

Preview Content

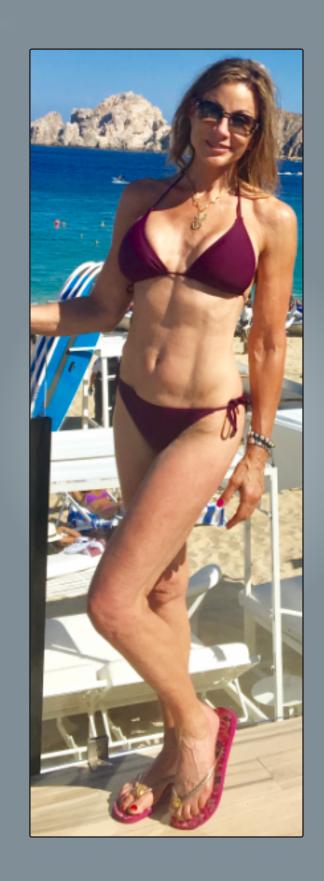


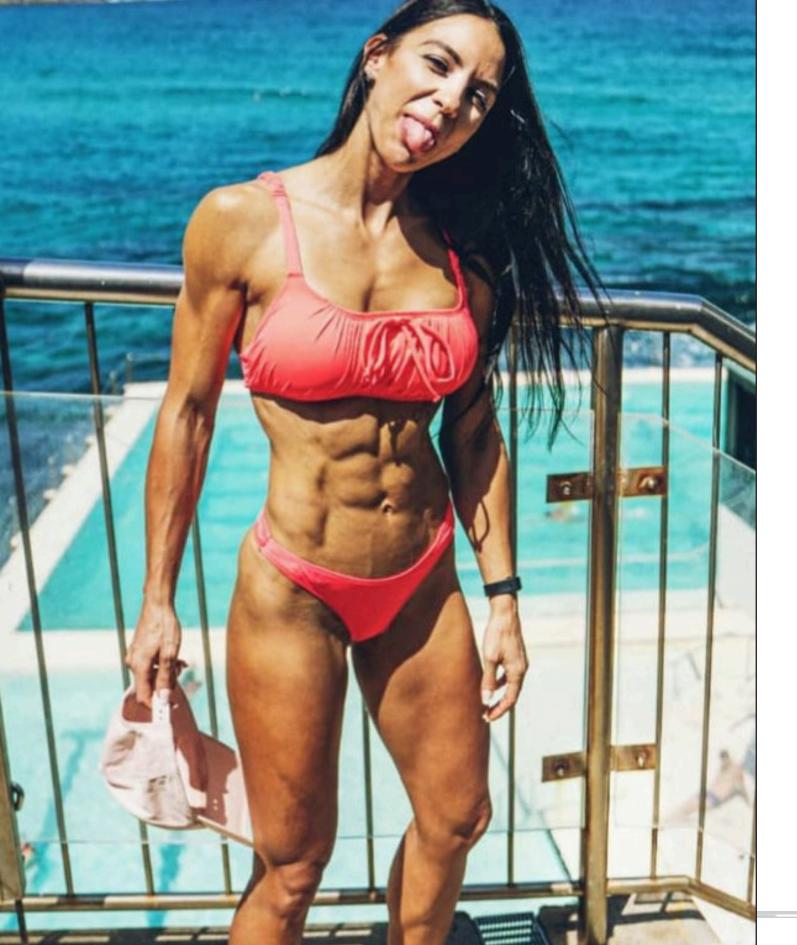


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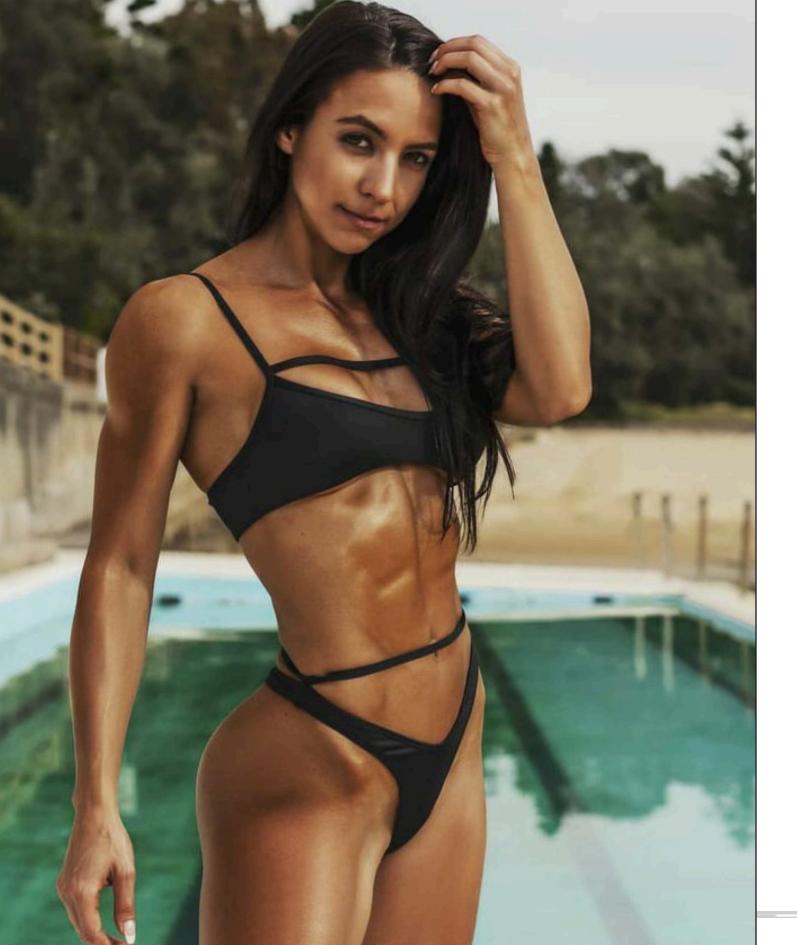












