestreet Film and TV

Acting: Bob Krakower, weekly class with Eric Reis, Andy Roth (VO), Ted Sluberski, Jen Waldman, Alexandra Neil

Voice: Tyley Ross, Mike Ruckles, Michael McElroy, Aimée Steele, J. Oconer Navarro

Dance: Byron Easley, Dell Howlett, Barry McNabb

SPECIAL SKILLS

Proficient guitar and piano, extensive demo studio recording/mixing/editing experience, excellent sight singer, American Sign Language knowledge, conversational French, ZFX flying experience, belay-certified rock climber, bike rider, licensed driver. Dialects: RP, Dublin, southern, Brooklyn

Writer/director/performer of original works and cabarets at Feinstein's/54 Below, Joe's Pub, Don't Tell Mama, Le Poisson Rouge, National Sawdust