

Lauren Sowa

AEA / SAG-AFTRA
www.laurensowa.com



TELEVISION

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

FILM

PARIS IS IN HARLEM	Supporting	Slamdance Film Festival '22	Christina Kallas
THE RAINBOW EXPERIMENT	Supporting	Paramount+	Christina Kallas
THE DEVIL'S WELL	Lead	Amazon Prime	Kurtis Spieler
42 SECONDS OF HAPPINESS	Lead	Tubi	Christina Kallas

REGIONAL THEATRE

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

