

# SEBASTIAN HOLST

Sound Mixer / Boom Operator

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## EDUCATION

**New York Film Academy**  
Filmmaking Course (1 Year)

**New York, NY**  
2017-2018. Graduated September 2018

**University of Massachusetts Amherst**  
College of Social and Behavioral Sciences  
Bachelor in Communication

**Amherst, MA**  
2014 - 2016. Graduated Summer 2016

**Dean College**  
Dean's List (GPA 3.4)

**Franklin, MA**  
2011 - 2014. Transferred, Spring 2014

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## EXPERIENCE

**Owner & Operator of Custom Sound Productions LLC**  
Freelance Production Sound Mixer, Boom Operator, Sound Designer

- Feature Films, Short Films, documentaries, Tv, Commercials

**NY & CT**  
May 2018 - Present

**Seliger Studio (Mark Seliger's Photograph Studio)**  
Intern

**New York, NY**  
September 2016 - May 2017

- Archiving, packing, and storing fine prints
- Location scouting
- Digitally archiving fine prints

**Umass Sports Broadcasting**  
Camera Operator

**Amherst, MA**  
September 2014 - May 2016

- Broadcasting Sports live
- Following directions from director
- Setting up and striking camera with tripod

**GANT AB (Clothing Company HQ)**  
Production Assistant, Fashion and Home furniture photo shoots.

- Built sets, retrieving and logging items in product vault.
- Assisted in building showrooms and presentation of product.
- Participated in production meeting and selection of models.

**Stockholm, Sweden**  
September 2012 - December 2012

**Wallander - Indrivaren (Swedish Feature Film)**

Production Assistant (PA)

- Assisted and learned about location filmmaking
- Assisted in postproduction editing (film)
- Assisted in postproduction editing (sound)

**Ystad & Stockholm, Sweden**  
October 2009 - November 2009

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## ABOUT ME

Born and raised in Sweden, I am a New York and Connecticut based production sound mixer, boom operator, and sound designer. Since graduating NYFA (New York Film Academy) I have enjoyed working on a variety of sets, from commercials, shorts films, and features films. I strive to constantly continue to learn and to upgrade/add to my extensive equipment inventory to provide the right gear and the best sound for any project.

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## SKILLS

**Computer:** Avid Media Composer and Pro Tool  
**Language:** Fluent in Swedish and English

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## Equipment

Sound Devices 888 16-Channel / 20-Track Multitrack Field Recorder, Sennheiser MKH 416 shotgun microphone, Sennheiser MKH 50 P48 microphone, Sennheiser G4 wireless plug-on microphone system, Lectrosonics 2-Person SRc Wireless Omni Lavalier Microphone System Kit (SRc Dual-Channel Slot-Mount Receiver, 2 x SMWB Beltpack Transmitters), Sennheiser G4 transmitter, Receiver, and lavalier, Sennheiser G3 transmitter, Receiver, and lavalier, Sennheiser G2 transmitter, Receiver, and lavalier, Sanken COS 11D lavalier mic (1, 1/8 connection & 1, TA5F Connection), Ambient Recording QuickPole 5 Boompole with Coiled Mono Cable, CineLA OSIX 3 Suspension Mount, Rycote Super-Blimp NTG for shotgun mic, Betso WTCS-1 Time Code Slate, Tentacle Sync E timecode generator, Auray Boom pole holder, eSmart BG-DU-REG Power Distribution box, Inspired Enrgy NH2054HD34 98w battery, Audioroot eSmart Mono Charger, Audioroot eHRS4-OUT 4-Wire, 16 Duracell Rechargeable Battery, Tenery TN438 16 Bay Battery Charger, Viviana Wireless Transmitter Waste Strap (size M & L), Viviana Wireless Transmitter Chest Strap, Viviana Wireless Transmitter Thigh Strap, Wireless Transmitter Ankle Strap, Matthews 40" C-Stand with Sliding Leg, Grip Head, and Arm (Black, 10.5'), Impact Filled Saddle Sandbag (20 lb, Black), Comtek FPM-216 Field Program Monitoring Kit (1 transmitter, 2 Receivers), K-Tek Stingray Small-X Audio Bag, Orca OR-40 Audio Bag Harness, Orca OR-48 ORCart Audio Accessory Bag with Extra Tray

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## REFERENCES

Piyush Thakur                      Producer & Director  
Richard D'Angelo                Line Producer & Production Manager

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Email: [rda23@mac.com](mailto:rda23@mac.com)

