

LIZ CANNING

Freelance Filmmaker

☎ 415-717-5235 @ lizcanning@mac.com 🌐 <https://www.motherload-films.com>
📍 Fairfax, CA

SUMMARY

Emmy and Sundance Award-winning filmmaker and storyteller. Skilled creator of emotionally compelling narratives and effective visual and written communications, from feature films to social content. Proven ability to carry a project from concept through fundraising, production, post, promotion and distribution.

EXPERIENCE

Producer/Director/Editor 01/2000 - Present

[Motherload Films - self-employed](#)

I conceptualize, produce and edit videos for creative, educational, corporate and non-profit clients. This includes writing, videography and animation/motion graphics for promos, eLearning, animations, documentaries, social media campaigns and fundraising videos.

Producer/Director/Writer/Editor/Camera 2019 - 2020

[KCET & LinkTV](#)

Created an **Emmy Award-winning** episode of the Global Mosaic documentary series: [Could Empowering Girls Transform the World?](#) Combined stories from Texas, Vancouver, Democratic Republic of Congo and London. Broadcast on PBS and LinkTV.

🌐 <https://www.kcet.org/shows/global-mosaic/could-empowering-girls-transform-the-world>

Producer/Director/Editor/Camera/Animator 2011 - 2021

[MOTHERLOAD, documentary feature](#)

Created an award-winning film about a new mother's quest to understand the increasing isolation and disconnection of the digital age, its environmental impact, and how cargo bikes could be an antidote. The film screened at over 600 venues and is now streaming on AppleTV and Prime Video. Responsible for crowdfunding, promotion & distribution.

🌐 <http://motherloadmovie.com>

Producer/Director/Editor 03/2023 - 05/2023

[Center for Creative Leadership](#)

Created a 15-piece documentary-style eLearning series on effective leadership practices. Responsible for script development, sourcing media, graphics, voiceover and editing.

Lead Video Editor 05/2022 - 09/2022

[Bonfire Labs](#)

Lead editor on 26-piece video series for the *Center for Creative Leadership*. Elevated these online lessons with witty, unexpected imagery, music and archival media. Through playful editing I was able to inject humor, pathos and texture.

Senior Video Editor 11/2021 - 05/2022

[MasterClass](#)

San Francisco

Edited 2-5 hour eLearning classes combining doc-style lectures with demonstrations and featuring A-list instructors and high production values. 3-camera, 4K shoots on soundstage.

Director/Editor/Camera/Animator 03/2017 - 09/2017

[Ross Valley Charter](#)

Created a 4-part promotional series exploring the core concepts behind the *Progressive Education* teaching method. Interviews combined with animation with voiceover.

Documentary Editor/Co-Producer 10/2004 - 10/2006

[Guerrilla News Network](#)

Winner of 6 awards, including a **Sundance Special Jury Prize**, [American Blackout](#) is a feature length documentary on the suppression of the African American vote in Florida 2000, Ohio 2004 and in the 2002 defeat of Congresswoman Cynthia McKinney. Directed by Ian Inaba, maker of the famous pre-election Mosh music video for Eminem.



SKILLS

Adobe Creative Suite · Video Editing · Film production · Documentary Film · Storytelling · Directing · Videography · Scriptwriting · Crowdfunding · Animation · Social Media · Archival Media · Educational Content · Music Editing

EDUCATION

BA in Modern Culture & Media

Brown University

Final Cut & After Effects classes

Film Arts Foundation

Advanced Avid Media Composer

Bay Area Video Coalition

High School

Phillips Exeter Academy

AWARDS

☆ 2021 LA Emmy Award

For [Could Empowering Girls Transform the World?](#)
(Director/Writer/Editor)

🏆 Sundance Special Jury Prize 2006

For [American Blackout](#)
(Editor/Producer)

🏆 Hero Award

Better Cities Film Festival 2020, for [MOTHERLOAD](#)
(Director/Writer/Editor)

☆ Audience Award

San Francisco Green Film Festival 2019, for [MOTHERLOAD](#)
(Director/Writer/Editor)

👑 Artist in Residence

Napa Valley Film Festival 2019, for [MOTHERLOAD](#)
(Director/Writer/Editor)

EXPERIENCE

Freelance Social Media Producer 03/2021 - 04/2021

[Women in Film San Francisco Bay Area](#)

Director/Producer/Editor of a [signature social media ad](#) promoting WIFSFBA's mission.

Documentary Researcher/Producer/Animator 09/2006 - 12/2006

[Mission Pictures](#)

Researched, wrote, and created informational animated sequences for [Girls Rock!](#), a feature documentary on the Rock n' Roll Camp for Girls in Portland Oregon. Using Photoshop, After Effects 3D, and stop motion techniques. Opened in theaters nationwide in March 2008.

Freelance Video Editor 10/2022 - Present

[emotion* studios](#)

Editing short, documentaries highlighting how Adobe software products benefit customers.

Freelance Video Editor 05/2023 - Present

[Verkada, Inc.](#)

Editing social media campaigns, product videos and webinars on high-tech security systems.

Freelance Video Editor 10/2023

[Splash Cinema](#)

Edited a high-stakes fundraising piece about the Post-Roe landscape for the **Center for Reproductive Rights** that screened at **Lincoln Center**.

Freelance Video Editor 01/2021 - 03/2023

[Intrepid Creative](#)

Edited short documentaries, annual sales kickoffs and more for Intel, Stripe and Twilio. Some were high-end, 6K, multi-camera shoots on a virtual stage.

Reality Series Editor 2001 - 01/2006

[Oxygen Network and Current TV](#) San Francisco Bay Area

- Edited several episodes for the "[Pure Oxygen](#)" primetime news magazine show on the Oxygen Television network.
- Edited episodes of "Awaiting Input," for news network Current TV.

REFERENCES

[Mary Mathaisell, Partner, Bonfire Labs](#)

mary@bonfirelabs.com

[Samir Mehta, Global Director of Digital Portfolio, Center for Creative Leadership](#)

Mehtas@ccl.org

[Denise Bostrom, Documentary Writer](#)

denise.bostrom@gmail.com

[Mark Pedersen, CEO, Intrepid Creative](#)

415.235.1476,
mpedersen@intrepidcreative.com

STRENGTHS



Immense focus, speed and creative energy


I throw my whole self into my film work and surpass expectations.



Empathic Visual Language

I have a keen sense of how to move viewers with pacing, image, music and sound.

AWARDS

 **Best Director, Best International Documentary, Best Sound Design & Best Original Soundtrack**

Hollywood North Film Awards 2019, for **MOTHERLOAD** (Director/Writer/Editor)

SELECT PRODUCTIONS

Brand Story Documentary

Director/Camera/Editor

09/2020 - 01/2021

[The Ona Story](#) is a short documentary about creativity inspired by nature during the global shutdown.

Short Documentary Film

Director/Camera/Editor

06/2022 - 09/2022

In [Crew Cut](#), the shearing of hair becomes a rite of passage as a group of boys prepare for the 8th grade dance.

Award-Winning Short Film

Director/Camera/Animator/Editor

1993

[Handmirror/Brush Set Included](#) screened internationally, at the **Museum of Modern Art NYC**, and on **PBS**.

FIND ME ONLINE

 <https://www.motherload-films.com>

 [LinkedIn](#)
www.linkedin.com/in/lizcanning

 <http://motherloadmovie.com>

 [Vimeo](#)
<https://vimeo.com/canning>

ACHIEVEMENTS

\$ Crowdfunding Success

Independently raised \$115,000, from over 800 backers, to fund production of [MOTHERLOAD](#). Responsible for all promotion, networking, implementation.