

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

DOFT	ROLLOVER	PRODUCT	ROLE	TERRITORY	COMPANY/VENUE	DIRECTOR
04 / 2021		KFC	Postie	New Zealand	Film 360	Josh Frizzell

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.