# SEBASTIAN HOLST

Production Resume 1/8

YEAR – MONTH – TITLE – FORMAT – DIRECTOR – POSITION – COMMENTS

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2023 – September – “**Happy Anniversary**” – Short Film – Directed by **Stephanie Ruiz** – **Production Sound Mixer & Boom Operator.**

2023 – August – “**MALIN + GOETZ**” – Promotional Video – Directed by **Dillion Puswald** – **Production Sound Mixer & Boom Operator** – Client **MALIN + GOETZ.**

2023 – July – “**Bumble + Bumble**” – Educational Video – Directed by **Cody Rasmussen** – **Production Sound Mixer & Boom Operator** – Client **Bumble And Bumble.**

2023 – June – “**Outcast Forest**” – Short Film – Directed by **Frank Raudsepp** – **Production Sound Mixer & Boom Operator.**

2023 – June – “**BAI Communications**” – Corporate Video – Directed by **Christopher S Lind** – **Production Sound Mixer & Boom Operator** – Client **BAI Communications.**

2023 – May – “**Bumble + Bumble**” – Educational Video – Directed by **Cody Rasmussen** – **Production Sound Mixer & Boom Operator** – Client **Bumble And Bumble.**

2023 – April – “**The Sun and The Star**” – Promotional Video – Directed by **Brendan Choisnet** – **Production Sound Mixer & Boom Operator** – Client **Disney.**

2023 – February – “**The Magnetic Collective**” – Promotional Video – Directed by **Lana McClung** – **Production Sound Mixer & Boom Operator** – Client **Booking.com.**

2022 – December – “**Bumble + Bumble**” – Educational Video – Directed by **Cody Rasmussen** – **Production Sound Mixer & Boom Operator** – Client **Bumble And Bumble.**

2022 – December – “**ZEISS KOL DR SHAKIR SHOOT**” – Promotional Video – Directed by **Zeke Hawkins** – **Production Sound Mixer & Boom Operator** – Client **Dr. Omar Shakir.**

# SEBASTIAN HOLST

Production Resume 2/8

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2022 – September – “**Bumble + Bumble**” – Educational Video – Directed by **Cody Rasmussen** – **Production Sound Mixer & Boom Operator** – Client **Bumble And Bumble**.

2022 – August – “**Samsung X NFT**” – Promotional Video – Directed by **Sashank Sana** – **Production Sound Mixer & Boom Operator** – Client **Samsung**.

2022 – August – “**Fx The Bear – Liza Colon Zayasle**” – Promotional Video – Directed by **Maureen Timpa** – **Production Sound Mixer & Boom Operator** – Client **Fx**.

2022 – June – “**Bumble + Bumble**” – Educational Video – Directed by **Cody Rasmussen** – **Production Sound Mixer & Boom Operator** – Client **Bumble And Bumble**.

2022 – June – “**Step-Dog-Father**” – Short Film – Directed by **Eric Colton** – **Production Sound Mixer & Boom Operator**.

2022 – June – “**Wrong Side Up**” – Short Film – Directed by **Shubhangi Shekhar** – **Production Sound Mixer & Boom Operator**.

2022 – May – “**How To Live Your Best Death**” – Feature Film – Directed by **Rachel Helson** – **Production Sound Mixer & Boom Operator**.

2022 – April – “**Here On Out**” – Short Film – Directed by **Hannah Bisewski & Tara Elliott** – **Production Sound Mixer & Boom Operator**.

2022 – March – “**Gamer Fight (Smash XL)**” – Promotional Video – Directed by **Mitch Smith** – **Production Sound Mixer** – Client **NYXL**.

2022 – March – “**Definitely Something**” – Short Film – Directed by **Justin Andrew Davis** – **Production Sound Mixer & Boom Operator**.

# SEBASTIAN HOLST

Production Resume 3/8

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2022 – February – “**Novartist**” – Medical Promotional Video – Directed by **Alex Palomo** – **Production Sound Mixer & Boom Operator.**

2022 – January – “**Victor Versus The Metaverse**” – Short Film – Directed by **Delilah Napier & Lucy Powers** – **Production Sound Mixer & Boom Operator.**

2021 – December – “**Definitely Something**” – Short Film – Directed by **Justin Andrew Davis** – **Production Sound Mixer & Boom Operator.**

2021 – October – “**I Was Wrong**” – Short Film – Directed by **Tyler Cunningham** – **Production Sound Mixer & Boom Operator.**

2021 – October – “**Ghoul & Grub**” – TV – Directed by **Pete Ferriero** – **Production Sound Mixer & Boom Operator** – Pilot.

