



Rosemary Gilmore

Press Kit

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ROSEMARY GILMORE

[IMDb](#)

[Actors Access](#)

Height: 5'4"
Weight: 190 lbs
Hair: Brown
Eyes: Brown

Helen Wells Agency
Sara Watkins
main: 317.843.5363
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TELEVISION

Snapped	Guest Star	OXYGEN • Dir. Robert Ivkovic
FILM		
Mirror, Mirror	Lead	Dir. Iye Coakley
Bell Witch	Lead	Dir. Brandon Batten
Stupid Baby	Lead	Dir. Ashleigh Hudson
A Good Egg	Lead	Dir. Meghana Singh
PB&J	Lead	Dir. Meghana Singh
Runaway Love	Lead	Dir. Hakim Chenault
1-800-333-4357 HELP!	Supporting Lead	Dir. Ebone Wallington-Gramblin
Stuck on Screen	Supporting Lead	Dir. Grey Gurell
Gon Learn Today	Supporting	Dir. Marisa DeVonish
9 Windows	Supporting	Dir. Lou Simon

THEATRE (SELECTED)

The Gifts of the Magi: A Musical	Della Dillingham	Academy Theatre
All My Sons	Ann Deever	Vivid Theatre Productions

TRAINING

Meisner Technique (Ongoing)	Erin Elizabeth Burns	E.E.B. Studios • Atlanta, GA
Scene Study	Clayton Landey	Alliance Theatre • Atlanta, GA
On-Camera Acting	Sharon Foote	Alliance Theatre • Atlanta, GA
On-Camera Acting	Lee Perkins	3rd Act Studio • Clearwater, FL
Advanced Audition Techniques	Harriet Bass	Alliance Theatre • Atlanta, GA
Vocal Technique	Julia Johnson	The Atlanta Institute for Musical Theatre
Musical Theatre Dance	David Rossetti	The Atlanta Institute for Musical Theatre
B.A. Theatre		University of South Florida • Tampa, FL

SKILLS

Valid U.S. Driver's License & Passport
Solo & choral singer (Mezzo), a capella, improv, ukulele (proficient), handgun training (pistol - proficient), puppetry (hand & rod), sourdough enthusiast
DIALECTS: American Southern, New York, Valley Girl, British, French



Rosemary Gilmore attended performing arts school through middle and high school and went on to pursue a theatre degree from the University of South Florida. After graduating, Rosemary started working in professional theatre throughout the Tampa Bay Area.

She has played a variety of roles, including:

- a **young, ambitious entrepreneur** whose business is at risk of collapse in the drama film *PB&J*
- a **confident** and **determined actress** who fights for her dreams of fame and fortune before an audition in the comedy film *1-800-333-4357 HELP!*
- a **young, struggling mother** seeking revenge against her mother and stepfather in the TV series *Snapped*
- an **innocent college student** kidnapped by a serial killer in the horror film *9 Windows*

Rosemary owns a small business with her husband, where they offer pool equipment repair and installation services. She enjoys writing, traveling, cooking, hiking, and spending time with her husband, their daughter, and their English Bulldog!





"Rosemary delivered an exceptional performance as the victim in *9 Windows*. Her ability to tap into the emotional vulnerability and terror of the character was remarkable and elevated the entire scene. She was fully prepared and worked seamlessly with the cast and crew to create an intense moment in the film. It was truly a pleasure to have Rosemary on set."

-Lou Simon

WRITER/DIRECTOR/PRODUCER
9 WINDOWS



"Rosemary is a workhorse! Quick. Efficient. Prepared. She was able to come to set on short notice with a fully realized character, make bold choices, pivot when scenes had to be rewritten on the fly, and improvise for long scenes involving very intense emotions. Casting her was a no-brainer, and we are excited to have her on set again.

-Hunter Christian

*PRODUCER
BELL WITCH*



"Rosemary Gilmore is an excellent collaborator who exudes professionalism. There were a lot of moving pieces on this set, and Rosemary rolled with the unexpected surprises that came our way with incredible grace. She helped champion her character's arc, was able to juggle multiple hats, and brought range to a tricky role. Rosemary truly helped bring our vision of the film to life.

-Meghana Singh

*DIRECTOR/PRODUCER
PB&J*



"A *Good Egg* was born out of a collaboration between Rosemary Gilmore and me. We wanted to make a film that reflected the nuances of imposter syndrome as an artist and how it can bleed into all aspects of life. From script to set to beyond, Rosemary helped shape the character of Daisy. Her role as an actor helped us have complex discussions that influenced all aspects of the film, from story to props to costumes. Rosemary has a bright future, not only as an actor, but as a producer."

**-Meghana
Singh**

**WRITER/DIRECTOR/PRODUCER
A GOOD EGG**



"Rosemary Gilmore has exceeded my expectations as the Supporting Lead for *1-800-333-4357 HELP!* Her fun and friendly personality brought joy to set while building a great chemistry with the Lead of the film. She was always able to snap in and out of character at any time. From her audition to on set, there was nothing but the best!"

**-Ebony Wallington-
Gramblin**

**WRITER/DIRECTOR/PRODUCER
1-800-333-4357 HELP!**



Review: Vivid
Theatre Productions
Presents Arthur
Miller's ALL MY SONS
at the JCC

"Rosemary Gilmore has marvelously expressive eyes and she pulls off one of the most difficult things for a performer to do onstage--be an active listener. You see all of the pain, the questions, the confusion, in her facial expressions."

