

ANA VALDES LIM

ACTING COACH, DIRECTOR, AUTHOR, ACTRESS



PROFESSIONAL CAREER

Actress

Stage, TV, film in the Philippines and abroad

Director

Ana has directed numerous comedy improvs (short and long form) and musical variety shows for curricular and extra-curricular year-end productions. She has also directed full-length Shakespeare plays, Shakespeare festivals, and other stage classics for school tours and public audiences.

Educator

Ana has taught for many Philippine professional and school-based theaters and network stations including PETA, 9 Works, CCP Tanghalang Pilipino, Atlantis, ABS-CBN, and GMA 7. She started Philippine Playhouse, Inc.; Metta (Marie Eugenie Theater of the Assumption) where she was Artistic Director from 2004 to 2020; and iNay.

Author

Ana has authored four books: Actors' Workshop 1997, Workshop: A Manual on Acting (2002 and 2005 editions), Evolutionary Theater (2009), and Theater for Wellness (2014)

EDUCATION

University of Hawaii at Manoa
K-12 Professional Diploma in Education

Julliard School, New York
BFA Drama, Group XIII, 1984

Commission on Teaching Credentialing
California, 1998-2000

Sophia University
Tokyo, Japan

University of St. Thomas
Houston, Texas

Marymount International School
Rome, Italy

Assumption College
Manila, Philippines

AFFILIATIONS

AFTRA (American Federation of
Television Radio Artists)

SAG (Screen Actors Guild)

AEA (Actors' Equity
Association)

AWARDS

St. Marie Eugenie Award

Assumption Christian
Educator's Award

Tiampo Grant

William and Eva Fox Foundation
Grantee

Emerita, Assumption College,
16 years

CONTACT

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Instagram
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TEACHING

- Co-created the Bachelors in Performing Arts curriculum and the Certificate in Rehearsal and Performance for college level and professional actors.
- Adjunct Faculty at the Asian Institute of Management (AIM), teaching team communication, improvisation, and innovation at the graduate business school.
- Taught workshops for organizations and corporate groups including UnionBank, ING, Globe, Smart, Ateneo, and Waltermart.
- Strategic Educators Alliance (SEA), International Educator's Gathering (IEG), and the Department of Education (DepEd).
- Faculty member and coach for numerous Philippine theater companies
- Directed and co-directed productions in Manila
- Trained professional actors in various theater companies including PETA, CCP Tanghalang Pilipino, New Voice Company, Chancel Rep, and Atlantis
- Taught classes and workshops to corporations, schools, and government agencies.

DIRECTING

- Hamlet
- Macbeth
- Romeo & Juliet
- As You Like It
- All's Well That Ends Well
- Ring Round the Moon
- Mystery of Irma Vep
- Middle of Silence, Tanghalang Pilipino
- Drakula with Tanghalang Pilipino, CCP
- Top Girls with New Voice Company
- Chess with Bobby Garcia, Atlantis Rep



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ADVOCACY

Theater Arts

Ana began Theater Arts, a Correctional Institute for Women, National Penitentiary program for women that supports reformation and education of persons deprived of liberty (PDLs). One of Ana's favorite activities is coaching PDLs to perform Shakespeare-inspired plots, in their own dialects, with their own circumstances. Her class is comprised of 89 women, and their sentences are commuted down by participating in her classes.

She has taught them self-authoring in "My Story" and has led the translation of Shakespeare to their own native dialects: Waray, Ilocano, Visayan, and Tagalog. The women inmates have performed excerpts of Macbeth, Hamlet, As You Like It, and Midsummer Night's Dream. In addition, Ana brings professional actors and college students to the prison yearly for an integrated workshop and performances of Hamlet, Alls Well That Ends Well, Macbeth, and As You Like It.

Kindness Kitchen

Ana created Kindness Kitchen with iNay Programs, inspired by her experience attending a leadership retreat by Moved by Love and [ServiceSpace](#) in Ahmedabad, India. Kindness Kitchen is a volunteer-driven experiment in generosity where meals are paid forward and prepared by volunteers. Kindness Kitchen began as an expression of compassion, when retreat participants prepared meals for the homeless, and travelled to sectors of the city of Metro Manila to share and connect with the underprivileged. Inspired by [Karma Kitchen](#).

Artist Mentoring Program

AMP is a sharing circle for supporting artists and student-artists. There is no leader in the circle, each person and place is important. In the circle, each person comes to be well, we are seeker, medicine, and doctor for each other. Sharing is optional.

Salamat Space

Salamat Space is a sharing circle which began as an expression of gratitude. The sharing circle begins and ends with a quiet moment of silence. There is no leader and each person and place in the circle is important. Sharing is optional.

Entheos Retreat

Entheos is the root word of "enthusiasm," and in Greek en theos means "in God." Ana designed Entheos retreats as an open, non-denominational retreat that practices rituals from different faith traditions: Catholicism, Buddhism, and Hinduism. Entheos retreats use music, dance, drums, masks, and play. Entheos retreats are open to any person or company, and are a non-threatening, gentle guided retreat for reflection and introspection.