

# JAZMINE HOWARD

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## ABOUT ME

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A Swedish-American actress based in Malmö, working across international projects. With roles in shows like Robotella and Dilan & Moa, and upcoming films like Pigeonhole, she brings a grounded, natural presence to her characters. Her background in psychology helps her connect with different aspects of human behavior, making her performances relatable and sincere. She portrays complex women with subtle strength and is looking forward to taking on more leading roles in upcoming international films and TV series.

## TRAINING & WORKSHOPS

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International Summer course -  
Elisabet Sevholt, Stockholm SE

Chubbuck method deepening course -  
Elisabet Sevholt, Stockholm SE

Acting in TV series - Elisabet Sevholt, Oslo NO

The refocus method - Tony Grahn, Copenhagen DK

Dramacoach Louise Dahlin -  
Meisner & Chubbuck method, Stockholm SE

Stage combat training workshop - Robert Bengtsson

Masterclass w. Samuel L Jackson. Scene Study,  
Auditioning, Career advice & film vs Scene acting.

Masterclass w. Nancy Cartwright, VO acting. Vocal  
technique, Character development & Script analysis.

## SPECIAL SKILLS

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Fluent Swedish & English, various accents.  
MOCAP, VO & narration, Public speaking.  
Psychology degree. Yoga & meditation cert.



## SELECT FILM, TV & VOICE CREDITS

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Lead - Eggs and Chickens. Frey. Dir: Tora Wideryd

Supporting - Pigeonhole  
Caimile. Dir: Cindy Stenberg

Supporting - Att bli påkörd av en buss  
Norah. Dir: Olof Bendz

Supporting - VR Trash Series. Pilot.  
Carmen. Dir: Marcus Ovnell

Guest - Synden. S1 ep.6

Guest - Sagan om Dilan och Moa. S2 ep3.  
Tantra teacher. Dir: Sissela Benn

Lead - Wavin - See Water Differently, Documentary.  
Journalist. Director: Niels Melgaard

Lead - ReMarkable CC4 informermails. Host.  
Dir: Thomas Flått

Lead - Future of homes film, for IKEA.  
Host. Dir: Simon Flack

Lead - Collaboration After Divorce. 8 short films.  
Mom. Dir: Sebastian Artmann

PayPal Anthem II, Commercial.  
Small business owner. Dir: John Lissert

Tetra Pak, Commercial.  
Proud mom. Dir: Daniel Hallberg

Sky Glass. SKY TV. Commercial. Mom.  
Dir: Jamie Lane

Lead VO | Born to move. Les Mills, Release 25-36.

Lead VO | A life well lived. Haglöfs.

Lead VO | The ugly duckling & The business  
whisperer. Dun & Bradstreet.