



## SARAH HEMPINSTALL

HEIGHT: 5'7"

WEIGHT: 124 lbs.

EYES: Blue

HAIR: Auburn

NON-UNION

Personal Manager | Agent: André Newell

416.780.2513 [andre@shortlistartists.com](mailto:andre@shortlistartists.com)

### FILM & TELEVISION

The Actor Who Couldn't Cry	Principal	Lonsdale-Smith & CO
Linger	Actor	APC
Feedback	Actor	Di Giovanni Productions
Motives and Murders	Principal	Cineflix Productions
Annabelle Falls	Lead	Furious Elation Productions
Courage of the Heart	Actor	Muse Entertainment
Family Biz	Actor	Muse Entertainment

### THEATRE

Annie	Miss Hannigan	OCCDSB
The Music Man	Pick-a-little Lady	OCCDSB
Joseph and the Amazing Technicolor Dream Coat	Narrator	OCCDSB

### COMMERICALS

List Available Upon Request

### TRAINING

On Camera Acting	Pro Actors Lab – John Gordon
Advanced Scene Study	Stephen Park (Lonsdale Smith Studios)
On Camera Audition Workshop	Stephen Park (Lonsdale Smith Studios)
Scene Study	Claudia Jurt (Lonsdale Smith Studios)
Acting Intensive	Michèle Lonsdale Smith (Toronto)
Acting Intensive	Michèle Lonsdale Smith (Los Angeles)
Acting Intensive	Michèle Lonsdale Smith (New York)
Acting Retreat	Michèle Lonsdale Smith (Jamaica)

### SPECIAL SKILLS & INTERESTS

Violin, Guitar, Singing, Messo Soprano, Basic French, Cheerleading, Cycling, Yoga (Bikram)