

Lauren Sowa

AEA / SAG-AFTRA
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TELEVISION

FBI	Co-star	CBS	Alex Chapple
THE PLOT AGAINST AMERICA	Co-star	HBO	Tommy Schlamme

FILM

TERRIFIER 3	Day Player	Peacock	Damien Leone
PARIS IS IN HARLEM	Supporting	Tubi	Christina Kallas
THE RAINBOW EXPERIMENT	Supporting	Amazon Prime	Christina Kallas
THE DEVIL'S WELL	Lead	Amazon Prime	Kurtis Spieler
42 SECONDS OF HAPPINESS	Lead	Apple TV	Christina Kallas

NEW YORK / REGIONAL THEATRE

Cry it Out	Jessie	Divine Riot	Cassidy Layton
The Importance of Being Earnest	Gwendolen Fairfax	Walnut Street Theatre	Bob Carlton
Private Lives	Sibyl	Walnut Street Theatre	Bob Carlton
Noises Off	Poppy	Walnut Street Theatre	Frank Anzalone
Harvey	Nurse Kelly	Walnut Street Theatre	Bob Carlton
Othello (<i>w/ Forrest McClendon</i>)	Desdemona	Philadelphia Shakes Theatre	Carmen Kahn
All's Well That Ends Well	Diana	Alabama Shakespeare Fest.	Geoffrey Sherman
Emma	Emma	Lantern Theater Company	Kathryn MacMillan
The 39 Steps	Woman	Surflight Theatre	Toby Shaw
Red Velvet	Ellen Tree	Lantern Theater Company	Peter DeLaurier
Cymbeline	Imogen	Opera House Arts	Julia Whitworth
Much Ado About Nothing	Hero	Philadelphia Shakes Theatre	Domenick Scudera
Hamlet	Player Queen	Alabama Shakespeare Fest.	Geoffrey Sherman
Romeo and Juliet	Juliet	North Carolina Shakes Fest.	Steve Umberger

TRAINING

NYU's Tisch School of the Arts, BFA, Drama
On-going Scene Study: Karl Bury
On-going On Camera: Bob Krakower
Improv: Upright Citizens Brigade - Level 101-401, Advanced Study

SKILLS

15+ years dance training; Singer (Soprano);
Ukulele (Beginner); Piano (Beginner); NY Driver's
License; Comfortable with Accents & Dialects: British
RP, Irish, Soft-R Southern, NY, NJ, Polish