

HELEN LAUREN

ACTOR/PRESENTER

CREDITS-SKILLS AND TRAINING

FILM/TV/THEATRE

2025

TITLE: The Post Office Murder ROLE: DC Blair PRODUCTION: Sky Tv Series

TITLE: Papa ROLE: Sarah PRODUCTION: Feature Film

TITLE: Fake Up ROLE: Writer PRODUCTION: Theatre

TITLE: Absent Too ROLE: Officer Nelson PRODUCTION: Short Film

2024

TITLE: Cream ROLE: Writer PRODUCTION: Theatre

TITLE: Things You Should Have Done ROLE: Dominatrix PRODUCTION: BBC 3 Series

2023

TITLE: Up In The Blue (Christopher Swann) ROLE: Mary VENUE: Drayton Arms Theatre

TITLE: Changing Ends ROLE: Teacher (Walk On) PRODUCTION: ITV Series

TITLE: Fake Up ROLE: Susie (lead) VENUE: Drayton Arms Theatre

2022

TITLE: Your(E) Trash ROLE: Mrs Johnson PRODUCTION: Short Film

TITLE: Ten Percent ROLE: Becca (Featured) PRODUCTION: TV Series: Amazon Prime

TITLE: Student #101 ROLE: Natasha (Lead) PRODUCTION: Short Film

TITLE: Leo 2 ROLE: Mel PRODUCTION: Feature Film

TITLE: Jeepers Creepers ROLE: Medic (Walk On) PRODUCTION: Feature Film

2021

TITLE: Dead Asleep ROLE: Helen PRODUCTION: Feature Film

TITLE: Forced ROLE: Della PRODUCTION: Feature Film

TITLE: Ava ROLE: Gill White PRODUCTION: Feature Film

TITLE: The Larkins ROLE: Hotel Receptionist (Featured) PRODUCTION: ITV1 TV

2020

TITLE: Virtually There ROLE: Mum PRODUCTION: VR Short Film DIRECTOR: Leon Armstrong

TITLE: A Tribute to Charlie Chaplin ROLE: Speaker PRODUCTION: Short Film

2019

TITLE: Double Fake ROLE: Megan Markle VENUE: Leicester Square Theatre

TITLE: Your Game Plan ROLE: Mum PRODUCTION: Short Film DIRECTOR: Louis Bradley

TITLE: Intelligence ROLE: Divorcee (Featured) PRODUCTION: Sky One TV Series

TITLE: Before I Die ROLE: Yvette (Featured) PRODUCTION: ID TV Series

TITLE: Good Cop Bad Cop ROLE: Karen PRODUCTION: BBC Pilot Comedy Sketch Show

TITLE: I'm Having Sex ROLE: Rebecca (lead) VENUE: Various T.I.E

2017

TITLE: Thee Recluse-Book of Damon ROLE: Sleep PRODUCTION: Feature Film

2012/2013

TITLE: Home Boy 1&2 ROLE: Jonelle PRODUCTION: Short Film DIRECTOR: Gary Haynes

2011

TITLE: Amina ROLE: Edith PRODUCTION: Feature Film PRODUCER: Wil Johnson

2010

TITLE: Dirty Money 2 Blood Money ROLE: Tash PRODUCTION: Feature Film

TITLE: Comedy Combat ROLE: Multiple PRODUCTION: BBC3 Pilot Comedy Sketch show

ONLINE

2025

TITLE: The Siren Club ROLE: Solicitor PRODUCTION: Vertical Drama

2023

TITLE: Truth ROLE: Rachel PRODUCTION: Web Series

2021

TITLE: Wayne and Wesley ROLE: Dina PRODUCTION: Online Comedy Skit Show

2020

TITLE: The Ashnikko Show ROLE: Music Manager&Therapist PRODUCTION: Sketch Show

COMMERCIALS/PRINT

2023

TITLE: Ford ROLE: Car Dealer PRODUCTION: Internal Europe Campaign

TITLE: Canon PX & G650 Campaign ROLE: Mum PRODUCTION: ISite

2022

TITLE: Walk A Mile ROLE: Lawyer PRODUCTION: Sexual Harassment Campaign

TITLE: Brooklands Museum Campaign ROLE: Mum PRODUCTION: Commercial

TITLE: SNP Nintendo ROLE: Mum (Featured) PRODUCTION: Commercial

TITLE: Gallantuim-Stress in the workplace ROLE: Yasmin Evans(Lead) PRODUCTION: Website

