

CARLY HELMS

She/Her

Height: 5'5"

Eyes: Brown

Hair: Light/Mid Brown

Voice: Mezzo Soprano



Eligible to work in the UK and US

Spotlight

LAMDA

Macbeth
Hellena/Moretta
Marianne
Duchess/Cariola
Aurora
Henry V/Boy
Juliet

Macbeth
The Rover
Tartuffe
The Duchess of Malfi
Punishment Without Revenge
Henry V
Romeo & Juliet

Nancy Meckler
Victoria Woodward
Francoise Walot
Colin Hurley
Jonathan Woolf
Oliver Birch
Simone Coxall

Professional Theatre, TV, Film & Radio

Janet Weiss
Oceania/Ensemble

The Rocky Horror Show
Angels in America Parts 1&2

Warehouse PAC
Queen City Concerts

Other

Narrator

"BE MEE" Series

UNCC Dept. of Psychology

SKILLS

Accents

American Southern Rhotic [native], General American, American Southern Non-rhotic, SSB, Heightened RP, Standard Irish

Driving

Full License [US]

Music

Singing, Clarinet, Mandolin [sheet music & tablature]

Sport

Snow Skiing, Wake-Boarding, Horseback [Western & Bareback]

Stage Combat

British Guild of Stage Combat Certifications: Level 1 Distinction with Star [Rapier & Dagger, Single-Sword and Hand to Hand], Level 3 Distinction Hutton Sabre, Level 3 Merit [18th Century Sabre]

TRAINING & AWARDS

LAMDA, MA Classical Acting for the Professional Theatre, 2023–2024
Stella Adler Summer Conservatory
UNC Charlotte, BA in Theatre, Musical Theatre Certificate