

Helen Laurens

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Email: helenlaurens@hotmail.com

Height: 5'6

Weight: 123

Hair: Brown

Eyes: Green



TV

Outlander, Annika, Mayflies, River City, Loss & Return

Supporting Artist

Theatre

A Streetcar Named Desire	Blanche	The S.P.A.C.E	Morgan Pringle
Road	Louise	Websters Theatre	Evelyn Wallace
Widows	Sofia	Cottiers Theatre	Susan Campbell
DNA	Leah	Websters Theatre	Una McDade
The House of Bernarda Alba	Bernadette	East Kilbride Arts Centre	Susan Campbell
The Crucible	Tituba	Cottiers Theatre	Evelyn Wallace
Romeo & Juliet	Lady Capulet	The S.P.A.C.E	Gavin Sinclair
Closer	Alice	East Kilbride Arts Centre	Susan Campbell
Once a Catholic	Mary Mooney	Cottiers Theatre	Una McDade
Trojan Barbie	Andromache	The Arches Theatre	Evelyn Wallace
Much Ado About Nothing	Antonia	The S.P.A.C.E	James McLaughlan
Find Me	Verity	West College Scotland	Leon Hey
Yerma	La Vieja	West College Scotland	James Mclaughlan
The Princess and the Frog	Doctor Facilier	The Arches Theatre	Leon Hey
Murphy's Birthday	Marlene	The S.P.A.C.E	Rico Piacentini

Training

HND Acting & Performance, Reid Kerr Academy of Creative Arts

Audition Techniques	Scott Cooper	Talent INC. UK
Acting for the Camera	Beth Whitehead	Talent INC. UK
Casting Director Perspective	Kim Hurdon	Kim Hurdon Casting of Toronto
Breaking into the BIZ	Jenna Winner	Judy Boals INC. of New York
Booking Jobs	Arthur Massei	Talent INK of New York & Los Angeles

Skills

Dialects/Accents: American, English, Scottish, Russian

Languages: English, Latvian, Russian

Sports: Football, skiing, swimming, running

Other: Cooking, professional bartending