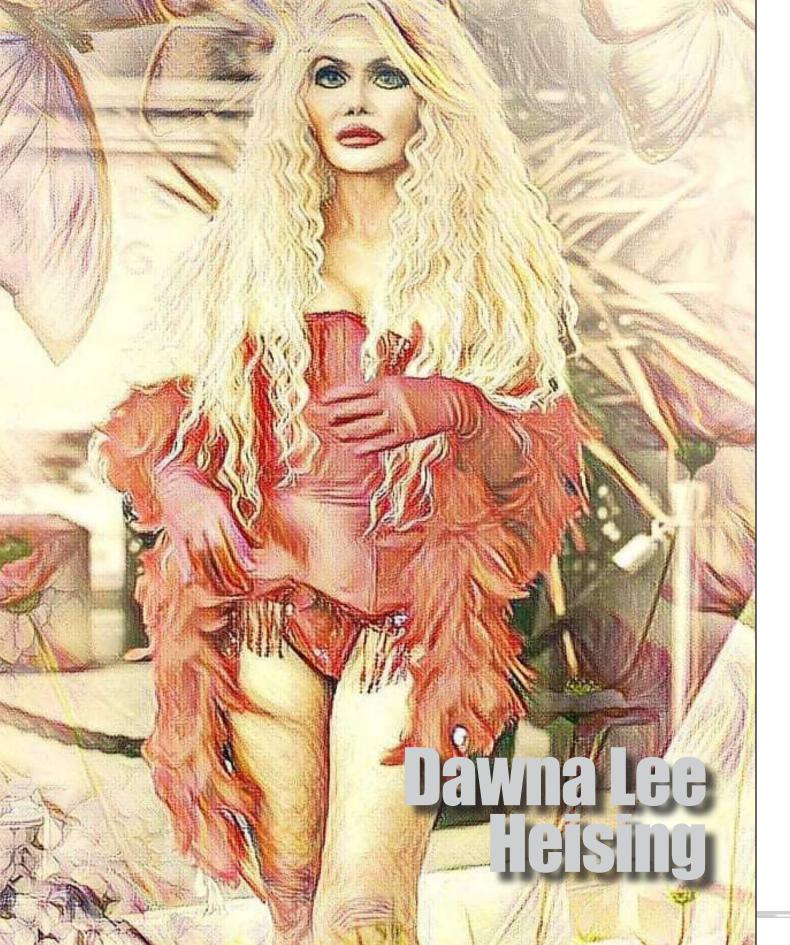


Life isn't about finding yourself but creating yourself. Have a goals in life is very important because it guides your focus and helps you sustains that momentum in life.

Every level of achievement requires its own combination. It is combination of what you do, how you do it and who you do it with. Everyone has the same amount of time, and hard work is simply hard work. And if you struggle in your life that's ok you are not only one.Remember all of your struggles made you stronger.

Just keep going by 5 important steps:

- 1.Relaxing for spiritual energy.
- 2.Eat right, exercise and sleep for physical energy
- 3.Hug, kiss and laugh with loved ones for emotional energy.
- 4. Set goals, plans and calendar for mental energy.
- 5. Time block for work for business energy









Dawna Lee Heising has acted in over 100 feature films, including Param Gill's "Bad President", which premiered at the 2020 Cannes Film Festival and stars Eddie Griffin and "PTSD: A Soldier's Revenge", starring Eddie Griffin and "PTSD: A Soldier's Revenge", starring Daniel Baldwin, Tom Sizemore, Tony Devon, and Robert LaSardo. She is trained in Tang Soo Do martial arts, martial arts weapons, kickboxing, ballet, and pole dancing. She is a former Miss Los Angeles Chinatown, Ms. US World, Ms. World, Ms. Universe, Miss San Francisco Universe, Miss Orange County Universe, Miss California Hemisphere and Mrs. California United States, among many other titles. She has a B.S. Degree in Business Management and MBA from Pepperdine University. Her uncle is legendary director Tak Fujimoto and her cousins George Daugherty and David Wong and her cousins George Daugherty and David Wong won a Primetime Emmy Award for "Peter and the Wolf on Broadway".

