



LAUREN CESENA

Location: St Albans, Hertfordshire

Playing Age: 20 – 30

Height: 152cm

Hair Colour: Light red

Eye colour: Brown

Hair Length: Long

Training

2021– London Actors Workshop: Acting for Film & TV

2020 – Thinking Actors: Understanding Meisner

2018 – Trestle Arts Base: Mask Theatre

2014-17 – Royal Central School of Speech and Drama: BA (Hons) Drama, Applied Theatre and Education

2012-14 – Speaking Works, St Albans: LAMDA Acting Silver and Gold Medals

Skills

Languages: English (native)

Performance: Improvisation, Mask Theatre

Music & Dance: Pole dancing

Sports: Weight training and pole fitness

Other: Public Speaking and actor coaching, directing, English language tuition, TEFL, playwriting.

For further details of any of our actors please contact: info@londonactorsworkshop.co.uk
www.londonactorsworkshop.co.uk London's Leading Weekend Acting Workshop