

Helena Frances

helenafrancesdreyer@gmail.com

Film & Television

MAGICKY	Onyx	Dir. Mary Glen Fredrick
Things We Said Today	Rita	Dir. Andrei Ujica
Sisyphus	Mazy	Dir. Benjamin Morang/Matthew Carpenito
Femenino, Masculino	Her	Dir. Liam Aguilera Kelly

Theater

Dimes Square (World Premiere)	Ashley	Writ. Matthew Gasda
Do You Feel Anger?	Eva	Dir. Kareem Fahmy
Zoomers (World Premiere)	Ella	Brooklyn Center for Theatre Research
Taming of The Shrew	Lucentio	Children's Theatre of Charlotte
That Paradise Place	Clown/Puppeteer/Dancer	Pussypaws Puppetry at Abrons Art Center
Pulp Vérité (Virtual Reading)	Lesley	Dir. Kareem Fahmy Writ. Crystal Skillman
A Midsummer Night's Dream	Puck	Children's Theatre of Charlotte
The Philadelphia Story	Dinah	Dir. Tonya Bludsworth

Training

Pace University: BFA Acting for Film, Television, Voice-Overs and Commercials

Acting: Shannon Marie Sullivan, Nidra Sous la Terre, Will Cobbs

On-Camera+Audition Technique: Maria Hubbard

Improv+Comedy: Holly Mandel, Neil D'Astolfo

Clown: Carter Gill

Voice: Dianna Cortez, Colleen Gleason

Movement: Brenna Palughi, Brendan McCall

Voiceover: Dawn Manetta, Eileen Schellhorn, Diana Lote

Alexander Technique: Rebecca Tuffey

Lucid Body House: Home of the Physical Actor

Lucid Body Basics 1+2: Prather Rehm

Berlin Intensive: Sophie Löschburg

Special Skills

Valid US Passport, Valid Driver's License, Recommended Pass in Unarmed Stage Combat, Beginner Bouldering, Intense Stare, General Charismatic Dorkiness, can work locally in NYC and as ATL, SC, or NC local hire