



ADILAH BARNES

Actor | Acting Coach | Producer | Author
Speaker | Educator | Retreat Proprietor

CONTACT:

(818) 752-2225
abpro1@aol.com

Biography

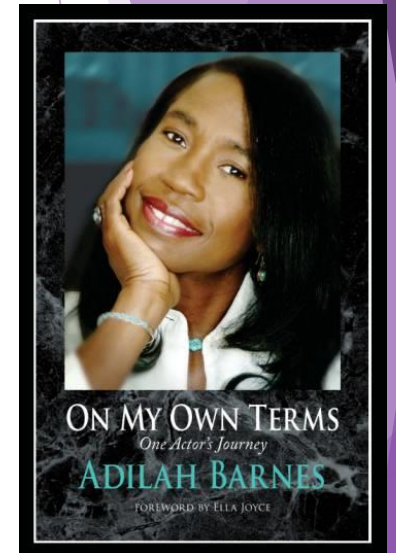
Adilah Barnes is one of few veteran actors in Hollywood who has mastered the art of utilizing all of her many creative skills – all the while staying true to herself and maintaining her integrity. She has guest-starred on such tv series as Showtime's *Shameless*, *The Middle*, ABC's *Body of Proof*, NBC's *Harry's Law* and *Prime Suspect*. *She is probably best known for her role as "Anne Marie" for 6 seasons on ABC's Roseanne.*

Her film credits include playing opposite Sandra Bullock in *Murder By Numbers* and the Universal blockbuster, *Erin Brockovich* with Julia Roberts. She has also appeared opposite Ving Rhames in the heartwarming CBS Hallmark made-for-tv movie, *Little John*, among many other credits. In her role opposite Hilary Swank, as the infamous Ida B. Wells in HBO's *Iron - Jawed Angels*, Barnes marched for women's rights and ironically, in real life she is also a marcher and supporter for women.

As an acting instructor and coach, Barnes' many celebrity clients have included **Freda Payne, Florence LaRue, Toni Braxton, Jada Pinkett, Kym Whitley, Benjamin Bratt, Don "DC" Curry, Chris Brown and Lauren Lane**, among many others.

As a writer, Barnes released her first book, **ON MY OWN TERMS: *One Actor's Journey*** in December of 2008. **ON MY OWN TERMS** received the #3 non-fiction paperback rating in *Essence Magazine's* June 2009 issue following **President Obama's** two books. In 2007, She founded *The Writer's Well*, an international literary writer's retreat for women located in a very beautiful, woodsy and serene environment in the Atlanta area. It has attracted global writers from as far away as Ghana and Puerto Rico.

Barnes is the Co-Founder of the **Los Angeles Women's Theatre Festival**, an annual, multi-cultural solo festival that has produced close to 500 artists from around the globe and celebrated its 25th Anniversary in 2018. Adilah has received numerous honors, including the **50 Most Influential Alumni at UC Santa Cruz**.



Adilah's Speaking Topics

Click image below to watch Adilah's Speaker Reel.



- ▶ Keynote Addresses for Graduations (both traditional and Black grads)
- ▶ Lectures on "Empowering by Developing a Solo Show"
- ▶ Motivational lectures on "Being the Best You Can Be"
- ▶ "An Evening With Adilah Barnes" (or breakfast luncheon)
- ▶ Hollywood-Themed Lectures "So You Want to Come to Hollywood?"
- ▶ "The Next Step After College: Looking and Planning Beyond"
- ▶ Plus tailored topics for workshops, lectures and keynotes

Adilah's Videos

Speaking Reel

Acting Reel

Book Trailer for Adilah's book
"On My Own Terms"

Writer's Well Retreat Promo

