

RACHEL DEFURIO

ACTOR | SAG-E

ACTOR PROFILE

Screen actor with a background in journalism, technology, wellness, higher education, and storytelling. Brings a grounded, intelligent presence to film and screen work, supported by master-level scene study, improvisation, commercial technique, and filmmaking training.

FILM

Planet — Project Supervisor | Dir. Jason Carman
The Sound of Balloons 2 — Detective Saks | Dir. Marquette Jefferson
Uninvited Secrets — Dr. Carol Stevens | Dir. Judge Becton III
Your Presence Is Requested — Mary | Dir. Nolan Lampson
TIM — Mia | Dir. Yarno Lemmelijn

NEW MEDIA

Honesty — Sarah | Dir. Susie Coutts
Alpha Queen — Wolfpack Council Member | Dir. Michael Su

TRAINING

Margie Haber Studio: Master Level Scene Study
Dominic Power / OSAA: Acting Coach / Filmmaking
The Groundlings: Improvisation
The Acting Center: Scene Study
Jeff Gould: Advanced Commercial Technique

PROFESSIONAL EXPERIENCE — SELECTED

2011–Present | Rachel DeFurio Wellness | AZ, HI, CA
Independent Health & Wellness Consultant, Coach & Trainer

- Health and wellness coaching, personal training, executive/sales coaching, workshops, and group fitness instruction.

2001–2012 | Technology & Business | AZ & CA
Sales, Business Development & Program Management

- Insight Enterprises; Auralog/Rosetta Stone; Revana; ZAREQ Information Systems — progressive client solutions, sales coaching, business development, program management, recruiting, and consulting roles.

2014–2020 | Higher Education | Arizona
Adjunct Faculty / Researcher / Instructor

- Bryan University, Arizona State University, and Arizona Western College — exercise/wellness instruction, online course creation, student coaching, and research.

2014–2022 | Yoga Teaching | AZ & HI
Yoga Instructor

- Fairmont Orchid; Sumits Yoga Chandler; Yahweh Yoga; BaySport/University of Phoenix; Dave's Ashtanga Yoga; THRIVE; Copper Moon; Studio Y; Arizona Western College; MCAS Yuma.

EDUCATION

M.S. Exercise Science & Health Promotion: California University of Pennsylvania, 2015
B.A. Broadcast Journalism: Arizona State University, Cronkite School of Journalism, 2001

SKILLS & CERTIFICATIONS

Acting: SAG-E | British RP & Southern American accents
Additional: Certified Yoga Instructor | NASM-CPT | ACSM-CHWC | PADI SCUBA Certified | Manual/Stick Driving