

Abbie Bela

(Equity UK-00469728)

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Height: 5'4

Weight: 147 lbs

Eye color: blue-grey

Hair color: blonde



Agent: AP Talent Management

Agent contact: info@aptalentmanagement.co.uk/+44 7828164621

FILM/TV

<i>Full Bodied (pre--prod.)</i>	Supporting	Dir., Steve Exeter	Full Bodied Productions '21
<i>Hidden Truth</i>	Co-star	Dir., Teresa Kotlarczyk	TVN '18

WEB SERIES & NEW MEDIA

<i>Abbie Bela's Actress Diary</i>	Regular	Dir., Abbie Bela	New media/online series '21
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SHORT FILM

<i>Big Spoon</i>	Lead	Dir., Mark Westbrook	ACS (as student) '19
<i>Good Cop Bad Cop</i>	Lead	Dir., Nick J. Field	ACS (as student) '19

THEATER

<i>Chaika: First Woman in Space</i>	Valentina Tereshkova	Dir., Luke Kernaghan	ACS/Edinburgh Fringe (as student) '19
<i>Lunchtime</i>	Angela	Dir., Nick J. Field	ACS/Glasgow (as student) '19
<i>The Director</i>	The AD	Dir., Sean Wellington	Casa Blanca/Buenos Aires '14

EDUCATION & TRAINING

Comedy Improv (Feb 21- ongoing), The Groundlings Theatre and School LA
Method Acting (4 weeks/Oct 2020), Lee Strasberg Theatre and Film Institute LA
Diploma in Acting for Stage and Screen (2019/1 year), Acting Coach Scotland (ACS) Glasgow
Acting Coach: Dig Wayne, Lee Strasberg Theatre and Film Institute LA

SKILLS

General: Improv, comedy, storytelling, interactive theater, performance art, elements of stage combat (unarmed).
Accents: RP, Eastern European, Russian, General American (native).
Languages: English (native), Polish (native), Spanish (beginner).
Additional: Psychology BSc, ESL teacher.