2021 – October – “**Carefront Inc**” – Short Film – Directed by **Karla Sammut** – **Production Sound Mixer & Boom Operator.**

2021 – September – “**At This Performance**” – Interview – Directed by **Pete Ferriero** – **Production Sound Mixer & Boom Operator.**

2021 – August – “**Powerfull Stuff**” – Short Film – Directed by **Justin Davis** – **Production Sound Mixer & Boom Operator.**

2021 – July – “**Shell Shocked**” – Short Film – Directed by **Paula Cajiao** – **Production Sound Mixer & Boom Operator.**

2021 – July – “**Soft Landings**” – Short Film – Directed by **Cameron Morton** – **Production Sound Mixer & Boom Operator.**

# SEBASTIAN HOLST

Production Resume 4/8

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2021 – June – “**Garbage Girl**” – Short Film – Directed by **Rebecka Nejderås** – **Production Sound Mixer & Boom Operator.**

2021 – June – “**Summoning Sylvia**” – Feature Film – Directed by **Alex Wyse & Wesley Taylor** – **Production Sound Mixer**– With **Travis Coles, Frankie Grande, Troy Iwata, Noah Ricketts, Nicholas Logan** and **Michael Urie.**

2021 – June – “**My Sister**” – Short Film – Directed by **Edan Heymann** – **Production Sound Mixer & Boom Operator.**

2021 – April – “**Untitled**” – Short Film – Directed by **Sydney Brianne** – **Production Sound Mixer & Boom Operator.**

2021 – March – “**Riot Games**” – Interview – Directed by **AJ Bleyer** – **Production Sound Mixer & Boom Operator** – Client **ESPN.**

2021 – February – “**The Call**” – Short Film – Directed by **Ryan Jafri** – **Production Sound Mixer & Boom Operator.**

2021 – February – “**Dear**” – Short Film – Directed by **Jonah Koplin** – **Production Sound Mixer & Boom Operator.**

2021 – January – “**Cherry Orchard**” – Short Film – Directed by **Igor Golyak** – **Production Sound Mixer & Boom Operator.**

2020 – December – “**VSKO 2021 CEO Adress**” – Promotional Video – Directed by **Micha Kinsbruner** – **Production Sound Mixer & Boom Operator** – Client **NICE.**

2020 – November – “**Dream Cycle**” – Short Film – Directed by **Sean Velasco-Dodge** – **Production Sound Mixer & Boom Operator.**

# SEBASTIAN HOLST

Production Resume 5/8

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2020 – November – “**Viral**” – Short Film – Directed by **Camille Casmier** and **Miles Blim** – **Production Sound Mixer & Boom Operator.**

2020 – October – “**Man-ifesting**” – Short Film – Directed by **Emily Cohn** – **Production Sound Mixer & Boom Operator.**

2020 – September – “**My African Love with Efia Odo**” – Reality TV – Directed by **Robert O. Peters** – **Production Sound Mixer & Boom Operator.**

2020 – September – “**Between The Lines**” – Short Film – Directed by **Nieves Garcia Perchin** – **Production Sound Mixer & Boom Operator.**

2020 – June – “**86 The Restaurants: New York**” – Documentary – Directed by **Peter Ferriero** – **Production Sound Mixer & Boom Operator.**

2020 – February/March – “**Basements & Bugbears**” – Short Film – Directed by **Dani Tenenbaum** – **Production Sound Mixer & Boom Operator.**

2020 – February – “**The Brands**” – TV – Directed by **Peter Ferriero** – **Production Sound Mixer & Boom Operator** – Pilot.

2020 – February – “**Talkspace With Alexa**” – Commercial – Directed by **Shahar Segal** – **Production Sound Mixer & Boom Operator** – Client **Talkspace & Amazon.**

2020 – January – “**Living Your Best Life Now**” – Commercial – Directed by **Matilda Montgomery** – **Production Sound Mixer & Boom Operator** – Client **Easy Spirit & Ambassadors.**

2020 – January – “**A Father’s Son**” – Short Film – Directed by **Patrick Chen** – **Production Sound Mixer & Boom Operator** – With **Tzi Ma** and **Ronny Chieng.**

# SEBASTIAN HOLST

Production Resume 6/8

YEAR – MONTH – TITLE – FORMAT – DIRECTOR – POSITION – COMMENTS

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2020 – January – “**Where To Now**” – Short Film – Directed by **Brady Bryson** – **Production**

