





ANASTASIA TRIZNA

INTIMACY COORDINATOR

CONTACT

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 Helsinki, Finland

EDUCATION

**Nordic Intimacy Coordinators
Intimacy Professionals Association**
Certified Intimacy Coordinator

2023-2024

Instructed and mentored by Amanda Blumenthal (IPA), Malin B. Erikson (NIC), and Pia Rickman (NIC)

Nordic Stage Fight Society
Stage Combat Instructor




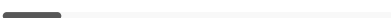
2022-2025

Mentored by Oula Kittii (FIN)

Russian State Institute of Performing Arts
Professional Actor (FIA)

2003-2008

LANGUAGES

Russian 
English 
Finnish 
Swedish 

MEMBER OF

Intimacy Professionals Association
Finnish Actors Union
Actors in Helsinki
Dramatic Combat Finland
Nordic Stage Fight Society

PROFILE

I'm an accredited Intimacy Coordinator through a SAG-AFTRA recognised programme, with over 10 years acting experience in the film industry and over 20 in theatre. I'm committed to bring my knowledge and experience to navigate safer sets and help bring out outstanding performances during intimate content.

SKILLS

Anastasia possesses excellent communication and teamwork skills, demonstrating the ability to collaborate effectively with others. Her strong mediation and negotiation skills allow her to resolve conflicts proficiently. She excels in interpersonal communication, fostering positive relationships with colleagues.

Her organizational skills ensure efficient task management, while her work ethics and motivation drive her to succeed. Moreover, her creative problem-solving abilities enable her to think outside the box and find innovative solutions to challenges. Overall, her diverse skill set as Intimacy Coordinator, Actor and Stunt Performer positions her as a valuable asset in various professional settings.

EXPERIENCE IN FILM & TV

As Intimacy Coordinator

Accreditation 2024

- Completed training with Nordic Intimacy Coordinators, Intimacy Professionals Association
- Currently working on Guts TV-Series with Just Republic Oy

As an Actor

Principal and supporting roles 2017-2024

- Polymath House Productions, To Thy Rest
- Sons of Lumière, Duckroast
- Aamu Film Company, This Passing Summer
- Outlines Studios, Stringer
- Yellow Films & TV Oy, Roba
- Yellow Films & TV Oy, Arctic Circle
- Fisher King Production, Border Town
- Twisted Films Oy, Sound from the Deep
- YLE Finnish Broadcasting Company / October Oy, Murskattu unelma
- Modomo Films, Jackpot

As a Stunt

Stunt Double, Stunt, Fight Performer 2019-2024

- YLE Finnish Broadcasting Company: Jukka Lindströmin Sivuhistoria, TV-Series
 - BusinessFinland: What Remains, feature film. Stunt double for Andrea
 - Riseborough Bufo Oy: Next of Kin, TV-series
 - Happy Boy Records: Until You Shine Again, music video
 - Independent Short Movies
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