



# JEN SELF

## Actor/Voice-over Performance

### EXPERIENCE

Eyes: Blue

Height: 5' 7"

Weight: 160

Vocal: Alto

Gender expression:  
Genderqueer,  
masculine

[dr.jen.self@gmail.com](mailto:dr.jen.self@gmail.com)

### CONTACT DETAILS

**Address:**

8856 13th Ave SW  
Seattle, WA 98106

**Phone:**

313-288-0730

They/Them the Musical  
Festival (2019)

Opening performer;  
Monologue/Performer &  
Writer

The Annex Theater,  
Seattle, WA

An Evening with Laverne  
Cox

Host; interviewer

Moore Theater, Seattle,  
WA

An Evening with Janet  
Mock (2014)

Host, interviewer, writer,  
producer

University of Washington,  
Kane Hall, Seattle, WA

Pronouns Work (2010-  
2015)

Trans student in class;  
Professional staff member  
in meeting

Theater for Change,  
University of Washington,  
Seattle, WA

Stand-up comedy ~  
opening for Hari  
Kondabolu (2007)

Opening performer, emcee

Comedy Underground,  
Seattle, WA

Stand-up comedy ~  
opening for Marga Gomez  
(2007)

Opening performer, emcee

University of Washington  
HUB Ballroom, Seattle, WA

Stand-up Comic & Writer  
(1999-2020)

Comic/Performer & Writer

Actor's Cabaret, Eugene,  
OR

WYMPROV: How We First  
Met (2003, 2005, 2006)

Emcee, interviewer,  
improviser

Actor's Cabaret, Eugene,  
OR; Majestic Theater,  
Corvallis, OR

Hair the Musical (2002,  
2000)

Ensemble, Margaret Mead,  
Mother, Judge

Actor's Cabaret, Eugene,  
OR

### SPECIAL SKILLS

Athletic, great hand/eye  
coordination

Sing (ensemble & choral  
groups)

Can dribble, throw, kick,  
catch and/or toss any kind  
of ball or object

Juggle

Can emcee, host, &/or  
interview

Spanish for 5 years (asi  
asi)

Stand-up comedy  
Improvisation

Can play a little piano and  
saxophone

Clowning