

# ANASTASIA TRIZNA

## INTIMACY COORDINATOR

### CONTACT

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Helsinki, Finland

### EDUCATION

**Nordic Intimacy Coordinators  
Intimacy Professionals Association  
Certified Intimacy Coordinator**

2023-2024

Instructed and mentored by Amanda Blumenthal (IPA), Malin B. Erikson (NIC), and Pia Rickman (NIC)

**Nordic Stage Fight Society  
Stage Fight Instructor**

2022-2025

Mentored by Oula Kitti (FIN)

**Russian State Institute of Performing Arts  
Professional Actor (FIA)**

2003-2008

### LANGUAGES

Russian ██  
English ████████████████████████████████████  
Finnish ████████████████████████████████████  
Swedish ████████████████████████████████

### MEMBER OF

Finnish Actors Union  
Actors in Helsinki  
Dramatic Combat Finland  
Nordic Stage Fight Society  
Nordic Intimacy Coordinators  
Intimacy Professionals Association

### PROFILE

I'm an accredited Intimacy Coordinator through a SAG-AFTRA recognised programme, with over 10 years acting experience in the film industry and over 20 in theatre. I'm committed to bring my knowledge and experience to navigate safer sets and help bring out exceptional performances during intimate content.

### SKILLS

Anastasia possesses exceptional communication and teamwork skills, demonstrating the ability to collaborate effectively with others. Her strong mediation and negotiation skills allow her to resolve conflicts proficiently. She excels in interpersonal communication, fostering positive relationships with colleagues. Her organizational skills ensure efficient task management, while her work ethics and motivation drive her to succeed. Moreover, her creative problem-solving abilities enable her to think outside the box and find innovative solutions to challenges. Overall, her diverse skill set positions them as a valuable asset in various professional settings

### EXPERIENCE IN FILM & TV

#### As Intimacy Coordinator

Accreditation 2024

- Completed training with Nordic Intimacy Coordinators, Intimacy Professionals Association

#### As an Actor

Principal and supporting roles 2017-2024

- Polymath House Productions, To Thy Rest
- Sons of Lumière, Duckroast
- Aamu Film Company, This Passing Summer
- Outlines Studios, Stringer
- Yellow Films & TV Oy, Roba
- Yellow Films & TV Oy, Arctic Circle
- Fisher King Production, Border Town
- Twisted Films Oy, Sound from the Deep
- YLE Finnish Broadcasting Company / October Oy,, Murskattu unelma Modomo Films, Jackpot

#### As a Stunt

Stunt Double, Stunt, Fight Performer 2019-2024

- YLE Finnish Broadcasting Company: Jukka Lindströmin Sivuhistoria, TV-Series  
BusinessFinland: What Remains, feature film. Stunt double for Andrea  
Riseborough Bufo Oy: Next of Kin, TV-series
- Happy Boy Records: Until You Shine Again, music video
- Independent Short Movies