My Demo Reel:

https://vimeo.com/541860831

IMDb Pro Link:

https://pro.imdb.com/name/nm3148014

My Website:

https://dawnaleeheising.me/

Awards:

- * Best Music Video for "Black City Nights" at the 2021 **INDIEFest Film Festival**
- * Best Short Film for "Rickman's Cobbs" at the 2021 Best Shorts Film Festival
- * Best Music Video for "Black City Nights" at the 2021 **Best Shorts Film Festival**
- * Best Micro-Short for "Fireside Classics" at the 2020 SoCal Film Festival;
- * Award of Recognition for "Fireside Classics" at the 2020 Best Shorts Competition;
- * Special Mention for "Fireside Classics" at the 2020 Global Shorts Film Festival:
- * Best Actress for "Dark Classics" at the 2019 LANFA Film Festival;



- * Best Actress for "RoboWoman" at the 2020 Cropsy's Cadaver Awards;
- * Best Actress for role of Barbie in Dustin Ferguson's "Nemesis 5" at the 2018 LANFA Film Festival;
- * Best Actress for Jared Masters' "Teacher's Day" at the 2014 Shockfest Film Festival;
- * Best Supporting Actress for Gregory Blair's "Garden Party Massacre" at the Lucky Strike Film Festival 2019;
- * Best Television Host for "Eye on Entertainment" at the 2017 WIND International Film Festival;
- * Outstanding Television Host for "Eye on Entertainment" at the 2013 EOTM Awards;
- * "Actress of the Year" at the 2018 USA Martial Arts Hall of Fame Awards.

Education/Training:

- * Professional Acting at South Coast Repertory Theatre with Matthew Arkin
- * Shakespearean Acting with Karole Foreman
- * Member of Sal Romeo's Friends and Artists Theatre Company
- * Acting Workshops with Guy Stockwell, Tim Russ, Richard Hatch, and at Tepper-Gallegos
- * A.A. in Theatre Arts from Fullerton College
- * B.S. in Business Management and MBA from **Pepperdine University**
- * Trained in Tang Soo Do martial arts
- * Training in Martial Arts weaponry with her Sabumnim Master Rick St. Clair
- * Trained in Ballet and Pole Dancing

Titles:

* Queen of the 2021 Kaiju International Film Festival













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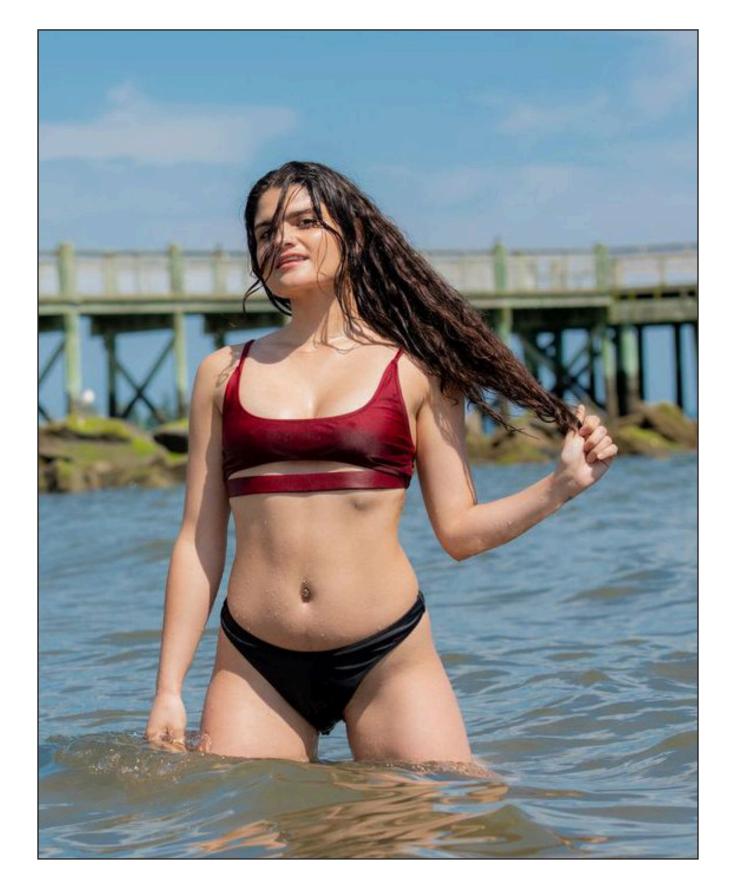


