

Lauren Allen

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Film and TV Roles

<u>Title</u>	<u>Title</u>	<u>Company</u>
Whitney Meyer	See No Evil S10 Ep 13	SNE Productions
Sandy	Hillary Ruins the Holidays	Rose Digital Media Group and Paradigm Studios
Bilingual Receptionist	Offering Bilingual Services	University of Ottawa and the Canadian Alliance of Nurse Educators
Young Jackie (uncredited)	Paris Paris S2 Opening Titles	Zazie Films

Theatrical Lead Roles

<u>Title</u>	<u>Title</u>	<u>Company</u>
Rose	Burn Rubber, Dolly	The Lyric Theatre
Mary	In Ireland We Rented a Car from Criminals	Dumb Ax Productions
Mom	The Born-Again Crow	THUGWork/Live Five Theatre
Kez	Homeward Bound	Loline Stage and Film
Kate	Dry Streak	Souris Valley Theatre Inc.
Marie-Philippe	Dominion	Indigenous Performing Arts Alliance and The Saskatchewan Playwrights' Guild
Turtle, Mole, and Others	A Year with Frog and Toad	RuBarb Productions
Sophie	Zidlar and Sophie	Saskatoon Salsa Dance Company
Frances Morrison	Pages	Saskatoon Public Library
Petra	A Little Night Music	Grant MacEwan University
Norah	30/30	Shadow Players
Karen and Ensemble	Waking	Kinsmen Young Company
Berthe	Berthe et Lolo	La Troupe du Jour
Sunna	Unity 1918	La Troupe du Jour

Performance Training

<u>Instructor</u>	<u>Instructor</u>	<u>Company</u>
Foundations	Daniel Baumander	LB Acting Studio
On Camera Acting	John Boylan	Centre for the Arts
Emotionally Integrated Voice Work	Fides Krucker	Fides Krucker
How to Present and Facilitate Online	Nikki Shaffeeullah	Professional Association of Canadian Theatres
The Volcano Theatre Conservatory 2020	Marjorie Chan and Andrea Naan	Volcano Theatre
Les Bases du Baroque (Baroque Basics)	Charles DiMeglio	La Compagnie Oghma
Impro (Improv)	Ben Rajca	Ben Rajca

Shakespeare Traitionel (Traditional Shakespeare)	Marceau Deschamps-Segura	Merely Players
Formation Burlesque (Burlesque Training)	Émilie Loisson	Olala Party
Clown Workshop	Jed Tomlinson and Kenn McLeod	Dancing Sky Theatre
Devised Theatre Compass Points Program 2015 and 2016	Eric Rose Jillian Keily, Nicholas Walsh, Erika Batdorf, Jennifer Brewin, Ingrid Hansen, Emily Pearlman	Globe Theatre The Magnetic North Theatre Festival
Viewpoints Winter Voice Intensive Proprioceptive Practice Shakespeare and the Actor Comedia Dell'Arte Various Audition Workshops	Christopher Manousous Kennedy Cathy McKinnon Judith Koltai Skye Brandon Marie-Claire Marcotte Philip Adams, Tom Bentley- Fisher, Del Surjik	Persephone Theatre Sum Theatre Saskatoon Sum Theatre Saskatoon Persephone Theatre La Troupe du Jour Independent, Persephone Theatre
Theatre Arts Diploma	Jim Guedo, Jennifer Spencer, Farren Timoteo, Shannon Boyle, Ryan Parker, Jan Henderson, Marianne Copithorne, Kate Ryan	Grant MacEwan University
Conservatory	Will Brooks, Carol Greyeyes, Chip Chuipka	Kinsmen Young Company
<u>Voice Training</u> Singing Lessons	<u>Instructor</u> Alyssa Billingsley, Diane Murray- Charrett, Deborah Buck, Julia Jamison	<u>Company</u> Independent
Singing Lessons	Janet Nichol, Ron Long, Kirsten Piehl, Shannon Hiebert	Grant MacEwan University
<u>Dance Training</u> Ballroom, Jazz, Ballet Tap Movement Musical Theatre	<u>Instructor</u> Jaqueline Pooke Cindy Kerr Dave Horak Jaclyn Young	<u>Company</u> Grant MacEwan University Grant MacEwan University Grant MacEwan University Brenda's School of Baton and Dance
Musical Theatre Musical Theatre	Michelle Garrecht Diane Okrainetz	Sask Express Saskatoon Youth Musical Theatre
Claquettes Intermediare (Intermediate Tap Dancing)	Martine Raveaux	Centre de Danse du Marais
<u>Awards</u> Best Actor Candice Beitel Memorial Award Evelyn Davis Scholarship	<u>For</u> Saskatoon Scene Slam Most improved in singing Most improved in dancing	<u>From</u> Audience Vote Grant MacEwan University Grant MacEwan University

Special Skills

- Burlesque instructor in Paris, France for 2 years
- Fluent French Speaker
- Singing range G3-Bb5
- 200+ days on set as a Script Supervisor
- Instruments: Euphonium (Intermediate), Piano (Beginner), Guitar (Beginner)
- Dance Styles: Tap (intermediate), Jazz (intermediate), Waltz (basic), Ballet (basic), Lyrical (basic)
- Workplace Certifications: Mental Health First Aid (MHFA Canada), Safe Sets International COVID-19, Worker and Supervisor Health and Safety Ontario, NABETiquette, Eliminating Sexual Harassment and Anti-Racism for Workplaces (Ryley Learning), WHMIS
- Non-Certified Workplace Training: Bystander Intervention, AODA (Accessibility for Ontarians with Disabilities Act) Overview and Health and Safety Overview (Randstad), Transgender and Non-Conforming Identities in Theatre, Anti-Oppression 101, Anti-Racist Theatre, Sexual Violence Awareness,