



TRICIA DOWNING

MODEL/ACTOR

AGENCY: **BIG FISH** – 303-744-7170



CAREER SUMMARY

I am an amateur commercial actor and print model and have taken part in several commercial/PSA projects. As an elite athlete, I have spent many hours in front of the camera in a question-and-answer interview format as well as, performed in-person motivational speeches.

ROLES

- **Hospital patient and wheelchair track athlete**—University of Colorado Health 2022 television and print marketing campaign shoot (2021)

- **Spokesperson**—Becoming Your Personal Best: Life Lessons from Olympians and Paralympians (2021): <https://www.rmpbs.org/usopm/>

- **Actor/hand model**—Neptra Foods commercial shoot (2021): <https://www.youtube.com/watch?v=dq340xEGsIY>

- **Motivational Speaker**—Redefining Able (2000-Present): <https://www.youtube.com/watch?v=HwI11BdQKdY>

- **Spokesperson**—United States Olympic and Paralympic Museum commercial (2021)

- **Writer/actor**—Beyond Beauty - Easterseals Disability Film Challenge (2020): <https://www.youtube.com/watch?v=WDCXc9exYVI&t=12s>

- **YouTube series host**—She's Got Grit (2015): <https://www.youtube.com/watch?v=EAc8r7ZcUlg>
<https://www.youtube.com/watch?v=LeLxc3TLb4Q>

- **Spokesperson**—Challenged Athletes Foundation (2010): <https://www.youtube.com/watch?v=nG3qldqnlus>

- **Model**—*Muscle and Fitness Hers Magazine*—Women of Strength article (2003)

PERSONAL INFORMATION

- Full-time wheelchair user
- Biracial (black/white)
- www.triciadowning.com
- IG: @redefiningable
- Agency: Big Fish Talent, 303-744-7170
- Agency contact email: emily@bigfishtalent.com

CAREER HISTORY

INSTRUCTIONAL DESIGNER

Ernst and Young | 2020 - Present

- Creates curriculum for employee trainings
- Facilitates live classes
- Speaks for company conferences and events

SPEAKER, AUTHOR, ATHLETE

Redefining Able (self-employed) | 2000-Present

- Self-employed as a motivational speaker
- Author of two books
- 2016 Paralympian (Rio Paralympic Games, USA Shooting team)

ACADEMIC BACKGROUND

REGIS UNIVERSITY, 2010

MA Disability Studies and Writing

EASTERN ILLINOIS UNIVERSITY, 1995

MS Physical Education and Sports Administration

UNIVERSITY OF MARYLAND, 1991

BS Journalism