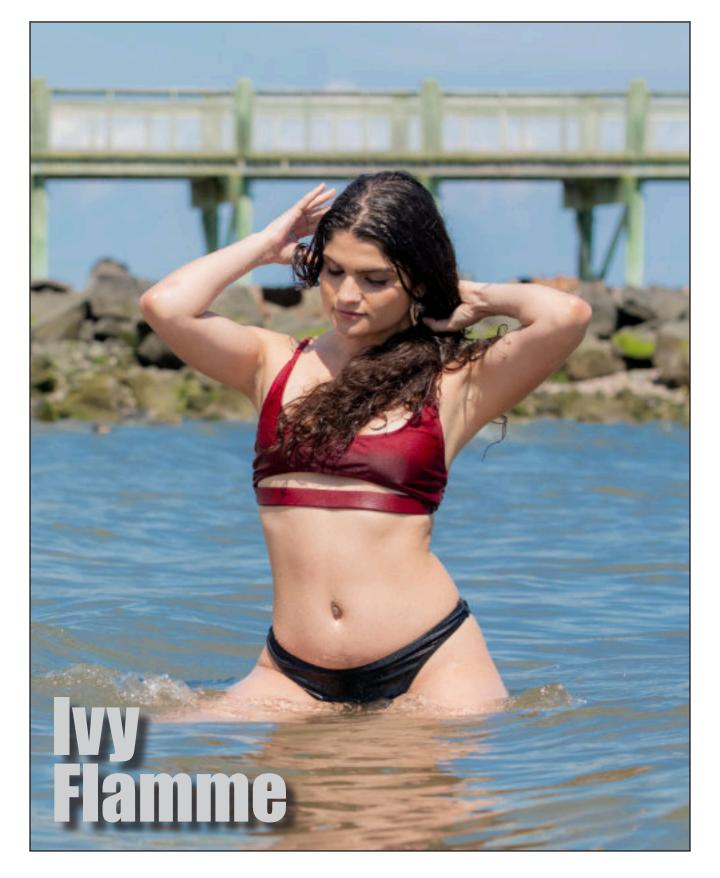








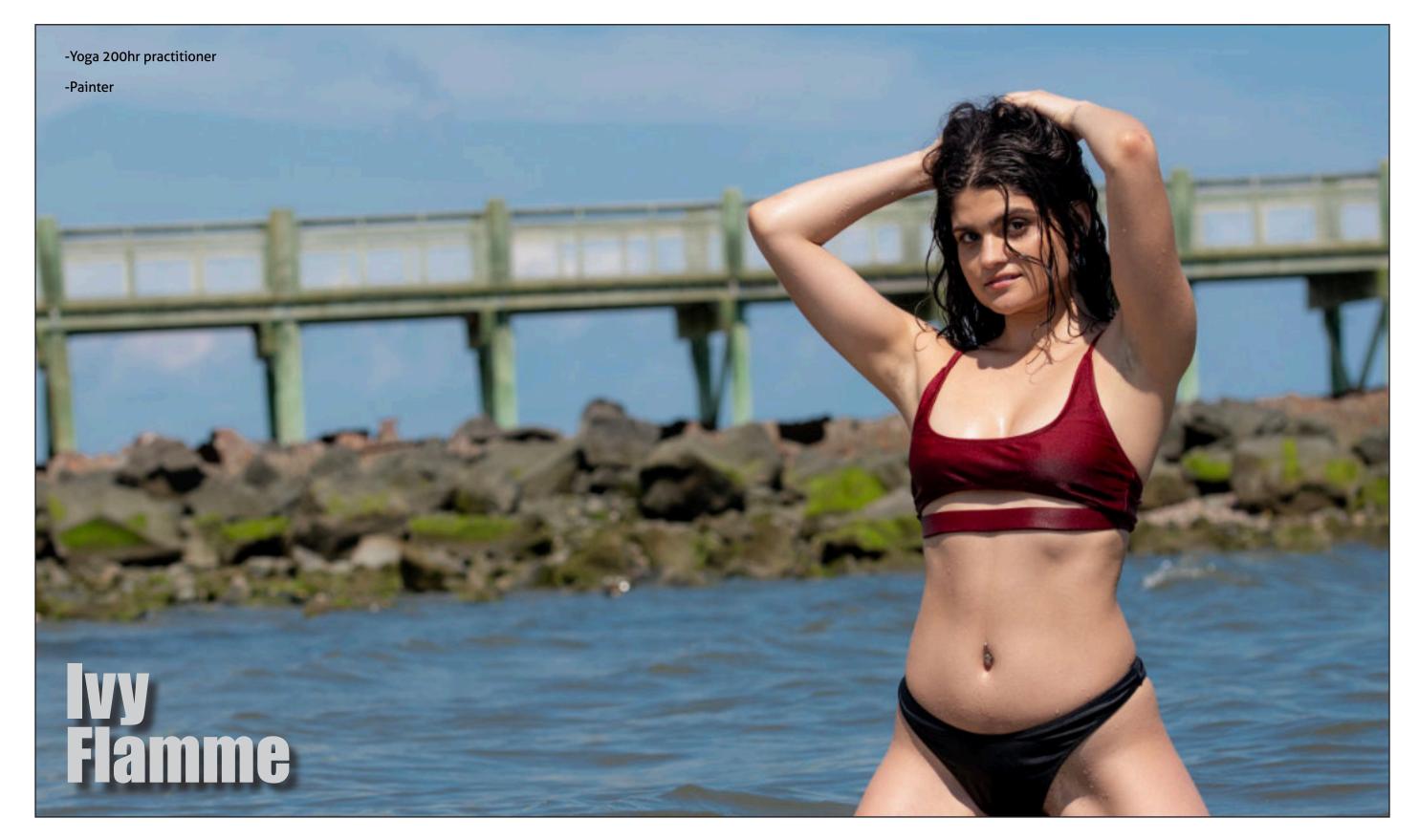




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The Bumpy road to being a successful but my hard work is paying off .I know what they entrepreneur. I'm so excited to be the say is true about adversity of creating character international best-selling author of "The Boss Weight Loss" voted best diet book a Los Angeles. In 2008 I launched my first fitness DVD The Skinny Jeans Workout right before the economy took a nose dive & nobody was buying DVD's anymore. Even with shady distribution deals I was featured in Target.

I began my career as an online executive wellness coach in 2016 it has taken 5 years and a pandemic

because I've got character in spades. I think it's important for my clients to understand It's not about perfection -we all fall down, we all makes mistakes. It's about believing in yourself and learning from your past, always growing, always evolving. If you're never scared, embarrassed or hurt, it means you never take chances. And in the end what we regret at the most are the chances we never took.

