

Lizet Chávez

Actor, Filmmaker & Creative Project Manager

ABOUT ME

Award-winning performer, director and creative project manager with 15+ years of international experience in film, TV and stage. Trained in the UK, Spain, Perú, Cuba, Argentina and France with a proven track record of creating dynamic, original work and contributing to international research projects.

Dual Nationality	Peruvian & Argentine
Languages	Spanish (native), English (fluent) and French (fluent)
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ACADEMIC BACKGROUND

- Professional Training in Acting for Camera - ACT School of Actors, Madrid, Spain (2024 -2025)
- MA in Performance Making - Goldsmiths University of London, UK (2021 – 2022)
- *Working with actors (Meisner technique)* - International School of Film and Television (EICTV), San Antonio de los Baños, Cuba (2018 – 2019)
- *Theatrical Pedagogy* - Latin American Centre of Theatrical Creation and Investigation (CELCIT), Buenos Aires, Argentina (2015)
- *Acting workshop* - School of Theatre Moscu, Buenos Aires, Argentina (2015)
- Professional training - International School of Theatre Jacques Lecoq, Paris, France (2009 – 2011)
- BA in Media Studies - San Martín de Porres University, Lima, Peru (2000 – 2005)

WORK EXPERIENCE

ACTING CREDITS

Production	Role	Venue/ Company	Director
Film & TV			
Cows (Release TBC)	Hannah	Carapulkra Films	Brian Jacob
Quadrilateral (2024)	Adriana	El Colchón Entertainment	Daniel Rodríguez Ris
Donde duermen los sueños (Release TBC)	La Actriz	Bonzo Films	Daniel Riglo
The Erection of Toribio Bardelli (2023)	Málaga	Flamingo Films	Adrián Saba

Silent Trilogy (2022)	Mother	El Colchon Entertainment	Daniel Rodríguez Risco
Starched Collars (2021)	Mother	El Colchón Entertainment	Daniel Rodríguez Risco
The Best Families (2020)	Sandra	El Calvo Films	Javier Fuentes León
Te Volveré a encontrar (2020)	Paloma	Luis Barrios	ProTV Producciones
Píxeles de Familia (2019)	Lucía	Musquchay Films	Gerardo Ruiz
Aj Zombies! (2017)	Laysha	StudioCanal	Daniel Martín Rodríguez
Guerrero (2016)	Profesora	Tondero	Fernando Villarán
7 semillas (2016)	Luisa	Tondero Producciones	Daniel Rodríguez Risco
La Gran Sangre (2006)	Ceres	Capitan Producciones	Josué Mendez
Stage			
Estar (2020)	Ella	British Cultural Centre Peru	Jorge Castro
El viaje de la luz (2019)	Uno	National Grand Theatre Peru	Pablo Saldarriaga
Sueldo bajo no hay que pagar (2019)	Margarita	UP Cultural Centre	Gilbert Rouvière
3 versiones de la vida (2018)	Sonia	Teatro de Lucía	Roberto Ángeles
Casa de muñecas parte 2 (2018)	Emy	Teatro de Lucía	Lucho Tuesta
Pájaros en Llamas (2017)	Ángel	CCPUCP	Mariana De Althaus
Casi Don Quijote (2017)	Lucrecia/Dulcinea	Gestus	Paloma Reyes de Sá
Noche de Reyes (2017)	Viola	British Cultural Centre Peru	Roberto Ángeles
Kamasutra (2016)	Conferencista	Cultural Centre UP	Gilbert Rouvière
Flora Tristán (2016)	Flora	Cultural Centre Ulima	Roberto Ángeles
Callback (2015)	Nuria	Microteatro	Carlos Galiano

Newmarket (2015)	Sophie	CCPUCP	Carlos Galiano
Stop Kiss (2015)	Callie	Cultural Centre UP	Norma Martínez
Karamazov (2014)	Katerina	Cultural Centre UP	Mariana De Althaus
Falsarios (2013)	Ana	Teatro MALI	Carlos Galiano
Soñadores (2013)	Madre Luna	La Plaza Theatre	Nishme Sumar
Drácula (2012)	Lucy	La Plaza Theatre	Jorge Castro
No Pasa Nada (2008)	LadyKaos/ Mujer/casada/Ella	CCPUCP	Jorge Castro
El Retrato de Dorian Grey (2008)	Lady Henry/ Adrian Singleton/Duquesa	La Plaza Theatre	Roberto Ángeles
La Celebración (2007)	Sofía	La Plaza Theatre	Chela de Ferrari

DIRECTING ROLES

Film

- Walking our way (2024) – Director - Documentary for People's Palace Projects (UK)
- Soledad (2020) - Director/ Screenwriter - Short film (Peru)

Stage

- Teatro Inmune (2020) - Assistant Director – Peruvian North American Institute
- El viaje de la luz (2019) - Assistant Director – National Grand Theatre

ACTING COACH

Film & TV

- Cuadrilateral (2024), Directed by Daniel Rodriguez Risco, El Colchón Entertainment
- Contigo Capitán (2022), Directed by Javier Fuentes León and Daniel Vega, Netflix
- Starched Collars (2021) Directed by Daniel Rodriguez Risco, El Colchón Entertainment
- Princesas (2020), Directed by Luis Barrios, ProTV Producciones
- Hotel Paraíso (2019), Directed by Daniel Rehder, Rehder Films
- Guerrero (2016) Directed by Fernando Villarán, Tondero

Stage

- Billy Elliot Perú (2018) Directed by Juan Carlos Fisher, Los Productores
- Edipo Rey (2015) Directed by Jorge Castro, La Plaza Theatre

ACTING TEACHER

- Acting workshop - Teatro de Lima (2020)

- Bouffon Workshop – Gestus School, Lima, Peru (2018 -2019)
- Neutral Mask Workshop – Ciclorama School, Lima, Peru (2018 – 2019)
- Acting Workshop – Pestalozzi School, Lima, Peru (2014 – 2019)
- Movement Workshop - British Cultural Centre, Lima, Peru (2017)
- Performance VI – Performance Arts Career – Científica del Sur University, Lima, Peru (2014 – 2015)

ART PROJECT MANAGEMENT & RESEARCH

- Project Manager – The OLA Study: Building Resilience and Resources to Reduce Mental Distress in Young People in Latin America - People's Palace Projects - UK (2023 – 2024)
- Project Manager – Co-producing a new Scale with young people: A protocol for development and validation of the Youth Loneliness Scale – People's Palace Projects – UK (2023)
- Project Manager – Heartbeat: Creating Recovery through theatre – People's Palace Projects - UK (2023 – 2024)
- Researcher – Conducted in-depth research on historical narratives for The War Library Project – The War Library, Yinka Shonibare CBE Studio – UK (2023)
- Project Assistant – People's Palace Projects and The Verbatim Formula - UK (2022)
- Research Assistant and Facilitator – Wellcome: How Social Action Drives Youth Wellbeing - People's Palace Projects – UK (2021)
- Facilitator and Research Assistant on Far Apart but Close at Heart's Project – People's Palace Projects and Teatro La Plaza – Perú & UK (2020 -2021)

AWARDS

Best Actress in a Feature – FIXION Fest Chile (2025) for *Quadrilateral*

Best actress (One-Woman Show) - Oficio Crítico Peru (2020) for *Estar*

Stage actress of the year – Oficio Crítico Peru (2015) for *Stop Kiss*

SKILLS

Contemporary dance, singing and clowning.

Video and audio editing (Adobe Premiere, Adobe Audition, Da Vinci and QLab)