-Peter Nason

BROADWAY WORLD



GET SCENE UNSCRIPTED: Why You Should Build a Business That Fuels Your Acting Career

Actor and entrepreneur Rosemary Gilmore joins Jesse Malinowski to share how starting a pool company with her husband completely changed her life — both financially and creatively. This episode is all about the real side of pursuing your dreams while keeping stability and purpose. Rosemary breaks down how she went from waiting tables to running a thriving business that actually gives her more energy and freedom to act. They dive into:

- 👛 How actors can create businesses that serve their careers
 - 💡 The surprising lessons she learned from customer service
 - 🧠 Why your side hustle should give you energy — not drain it
 - ❤️ How working with her husband made their marriage stronger
 - 🎬 The mindset shift from “I can’t” to “I’m going to figure it out”
- Rosemary proves that success doesn’t mean giving up your art — it means building a life that supports it.

[LISTEN ON
YOUTUBE](#)



SHOW BIZ POD EP 9: The Practical Business that Let Me Quit My Job (& Keep Acting) Ft. Rosemary Gilmore

In this episode, Carissa and Emma Claire chat with ATL-based film actor and entrepreneur Rosemary Gilmore about how launching a pool service business in Atlanta alongside her husband gave her the freedom and flexibility to pursue film acting on her own terms. From taking the leap into entrepreneurship with zero experience to navigating creative life with a business owner mindset, this episode is full of grounded advice for any creative looking to jump into the pool of starting their own business.

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The Laurel Independent

VOL. 4 NO. 7 JULY 2025 LAUREL'S COMMUNITY NEWSPAPER

A Q&A with Rosemary Gilmore Former Laurel resident credits childhood experiences

Posted on: July 17, 2025

By LILLIAN GLAROS

Rosemary Gilmore spent her first 11 years in Laurel. Now 27, she resides in Atlanta, where she is an actress and a producer with Good Ghost Productions, which she helped Meghana Singh, her childhood friend from Laurel, create. Their first film, "A Good Egg," is scheduled for release this fall. Gilmore also owns a pool equipment repair and installation business with her husband.

Q: What made you want to become an actress?

A: My family has such a love for music and the arts and performance, they were always taking me to those opportunities growing up. My grandmother and my parents, they would take me to go see shows, and I just remember thinking about how I wanted to be up there doing what [the actors] were doing.

Q: Would you say that you represent Laurel in the work you do?

A: Whenever people ask me 'where are you from?', I always say first that I was born and raised in Laurel, Maryland, and I think that I definitely represent the community based off of the connections that I made, and because I had such positive experiences with the people in Laurel and with the arts as well. I mean, I think that really made me who I am today, and I try to carry that with me through everything that I do.



[READ THE
FULL ARTICLE](#)

LOCAL STORIES

JUNE 25, 2026

Meet Rosemary Gilmore of Atlanta

Today we'd like to introduce you to Rosemary Gilmore.

Hi Rosemary, thanks for sharing your story with us. To start, maybe you can tell our readers some of your backstory.

I fell in love with storytelling at a very early age. My grandmother worked in New York City, and she would take me on trips to see Broadway musicals. All I ever wanted to do was escape into the world on stage. My love for acting blossomed in school and at summer camp, and I couldn't imagine doing anything other than that for the rest of my life. While my love began in theatre, I started pursuing film in my professional career and my love expanded to both mediums. I've lived in Atlanta for about four years with my husband, and moving here was one of the best decisions we ever made. I've been able to pursue my passions, run a successful business full-time, and start our family. We are expecting our first daughter this summer, and while pregnant, I acted in five different films where I played lead and supporting roles. It's important to me that I set an example for my daughter that she can do anything she sets her mind to, and I hope to inspire other women in my position that they can do it, too.

Can you talk to us a bit about the challenges and lessons you've learned along the way. Looking back would you say it's been easy or smooth in retrospect?

Life always comes with its challenges. One of my biggest struggles was believing in myself and that I was worthy of a successful career in entertainment. It's easy to listen to negativity, because it gives us a reason to give up, and it feels easier to not try at all. Not trying only protects you from failure, but our failures are what allow us to learn and are an inevitable step on the road of success. I had to remind myself that there will always be a reason to not do something, the trick is remembering that there is always a way around the roadblocks. Keeping a positive, healthy mindset is what gets me through any of the struggles that may come my way. It took me a while to feel comfortable starting a family while also pursuing an acting career. I was afraid people would judge me for it, or that motherhood would cause me to fail as an actor. What I didn't realize was how in control I am of my destiny. I realized the only way that I can fail is if I give up, and I don't have to listen to the negativity. Motherhood has already made me a better actor and a better person. I feel like I understand humanity in way that I never have before, and I can't wait to bring my real-life experience to my future characters.



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What's New

OCTOBER

- Created a Spec Commercial for GRACO BABY showing a new mom who is able to enjoy working from home with her baby, thanks to Graco.

SEPTEMBER

- Back to auditioning after maternity leave from having her first baby girl!
- Modeled in a Lifestyle/Editorial photoshoot.



Contact



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[LINK TREE](#)