

HELEN HAYDEN

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FILM/TELEVISION

Awake	Principal	Netflix/Dir. Mark Raso
Mrs. America	Recurring	FX Productions
Jett	Guest Star	HBO/Cinemax
Fak Yaass	Recurring	OutTV
Cicada 3301	Actor	Alan Ritchson, Dir.
The Sight Of You	Lead	Helen Hayden, Dir.
Designated Survivor	Principal	ABC Studios
Brawlywood	Actor	Our House Media
The Ex	Supporting	Elvis Deane, Dir.
Women Not Permitted	Lead	Brad McDermott, Dir.
Knowing	Lead	Freddie Lau, Dir.
Recursion	Actor	Sam Buntrock, Dir.
Like Mike 2	Actor	20th Century Fox

THEATRE

The Winter's Tale	Emilia	Leroy St. Theatre
Waiting For The Parade	Eve	Glitter & Gold Prod.
The Seagull	Masha	Circle In The Square
A Midsummer's Night Dream	Helena	Circle In The Square
The Graduate	Elaine	Firehouse Productions

EDUCATION

Circle In The Square Theatre School - Acting Diploma
Vancouver Film School - Acting Diploma

TRAINING

Technique & Scene Study: Suzanne Bastien // Alan Langdon // Olivia Olsen // Lewis Baumander
Professional Stage Combat: BH Barry

SKILLS

British (RP & Cockney), Irish, Southern, French, Afrikaans, NY, NJ & Boston Dialects - Certified Yoga Teacher - Certified PADI Scuba Diver - Horseback Riding (Western) - Amateur Boxing & Muay Thai - Live Firearms Experience - Stunt/Fight Choreography Experience - Masque & Clown Training - Improv