

HEIGHT: 172cm
HAIR: brown
EYES: brown



BACKGROUND

Helena trained as an actor in New Zealand and has gone on to work in theatre, television and as a voice-over artist, in projects based in New Zealand and the UK. She completed an MA in Actor Training and Coaching at Central School of Speech and Drama in London, graduating with distinction. Industry experience in London includes working as an agent's assistant, freelancing as a casting assistant, voice coaching on professional productions, performing in fringe and off-West End productions and the running of a small training theatre company. She has taught acting technique and voice in the UK and NZ at institutions including Arts Educational Schools, Central School of Speech and Drama, University of Northampton and Unitec as well as teaching on the youth theatre programme at Arcola Theatre in London.

AWARDS

2003 - Best Newcomer - Wellington Fringe Festival

YEAR	PRODUCTION	ROLE	COMPANY/VENUE	DIRECTOR
TELEVISION				
2003	SHORTLAND STREET	Melinda Matthews	South Pacific Pictures	Various
SHORT FILM				
2021	THE CRIMSON FAIRY BOOK	Mary Kembel	Albedo Ltd	Peter McCully
2020	BREATHE	Helen	Little Wolf LTD	Stephen Kang
THEATRE				
2011	THE GAME	Actor	Stour Space	Ensemble
2010	LULU	Actor	Headlong/Gate Theatre	Anna Ledwich
2010	SCRATCH	Actor	Battersea Arts	Anna Ledwich
2009	THE GAME	Actor	Stour Space	Ensemble
2008	HARDY TREE EXPERIMENT	Actor	Off The Cuff Theatre	Ensemble
2007	POET NO. 7	Actor	Dublin Fringe Festival	Anna Ledwich
2003	UNDINE	Actor	Theatre Noir	Mark Ingram
2003	THE FELINITY OF WENDEL	Actor	Theatre Noir	Mark Ingram
2002	THE COUNTRY WIFE	Actor	A Lethal Set	Heath Jones
2001	ORPHEUS DESCENDING	Lady	Unitec	Michelle Hine
OTHER				
2010	SOUTHWARD MYSTERIES	Acting Coach	Southwark Cathedral	Sarah Davey
2007	LOVELY AND MISFIT	Dialect & Voice Coach	Trafalgar Studios, West End	Anna Ledwich
2006	GBS	Dialect & Voice Coach	The Latchmere Theatre 503	Anna Ledwich

RELEVANT SKILLS

DANCE: Basic contemporary

SPORT: Basic yoga

SINGING: Alto/2nd Soprano. Belt/Music Theatre

ACCENTS: Australian, Estuary English, RP, Standard US.