TITLE: Elixirr-BR Scene ROLE: Boardroom member(Walk-On) PRODUCTION: Commercial

TITLE: Whitbread ROLE: Business Women PRODUCTION TYPE: Internal Stills

TITLE: Tubbo-By The Sea Merch ROLE: Mum PRODUCTION TYPE: Comedy Infomercial

2021

TITLE: Scottish Widows 2021 Campaign ROLE: Restaurant Customer PRODUCTION TYPE: Stills

TITLE: Nestseekers International ROLE: Ruth PRODUCTION: Online Commercial/testimonial

TITLE: Sky Living 2021 Campaign/Idris Elba ROLE: Village People (Walk on) PRODUCTION: Sky Cinema TV advert

2020

TITLE: Samson Plab ROLE: Presenter PRODUCTION TYPE: Online Advert

VOICE OVER

2025

TITLE: The Cenentary Projects The White Dress and The Breeze TYPE: Online

TITLE: The Cenentary Projects What an Icon TYPE: Online

2023

TITLE: Permatology Campaign TYPE: Online Commercial

2020

TITLE: Otis International Anthem Campaign ROLE: Mum TYPE: Internal Campaign

TITLE: Leens International Academy ROLE: Narrator TYPE: Online Commercial

2019

TITLE: Leens International Academy ROLE: Narrator TYPE: Online Commercial

TITLE: J Academy ROLE: Narrator TYPE: Online Commercial

PRESENTING

2019

TITLE: Mostly Musicals 'How to become a theatre producer' Teddy Hayes TYPE: Webinar

TITLE: The Real Big Chat TYPE: YOU TUBE-Chat Show

ROLE PLAY

2025

COMPANY: Professional Role Players ROLE: Medical Simulation acting for Doctors

2024

COMPANY: Professional Role Players ROLE: Medical Simulation acting for Doctors.

COMPANY: Ielts Medical ROLE: Workshop Host/Tutor/Actor for Mental Health

COMPANY: Ielts Medical ROLE: Medical Simulation acting for Nurses.

2022/2023

COMPANY: Ielts Medical ROLE: Workshop Host/Tutor/Actor for Mental Health

COMPANY: Ielts Medical ROLE: Medical Simulation acting for Nurses.

2021

COMPANY: Ielts Medical ROLE: Medical Simulation acting for Nurses

COMPANY: Ielts Medical ROLE: Training Video's for Pharmacist

2018/2019/2020

COMPANY: Samson Plab ROLE: Medical Simulation acting for Doctors

COMPANY: Samson Plab ROLE: Training videos for Doctors

TRAINING

2017

NAME: AF Drama Course with Natasha Langridge TYPE: 10 Week Acting Course

2014

NAME: TV and Media Presenting Training Pinewood Studios TYPE: Presenting Course

2011/2012

NAME: The London Method Acting School TYPE: Part time Voice and Movement Course

2009/2010

NAME: The London Method Acting School PE: Full Time Acting Course

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2009

NAME: Independent Soap Directors Screen Training TYPE: Screen Training Workshop

OTHER

NAME: Mcquade School of Stage and dance. 10 years (From 5yrs old to 15yrs)

EDUCATION

B Tech National in Performing Arts – 2 Year Course

Barking Abbey Comprehensive School – GCSE’S Drama, Maths, English, Geography, Business Studies, Double Science

ACCENTS/LANGUAGES

- London
- Essex
- Cockney
- Kent
- RP
- Heightened RP
- General American
- Los Angeles
- New York
- Latino/South American/Mexican
- English Language – Advanced
- Italian Language – Basic/Intermediate

SKILLS

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| • Full Clean Driving License and Car | • Intermediate/advanced |
| • Dancing - Tap, Mordern, Jazz, Disco, General | • Intermediate |
| • Hand Modelling | • Intermediate |
| • Pilates | • Intermediate |
| • Yoga | • Intermediate |
| • Aerobics | • Basic |
| • Cycling | • Intermediate/Advanced |
| • Ice Skating | • Intermediate |
| • Horse Riding | • Basic |
| • Running | • Basic |
| • Weight Training | • Intermediate |
| • Swimming | • Intermediate |
| • Dressmaking | • Basic |
| • Sewing Machine | • Intermediate |
| • Pattern Cutting | • Intermediate |