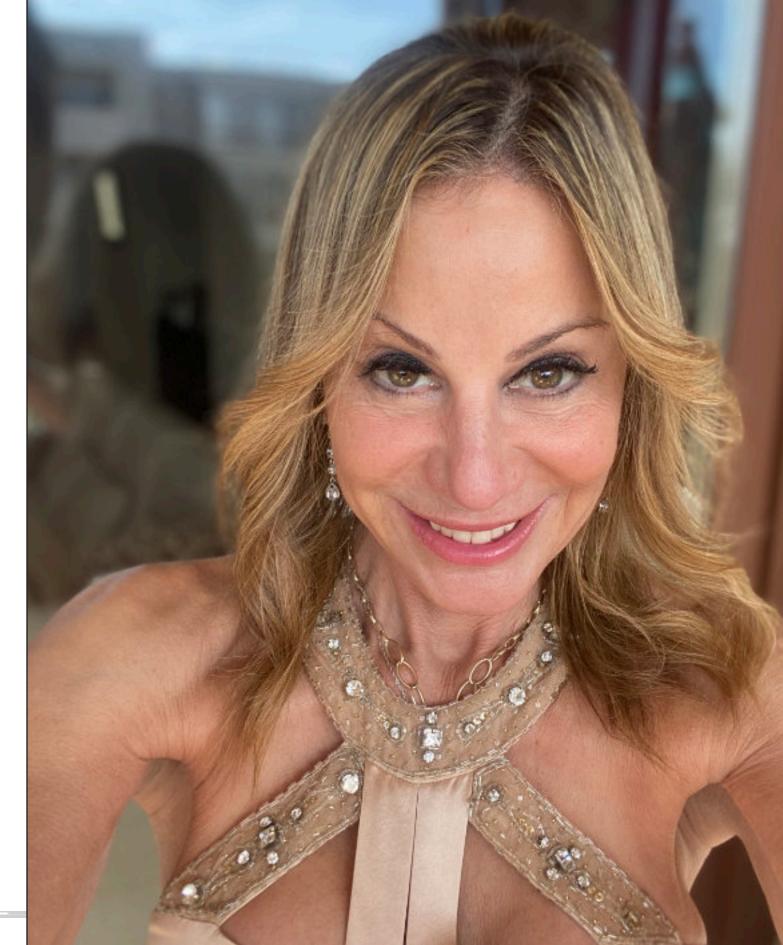




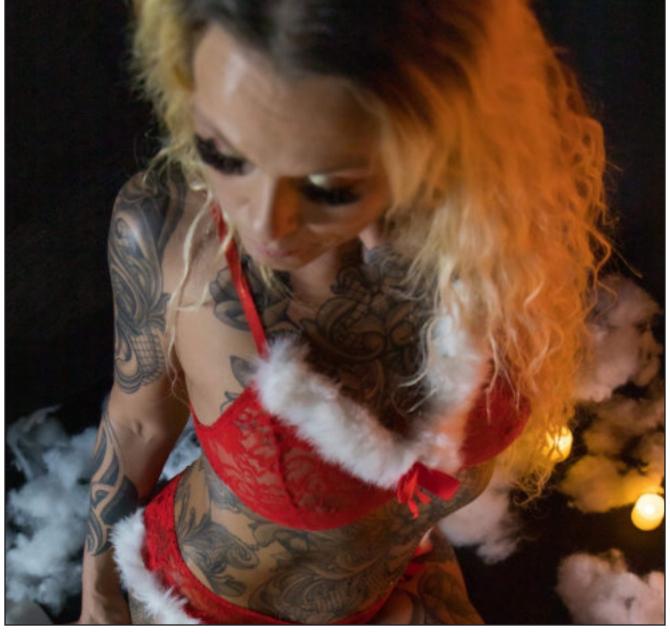












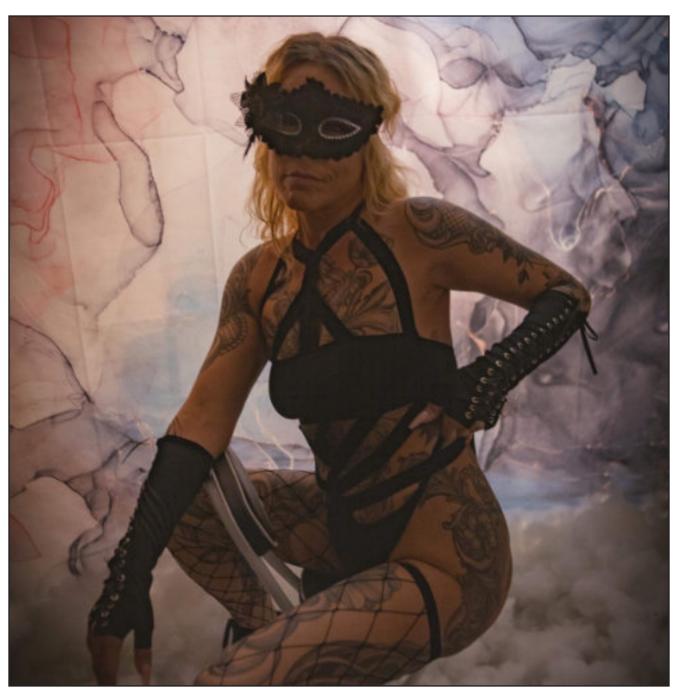
As a mother of 8 children; 3 boys and 5 girls, I never had a chance to do anything other than be a parent and would never change that for the world. I never really had much growing up family wise, so raising my children was a priority for me. As my children began to get older and leave home, 2 boys in the military and stationed a good distance away, some in college but away from home and 3 I'm still raising; I found I had a great deal of free time on my hands to work on myself as well. In October 2020, I decided I wanted a tattoo. (A

