

ANA VALDES LIM

ACTING COACH, DIRECTOR, AUTHOR, ACTRESS
ANAVALDESLIM.COM THEATERSPACE.NET
202-725-3119 USA +639989938653 MANILA
ANA.VALDES.LIM@GMAIL.COM
THEATERSPACE.ACTING@GMAIL.COM

PROFESSIONAL CAREER

Actress

*Stage, TV, film in the Philippines and abroad
The Public Theater, The Acting Co, Berkeley Rep, La Jolla
Playhouse, As the World Turns, Prince of Darkness, commercials.*

Director

*Ana has directed numerous comedy improvs (short and long form)
and musical variety shows for curricular and extra-curricular year-
end productions. She has also directed full-length Shakespeare
plays, Shakespeare festivals, and other stage classics for school
tours and public audiences. Ana directs on line productions.*

Educator

*Ana recently coached actors in Indonesia for a Netflix original
series 2022. Ana has on line coaching and has taught many
international and Philippine professional and school-based theaters
and network stations including PETA, 9 Works, CCP Tanghalang
Pilipino, Atlantis, ABS-CBN, and GMA 7. She started Philippine
Playhouse, Inc.; Metta, Artistic Director, **Emerita** 16 years (2004 to
'20); Theater Space (2020).*

Author

*Ana has authored four books: Actors' Workshop 1997, Workshop:
A Manual on Acting (2002 and 2005 editions), Evolutionary
Theater (2009), and Theater for Wellness (2014)*

EDUCATION

University of Hawaii at Manoa
K-12 Professional Diploma in Education

Julliard School, New York
BFA Drama, Group XIII, 1984

Commission on Teaching Credentialing
California, 1998-2000

Sophia University
Tokyo, Japan

University of St. Thomas
Houston, Texas

Marymount International School
Rome, Italy

Assumption College
Manila, Philippines

AFFILIATIONS

AFTRA (American Federation of
Television Radio Artists)

SAG (Screen Actors Guild)

AEA (Actors' Equity
Association)

AWARDS

St. Marie Eugenie Award

Assumption Christian
Educator's Award

Tiampo Grant

William and Eva Fox Foundation
Grantee

Emerita, Assumption College,
16 years, 2020

CONTACT

Email
ana.valdes.lim@gmail.com
theaterspace.acting@gmail.com

Website
anavaldeslim.com
theaterspace.acting.net

Instagram
@anavaldeslim
@theaterspace.acting

USA 202 725 3119
Manila +639989938653



ANA VALDES LIM

ACTING COACH, DIRECTOR, AUTHOR, ACTRESS

TEACHING

- Co-created the Bachelors in Performing Arts curriculum and the Certificate in Rehearsal and Performance for college level and professional actors.
- Adjunct Faculty at the Asian Institute of Management (AIM), teaching team communication, improvisation, and innovation at the graduate business school.
- Taught workshops for organizations and corporate groups including UnionBank, ING, Globe, Smart, Ateneo, and Waltermart.
- Strategic Educators Alliance (SEA), International Educator's Gathering (IEG), and the Department of Education (DepEd).
- Faculty member and coach for numerous Philippine theater companies
- Directed and co-directed productions in Manila
- Trained professional actors in various theater companies including PETA, CCP Tanghalang Pilipino, New Voice Company, Chancel Rep, and Atlantis
- Taught classes and workshops to corporations, schools, and government agencies.
- International School of Manila: After school coordinator, Workshop in Theater
- Epiphany School in Honolulu, Hawaii: Homeroom Grade 5 & 3
- Department of Education, Beacon School, City of Pasig: Teacher training workshops

DIRECTING: METTA, 16 YEARS THEATER SPACE 2020-CURRENT

- Hamlet
- Macbeth
- Romeo & Juliet
- As You Like It
- All's Well That Ends Well
- Ring Round the Moon
- Mystery of Irma Vep

MANILA-BASED THEATER COMPANIES

- Middle of Silence, Tanghalang Pilipino
- Drakula with Tanghalang Pilipino, CCP
- Top Girls with New Voice Company
- Chess with Bobby Garcia, Atlantis Rep
- On-Line During the Pandemic Theaterspace.net
 - Romeo & Juliet, Midsummer Night's Dream, Macbeth, Hamlet, Merchant of Venice, Love's Labour's Lost, Servant of Two Masters, Crucible, King Lear (July 2022)

