



LENA M. SAKALLA

actress

- 📍 @meetcoachlena
- ✉ lenasakalla@gmail.com
- 🌐 www.lenasakalla.com
- 📍 Barcelona, Spain

EDUCATION

**BFA Musical Theatre
BA Arts Administration**
University of West Florida
2016 - 2020

**Grado Superior de técnicas de
actuación teatral del curso**
Escola D'Arts Escèniques De Manresa
2021 - 2022

TRAINING

The Acting Studio Summer Acting
Conservatory | NYC
Meisner Technique with James Price

EAEM | BCN
**Lecoq Technique, Clown, & Voice with
Marc Antoine Picard**

Frank Stein Studio | BCN
Film & TV with Luci Lennox & Mike Cater

Royal Dance Center | BCN
Salsa & Bachata with Juliene Carrel

SKILLS

- Languages: English (Native), Spanish (Intermediate), Catalan (Basic)
- Singing (Jazz/Blues, Musical Theatre)
- Driver's license | Passport | EU Residency
- Basic stage combat
- Makes excellent quinoa

ABOUT ME

Lena is an internationally trained actress, director, acting coach, & writer. Originally from Florida, she is now based in Barcelona. Lena gravitates towards the outspoken mover & shaker, witty empath, & goofy romantic. She most recently starred in the sci-fi feature film, "Art e Fact" alongside Andrea Tivadar and translated into Catalan, directed, & starred in "The Revolution's Promise" from Palestine's The Freedom Theatre. A world traveler and trilingual in the works, Lena is passionate about telling stories that empower those unheard, entertain, and incite revelations.

FILM

- "Art e Fact" Supporting | Syncandi Productions | Dir. Robert Iolini
- "A Gaze of a Woman" Supporting | Dir. Jasmine Pérez
- "Los Secretos de Emily" Lead | Dir. Nil Rvmos
- "Heart of the Forest" Lead | Dir. Cody Graffius

INTERNATIONAL THEATRE

- "La Promesa de La Revolució" Lead | La Kursaal, BCN | Dir. Lena Sakalla & Cris Sorokin
- "Culpable" Supporting | La Kursaal, BCN | Dir. Albert Ruiz Sáez
- "Revolta de Bruixes" Supporting | La Kursaal, BCN | Dir. Jofre Borràs
- "El Camp" Minor | La Kursaal, BCN | Dir. Mar Casas & Meritxell Calvo

REGIONAL THEATRE

- "A Christmas Carol" Supporting | Hippodrome Regional Theatre | Dir. Laura Shatkus
- "Into the Breeches" Supporting | Pen Arts, Co. | Dir. Christie Kellogg
- "The Wind in the Willows" Supporting | Emerald Coast Theatre Co. | Dir. Marci J. Duncan
- "The Tempest" Lead | Acrosstown Rep. Theatre | Dir. Andrea Young
- "Silent Sky" Lead | Cen. Fine & Performing Arts | Dir. Marci J. Duncan
- "Antigone" Supporting | Cen. Fine & Performing Arts | Dir. Victoria O'Dell
- "The School for Scandal" Supporting | Cen. Fine & Performing Arts | Dir. Marci J. Duncan
- "The Little Mermaid" Supporting | Cen. Fine & Performing Arts | Dir. Sara Schoch

