

Jaida Foreman
(646) 241-0109 * jaidaforeman@gmail.com

Height: 5'1"
Voice: Mezzo-Soprano/Soprano

Hair: Copper Brown
Eyes: Brown

TV/FILM

Gary, the Dog Restaurant Patron Netflix

THEATER

Cymbeline Mother/Queen/Arviragus St. Luke's Theater, Hamlet Isn't Dead

For Bard's Sake: Shrew You! Track D CAVEAT, Hamlet Isn't Dead

Not for Your Consumption (Reading) Brielle Public Studios, Mckensi S. Pascall

Pearls & Swine/This Body is is Mine (Reading) Zena Clinton Cameo Studios, Willie Ann Gissendanner

Echo (Reading) Sister Kraine Theater, Katie Parkinson/Precious Omigie
(Re)Imagining Greenpoint's Green Waters Muse Exiled Tongues Site Specific Performance, Ray J. Achan

MUSIC VIDEO

"No Budget" Basketball Fan Niambi (Oshun)

"Relationship" Bar Patron in Orange Dress Kyle Bary

TRAINING

Self Tape Workshop-Pamela Daly-LA/NYC	Completed June 3rd 2025
AMDA NY, INTEGRATED	Certificate completion 2017
Professional Performing Arts School	Salutatorian

Acting: Tim Corcoran, Selena Berne, Randolph Pearson, Ray Virta, Gail Dennison, Michael Perlstein

Musical Theater: Teri Ralston, Andy Leech, Elaine Petricoff, Caissie Levy

Dance: Gene Castle, George Nieves, Janine Alosi, Michael Macilwee

Voice: David Kelso

Voice/Speech: Jacqueline Springfield, Nathan Crocker, Chris Neher, Angela Eckard

IMTA (International Modeling and Talent Agency)

Basic Acting	Michael Schreiber
On Camera Tech	Tony Rossi
Improvisation	Barbara Tyler
Professional Image	Shailah Edwards

Fashion Tech

Jason Gardener

SPECIAL SKILLS Roller Skating, Yoga, Girl Scout Gold Award recipient, Hula Hooping, astrology, tarot reading, cooking