



RENEE DIMENT- PHILLIPS

Location: Auckland | **Height:** 170 cm
Hair Colour: Blonde | **Eye Colour:** Blue | **Ethnicity:** European

Renee Diment-Phillips is an Auckland-based actor and award-winning personal trainer. Named Personal Trainer of the Year in 2024, she has built a respected career in women's health and wellbeing, known for her ability to support clients with empathy, focus, and discipline. Those same qualities now underpin her work as an actor, where she is committed to developing her craft and building her experience on screen.

Coming from a background in physical training, Renee brings natural strength, stamina, and a strong sense of body awareness to her acting. She has undertaken screen, stunt, and voice training at Actors Lab, studied voice with Silvia Rands, and continues to work with Kacie Stetson in the Ivana Chubbuck Method. This combination of practical fitness expertise and dedicated performance study gives her a grounded, disciplined approach to her work.

Renee is steadily building her portfolio, approaching her acting career with the same commitment and professionalism that earned her recognition in the fitness industry. She brings reliability, resilience, and an instinctive presence to set, making her a versatile performer with a unique perspective shaped by her background in wellbeing.

TRAINING

2025 -	Kacie Stetson and the Ivana	Kacie Stetson Studios
2019	Chubbuck Method	



COLLABORATE
MANAGEMENT

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2020 -	Elements of Voice	Tutor: Silvia Rands
2021		
2020 -	Screen, Stunt & Voice	Actors Lab
2021	Workshops	

SKILLS

Accents	American - Standard
Dance	Dancing
Sports	Boxing, Weight lifting

