

CAITLIN LUSHINGTON

THEATRE EDUCATOR & PRACTITIONER

EDUCATION

MASTER OF FINE ARTS | 2023

The Royal Central School of
Speech and Drama
Actor Training & Coaching

YOGA TEACHER TRAINING | 2021

Yoga Refuge | 200-hr

B.A IN DRAMA | 2013

University of California, Irvine
Honors in Acting & Directing

ADDITIONAL TRAINING

Mental Health First Aid | 2023

Mindfulness for Youth-Serving
Professionals | 2019

Frantic Assembly Int'l Summer
Intensive | 2019

Third Rail Repertory Mentorship |
2015 - 2016

British American Dramatic
Academy | 2012

Circle in the Square Summer
Conservatory | 2010

CONTACT

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E: caitlinlushington@gmail.com

FOUNDER & ARTISTIC/MANAGING DIRECTOR

Enso Theatre Ensemble | Nov 2015 - Present

- Produced 9 professional productions
- Directed/Movement-Directed 4 professional productions
- Creates curriculum for classes
- Mentor for Student Director Mentorship program
- Manages day-to-day company operations

SELECTION OF TEACHING EXPERIENCE

ROSE BRUFORD COLLEGE | 2022

- Grind No More: Cultivating Rest & Love in Actor Training (workshops)
- 10-wk class "Performing the Self" (solo devising)
- Co-facilitated BA students solo showcase

ROYAL CENTRAL SCHOOL OF SPEECH & DRAMA | 2022

- Intro to Viewpoints workshop

ENSO THEATRE ENSEMBLE | 2016 - 2020

- Taught children's acting class ages 2 - 6
- Taught workshops ages 13 - 18
 - Mindfulness & Meditation
 - Shakespeare Text Analysis
 - Mindful Audition Techniques
 - The Business of Show Biz
- Taught classes ages 13 - 18
 - The Director's Notebook, IB
 - Viewpoints & Composition
 - Shakespeare Text Analysis & Performance
 - Frantic Assembly devising techniques

SHAKING THE TREE THEATRE | 2017 - 2018

- Beginning Acting classes for ages 5 - 8 using "Treasure Forest" by Cat Bordhi as source material for devising performance

CHILDREN'S ADVOCACY CENTER | 2015

- Intro to Acting workshops for kids ages 6 - 18

OREGON CONSERVATORY OF PERFORMING ARTS | 2014 - 15

- Intermediate Acting for ages 13 - 18 using my adaptation of Pride & Prejudice by Jane Austen

CASTRO VALLEY DRAMATIC ARTS ACADEMY | 2009 - 2018

- Shakespeare Text Analysis ages 15 - 20
- Viewpoints & Character Lead Points

References Available Upon Request

CAITLIN LUSHINGTON

THEATRE EDUCATOR & PRACTITIONER

PROFESSIONAL SKILLS

SEO (Search Engine Optimization)
Copywriting
Video editing & filming
FinalCut Pro X
Canva
Wordpress, Weebly & Squarespace
Square
Quickbooks

PERSONAL SKILLS

Creative
Mindfulness & compassion
Reflective listening
Asks questions for clarity
Organized
Excellent time-management & communication
Focused and hardworking

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SELECTION OF DIRECTING EXPERIENCE

THE ROYAL CENTRAL SCHOOL OF SPEECH & DRAMA

- "promiscuous/cities" by Lachlan Philpott | Assistant Director | 2022

ROSE BRUFORD COLLEGE

- "Somewhere in England" by Steve Dykes | Assistant Director | 2022

ENSO THEATRE ENSEMBLE

- "Much Ado" | Writer, Actor, Movement Director | 2019
- "Care of Trees" by E. Hunter Spreen | Director | 2018
- "The Romeo & Juliet Project" | Writer, Director | 2017
- "Pride & Prejudice: An Adaptation" | Writer, Director | 2016

SHAKING THE TREE THEATRE

- "Macbeth" | Assistant Director | 2018

UTAH SHAKESPEARE FESTIVAL

- "King John" | Assistant Director | 2013
- "Peter & the Starcatcher" | Assistant Director | 2013

SELECTION OF PERFORMANCE EXPERIENCE

ENSO THEATRE ENSEMBLE

- Beatrice | "Much Ado" | 2019

SPECULATIVE DRAMA

- Rosalind | "As You Like It" | 2018

THIRD RAIL REPERTORY MENTORSHIP COMPANY

- Josie | "The Skriker" by Caryl Churchill | 2015

SAN FRANCISCO FRINGE FESTIVAL

- Salome | "Luna Noctiluca" by Brooke Silva & Scott Dare | 2013

SELECTION OF OTHER EXPERIENCE

ENSO THEATRE ENSEMBLE

- Marketing, Grant Writing, Bookkeeping | 2015 - Present

FOURANDHALF INC.

- Marketing Manager & Website Developer | 2018 - 2021

PROFESSIONAL NANNY

- Including children's education & housekeeping | 2014 - 18

References Available Upon Request