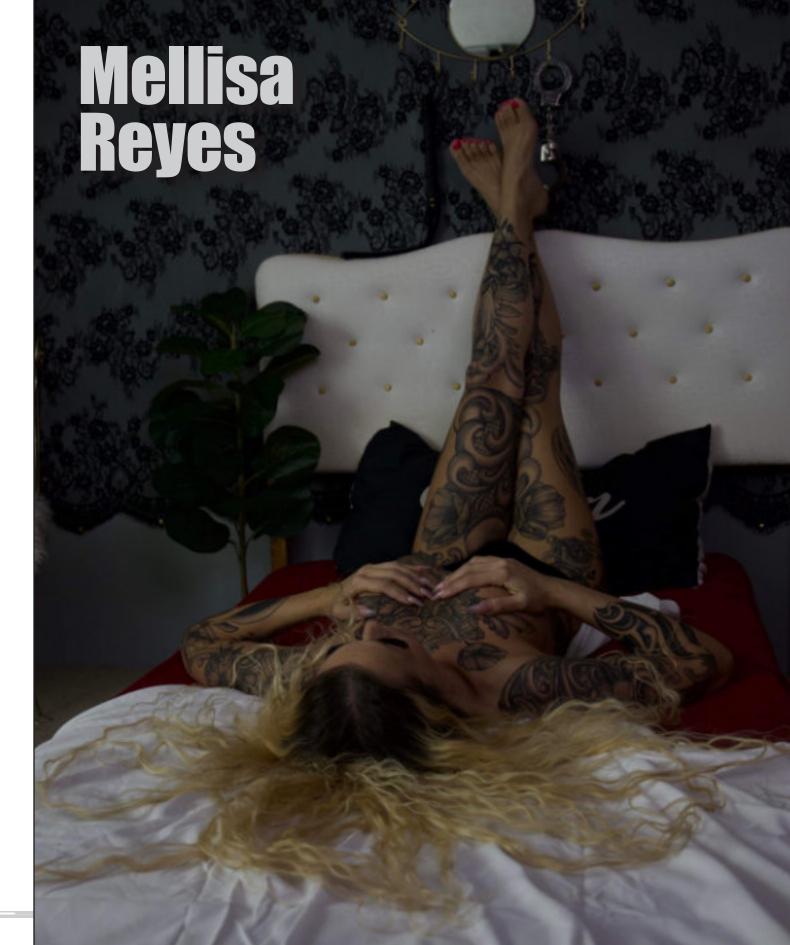
sleeve), after that sleeve and before leaving the shop; I decided I wanted another sleeve. Eventually my sleeve turned into me wanting a full body tattoo. With the help of my amazing tattoo artist Nate Wallace from Creative Hands tattoo and Piercing, we have spent the last year working on just that. As we began to cover more and more of my body in art, I became more and more comfortable with myself and my body. Since the start of this, I have entered many contests and competitions, I have had many photo shoots, and

