

# HELEN LAUREN

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*ACTOR/PRESENTER/VOICEOVER ARTIST*

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## CREDITS EXPERIENCE TRAINING AND SKILLS

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### FILM/TV

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**2021**

**Ava - Role: Gill White (Teacher) - Production : Feature Film**

**2020**

**Jeepers Creepers - Role: Medic (Featured Role) - Production: Feature Film**

**Forced - Role: Della - Production: Feature Film**

**A Tribute to Charlie Chaplin - Role: Speaker - Production: Short Film**

**Virtually There - Role: Mum - Production: VR Short Film**

**2019**

**Your Game Plan - Role: Mum - Production: Short Film/Online**

**Good Cop Bad Cop - Role: Karen (Good Cop) - Production: Comedy Sketch Show BBC Pilot**

**Intelligence - Role: Divorcee (Featured Role) - Production: Sky One Tv Series**

**Before I Die - Role: Yvette (American Witness) - Production: ID Channel Tv Series**

**2017**

**Thee Recluse - Role: Sleep (Latino Assassin) - Production: Feature Film**

**2012/2013**

**Home Boy Part 1 and 2 - Role: Jonelle - Production: Comedy Short Films**

**2011**

**Amina - Role: Edith - Production: Feature Film**

**2010**

**Comedy Combat - Role: Multiple - Production: Comedy Sketch Show BB3 Pilot**

**Dirty Money 2 (Blood Money) - Role: Tash - Production: Feature Film**

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### THEATRE

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**2019**

**Double Fake - Role: Megan Markle Lookalike - Leicester Square Theatre Show**

**I am Having Sex - Role: Rebecca - T.I.E**

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## COMMERCIALS/ONLINE

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**2021**

**Testimonial Commercial - Role: Ruth (Entrepreneur) - Nest Seekers International Estate Agency**  
Commercial - Role: Village People (Walk On ) - Sky Living 2021/Ildris Elba Campaign

**2020**

Sketch Show - Role: Music Manager and Therapist - Ashnikko Show  
Commercial - Role: Presenter - Samson Plab Medical Academy

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## VOICE OVER

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**2020**

Otis Anthem Campaign (Internal) - Role: Mum  
Leens International Academy (Online Commercial) - Role: Narrator

**2019**

Leens International Academy (Online Commercial) - Role: Narrator  
J Academy (Online Commercial) - Role: Narrator

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## PRESENTING

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**2019**

**Mostly Musicals 'How to become a theatrical producer - Webinar**  
The Real Big Chat - YouTube Show

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## ROLE PLAY

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**2021**

**Training Video - Role: Pharmacy Patient - Central London Medical Training Centre**

**2018/2019/2020**

**GMC Medical Mock Exams- Role: Patient/Nurse/Doctor/Family Member - Samson Plab Training**

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## OTHER

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**1997-2017**

**Casino Hostess - The London Victoria Casino**

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## TRAINING

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**2017**

**AF Drama Course - Natasha Langridge - 10 Week Course**

**2014**

**Pinewood Studios - Tv and Media Presenting Training**

**2011/2012**

**The London Method Acting School - Voice and Movement - Part Time**

**2009/2010**

**The London Method Acting School - Method Acting - Sam Rumbelow - Full Time**

**2009**

**Independent Soap Directors - Screen Training Workshop**

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## EDUCATION

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### **B Tech National in Performing Arts - 2 Years - Redbridge Technical College**

Barking Abbey Comprehensive School - Gcse's Drama, Maths, English, Geography, Science, Business Studies

Mcquades Theatre and School -10 Years

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## ACCENTS

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- **London**
- **Essex**
- **RP**
- **Cockney**
- **Kent**
- **Heightened RP**
- **Los Angeles**
- **New York**
- **Latino/Mexican/South American**

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## SKILLS

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- Full Clean UK Driving License and Car - Intermediate
- Dancing- Tap, Modern, Disco, General - Intermediate
- Pilates- Intermediate
- Yoga - Basic
- Cycling - Intermediate
- Aerobics - Intermediate
- Weight Training - Basic
- Hand Modelling - Intermediate
- Roller Skating - Basic
- Ice Skating - Basic
- Horse Riding - Basic
- Running - Intermediate
- Waitress - Intermediate
- Swimming - Basic
- Italian language - Intermediate