**Sound Mixer & Boom Operator.**

2019 – December – “**A Father’s Son**” – Short Film – Directed by **Patrick Chen** – **Production**

**Sound Mixer & Boom Operator** – With **Tzi Ma** and **Ronny Chieng**

2019 – October – “**The Pill**” – Feature Film – Directed by **Franco Clarke** – **Production Sound Mixer &**

**Boom Operator.**

2019 – October – “**Señorita**” – Short Film – Directed by **Paula Cajiao** – **Production Sound Mixer & Boom**

**Operator.**

2019 – October – “**I Promise To Be True**” – TV – Directed by **Peter Ferriero** – **Production Sound Mixer**

**& Boom Operator** – Interview.

2019 – September – “**Mob Mentality**” – TV – Directed by **Isis Ambrosia** – **Production Sound Mixer &**

**Boom Operator** – Voice Over.

2019 – September – “**I Promise To Be True**” – TV – Directed by **Peter Ferriero** – **Production Sound**

**Mixer & Boom Operator** – Reenactment.

2019 – July/August – “**Sunny Side**” – Short Film – Directed by **Jihyun Shin** – **Production Sound Mixer &**

**Boom Operator** – Winner of **Sunnyside Short Film Festival 2019** and **Best Inspirational Film Florence**

**Film Awards 2019.**

2019 – July – “**The Witches of Bushwick**” – Short Film – Directed by **Catherine Delaloye & Joe Pardavilla**

– **Production Sound Mixer & Boom Operator.**

2019 – June – “**Stratosphere**” – Music Video – Directed by **Kwaz Fraser** – **Production Sound Mixer &**

**Boom Operator.**

# SEBASTIAN HOLST

Production Resume 7/8

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2019 – April – “**Art & The Cold War**” – Documentary – Directed by **Sandra Jõgeva** – **Production Sound Mixer & Boom Operator.**

2019 – March – “**Ramone**” – Short Film – Directed by **Alejandro Estrada** – **Production Sound Mixer & Boom Operator.**

2019 – February – “**Dari Ji Mi**” – Short Film – Directed by **Donald A Eferere** – **Sound Designer.**

2019 – February – “**The Broken and The Damned**” – Short Film – Directed by **Sebastian CB** – **Production Sound Mixer & Boom Operator.**

2019 – February – “**Guilt**” – Short Film – Directed by **Ellinor Skeppström** – **Production Sound Mixer & Boom Operator.**

2019 – February – “**Larry’s Penance**” – Short Film – Directed by **Loke Xin Xun** – **Production Sound Mixer & Boom Operator.**

2019 – January – “**Twisted**” – Short Film – Directed by **Kingy Wong** – **Production Sound Mixer & Boom Operator.**

2019 – January – “**In The Campfire Light**” – Short Film – Directed by **Samantha Michelle** – **Production Sound Mixer & Boom Operator** – With **Sarah Rich, Steven Brand, Alison Fraser Magee & Torsten Johnson**, Winner of **Best Narrative, Best Cinematography** and **Best Actress** at **Los Angeles Film Awards.**

2018 – December – “**Toms Dilemma**” – Short Film – Directed by **Loke Xin Xun** – **Production Sound Mixer & Boom Operator** – Reshoot.

2018 – December – “**Loosie Rouge**” – Short Film – Directed by **Ejiah Rouse** – **Production Sound Mixer & Boom Operator.**



# SEBASTIAN HOLST

Production Resume 8/8

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2018 – December – “**Life In Rewind**” – Short Film – Directed by **Jorge Abian** – **Production Sound Mixer & Boom Operator.**

2018 – October/November – “**The Fifth Boro**” – Feature Film – Directed by **Steve Stanulis** – **Production Sound Mixer & Boom Operator** – With **Tara Reid, Vincent Young, Steve Stanulis, James Russo & Artie Pasquale.**

2018 – October – “**I Do**” – Short Film – Directed by **Gianni McLaughlin** – **Production Sound Mixer & Boom Operator.**

2018 – September – “**Toms Dilemma**” – Short Film – Directed by **Loke Xin Xun** – **Production Sound Mixer & Boom Operator.**

2018 – September – “**Accu Scope**” – Promotional Video – Directed by **Richard D’Angelo** – **Production Sound Mixer & Boom Operator** – Client **Accu Scope Inc.**