have come out of a shell I never thought I would escape from, and I have started promoting myself for bigger and better outcomes in life. I have an amazing team of people who are constantly pushing me to do better! Without each and every one of them, I would not be who I am today! Goals in life are important, accomplishing and setting bigger goals are equally important as well. I hope to continue growing as a model and enter as many

tattoo competitions as possible. Although these are my goals, I hope to continue to grow and continue to be a strong leader in the female community. I believe no matter what life throws your ways, we all deserve to be the best version of

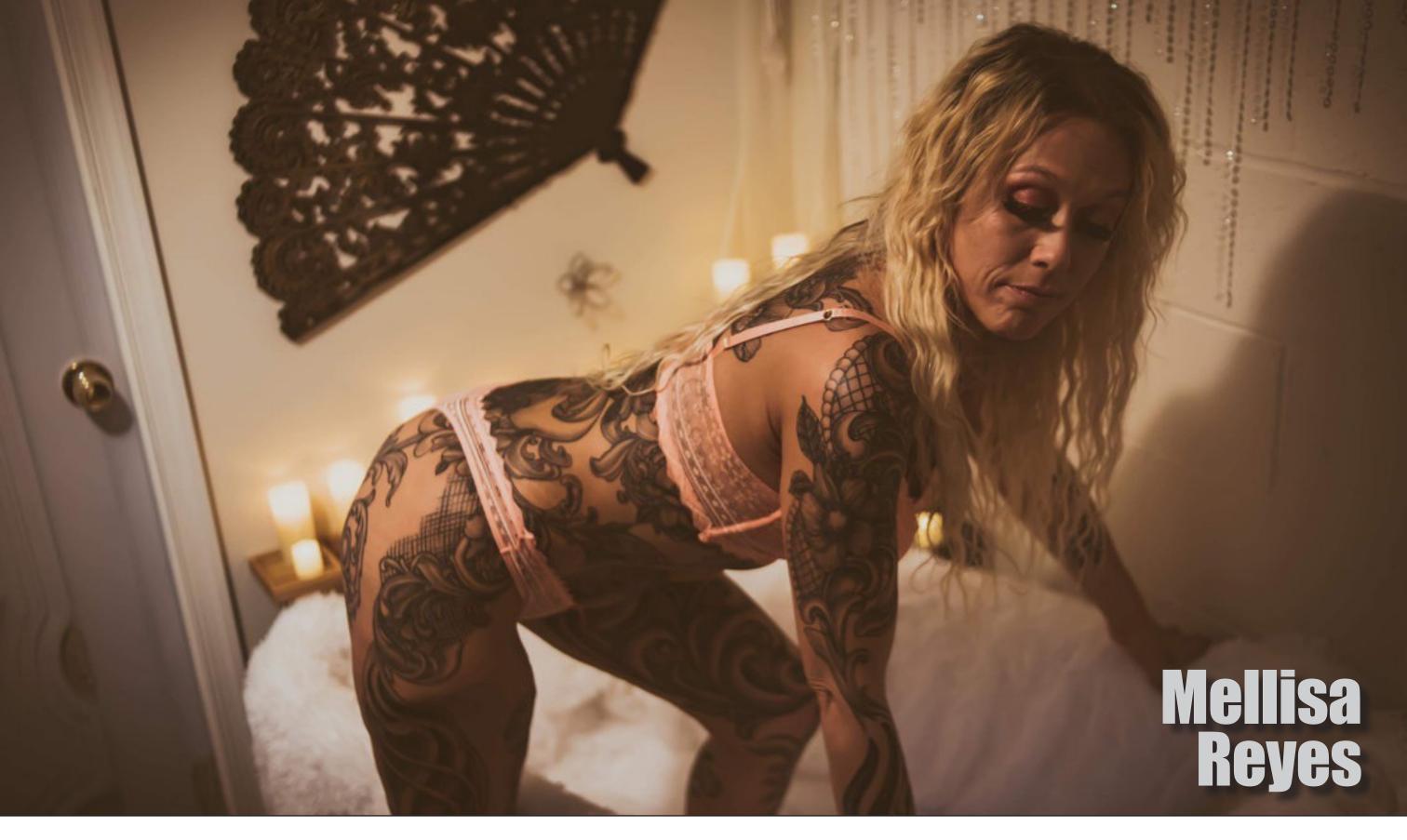
Photographers Credits: Seductive Spotlight Boudoir Photography