ANA VALDES LIM

ACTING COACH, DIRECTOR, AUTHOR, ACTRESS



ACTING

SAG, AFTRA, AEA

Theater

USA

The Acting Co with John Houseman, Artistic Director

- Skin of Our Teeth, Gerry Friedman, Director
- As You Like It
- A New Way to Pay Old Debts, Michael Kahn

The Public Theater, NY with Joe Papp, Artistic Director, Estelle Parsons, Director

- As You Like It
- Romeo and Juliet

La Jolla Playhouse, Dess McaNuff, Artistic Director, Stephen Zuckerman, Director

- Skin of Our Teeth

Berkeley Rep, Sharon Ott, Artistic Director, Irene Lewis, Director

- The Misanthrope

Film & TV, Commercials

USA

Prince of Darkness, John Carpenter, Director

Love or Money

As The World Turns, recurring role

Commercials: 7-11, Blue Cross Blue Shield, AT&T

Philippines

Tanghalang Pilipino, CCP, Herbie Go, Artistic Director

- Middle of Silence

Hawaii

Kasla Gloria Ti Hawaii, Behn Cervantes, Director

Lucila Lalu, original, John Coronel



ANA VALDES LIM

ACTING COACH, DIRECTOR, AUTHOR, ACTRESS

ADVOCACIES

Theater Arts

Ana began Theater Arts, a Correctional Institute for Women, (CIW) National Penitentiary program for women, under Dr. Ruelo and Dorothy Bernabe. Theater Arts supports reformation and education of persons deprived of liberty (PDLs). One of Ana's favorite activities is coaching PDLs to perform Shakespeare-inspired plots, in their own dialects, with their own circumstances. Her class is comprised of 90-110 women, and their sentences are commuted down by participating in her classes.

She has taught them self-authoring in "My Story" and has led the translation of Shakespeare to their own native dialects: Waray, Ilocano, Visayan, and Tagalog. The women inmates have performed excerpts of Macbeth, Hamlet, As You Like It, and Midsummer Night's Dream. In addition, Ana brings professional actors and college students to the prison yearly for an integrated workshop and performances of Hamlet, Alls Well That Ends Well, Macbeth, and As You Like It. Ana continues her teaching at CIW weekly. Several times in a year, Ana mobilizes drives for costumes, food sharing, and gifts for CIW Theater Arts.

For several years, Ana initiated and sustained Theater Arts within the National Penitentiary for Men, Male Medium Security in Bilibid (Muntinglupa). Under the reformation program led by Dr. Rexy Morales and Sonny Pesa, Ana taught weekly 80 reformation PDLs in Theater/Performing Arts. She continues to lead events of integration and to bring performances of Hamlet, Macbeth, Alls Well That Ends Well, with professional actors into their reformation program.

Kindness Kitchen

Ana created Kindness Kitchen with iNay Programs, Center for Women learners, inspired by her experience attending a leadership retreat by Moved by Love and [ServiceSpace](#) in Ahmedabad, India. Kindness Kitchen is a volunteer-driven experiment in generosity where meals are paid forward and prepared by volunteers. Kindness Kitchen began as an expression of compassion, when retreat participants prepared meals for the homeless, and travelled to sectors of the city of Metro Manila to share and connect with the underprivileged. Inspired by [Karma Kitchen](#).

Artist Mentoring Program, AMP

AMP is an artist sharing circle for supporting artists and student-artists. There is no leader in the circle, each person and place is important. In the circle, each person comes to be well, we are seeker, medicine, and doctor for each other. Sharing is optional. AMP is available from Ana's website.

Salamat Space

Salamat Space is a sharing circle which began as an expression of gratitude. The sharing circle begins and ends with a quiet moment of silence. There is no leader and each person and place in the circle is important. Sharing is optional. Salamat Space is open to all, and is not exclusive to artists.

Entheos

Entheos is the root word of "enthusiasm," and in Greek en theos means "in God." Ana designed Entheos circles as an open, non-denominational reflection and movement experience that practices authentic movement, theater exercises, with meditation. Entheos is an experience that invites awareness of the present moment. Entheos uses music, dance, drums, masks and improvisation.