



Lauren Porteous

Hair Brown - Light
Eyes Hazel
Height 5'2" / 158 cm

TELEVISION

- 2017** **Dear Murderer, 'Lillian Carlin'**
Screentime, Dir: Various
- 2015** **Step Dave, 'Helen'**
South Pacific Pictures, Dir: Various
- 2010** **A Night at the Classic, 'Bridesmaid'**
Two Heads TV Production, Dir: Josh Thomson
- 2009** **Legend of the Seeker, 'Nella Greenleaf'**
ABC Studios, Dir: Various
- 2009** **The Cult, 'Aussie Woman'**
Great Southern Television, Dir: Peter Burger
- 2002** **Being Eve, 'Chrissy'**
South Pacific Pictures, Dir: Peter Salmon
- 2002** **Mercy Peak, 'Biddy Peach'**
South Pacific Pictures, Dir: Simon Bennet & Geoff Cawthorne
- 2001** **Shortland Street, 'Virginia Thorley'**
South Pacific Pictures, Dir: Various
- 2000** **Citizen Jane, 'Stephanie'**
TV3
- 2000** **Street Legal, 'Talia'**
Screenworks, Dir: Chris Bailey
- 2000** **Shortland Street, 'Sarah-Jane Ross'**
South Pacific Pictures

THEATRE

- 2010** **Find Me, 'Verity Taylor'**
Bang & Nuance Prod, Dir: Carmel Steff
- 2009** **Bollocks, 'Mary'**
The Cult, Dir: Daniel Cowley
- 1992** **Macbeth, 'Witch | Daughter'**
Herald Theatre, Dir: Michael Hurst

MUSICAL THEATRE

- 2011** **Poor Boy, 'Sadie'**
Auckland Theatre Company, Dir: Raymond Hawthorne

SHORT FILM

2022 **Heart to Heart, 'Jil'**
Detour Picture House, Dir: Lauren Porteous

TELEVISION COMMERCIALS

2023 **Fresh Choice**
NZ

TRAINING

2000 **Neighbourhood Playhouse - New York City, USA**
with Richard Pinter

00-15 **Meisner Technique**
with Michael Saccente

SKILLS

- Aerobics
- Dancer
- Ballet Dancer
- Contemporary Dancer
- Jazz Dancing
- Director
- Full Licence
- Gymnastics
- Horse Riding
- Martial Arts
- Guitar
- Piano
- Skiing
- Singer
- Alto
- Soccer
- Stage Combat Training
- Tennis
- Theatre Sports
- Voice Artist
- Writer
- Yoga

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