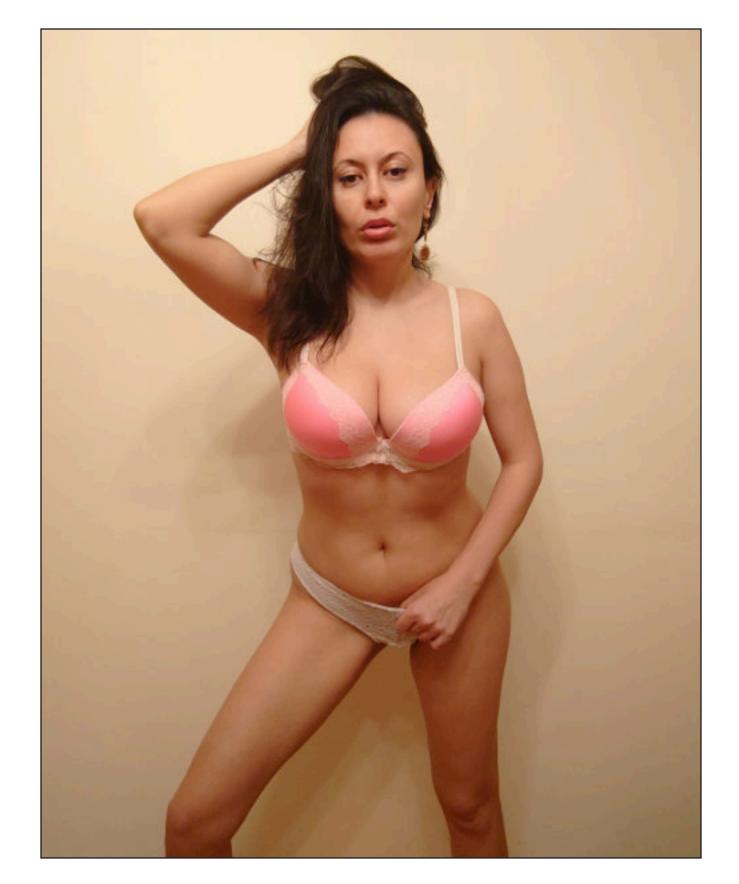


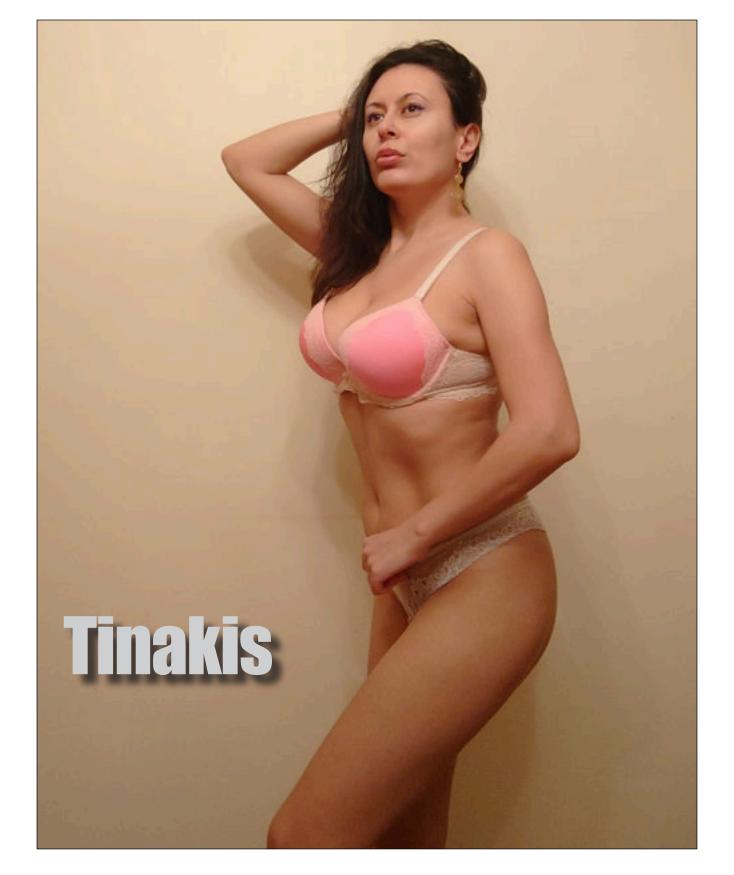












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