

SOPHIA TOSIN-TALABI

She/Her

Height: 5'5"

Eyes: Brown

Hair: Black

Voice: Mezzo-soprano [E3-C6]

Eligible to Work

UK



LAMDA

Laura
Tuzza
Juliet
Marina
Adela
A

Stars in the Morning Sky
Liola
Romeo and Juliet
Pericles
The House of Bernarda Alba
The Swell

Nicholai La Barrie
Dawn Walton OBE
Jennifer Tang
Richard Neale
Anna Barkan
Lucy Curtis

Professional Theatre, TV, Film & Radio

Tia
Ensemble
Dancer
Dancer
Party Guest
Tinima

The Assistant
Henry I
Look Sharp [Short Film]
Curfew [Short Film]
Dog Run [Short Film]
*TERRATory**

Amy Shelmerdine, Theatre 503
Hal Chambers, Reading Abbey Ruins
Daz Scott and Martha Harrison
Daz Scott
Lorna Nickson Brown
Steven Markusfeld, Edinburgh Fringe
Festival, *[Nominated for Best Individual
Performance by the Derek Awards]

SKILLS

Accents

Modern RP [native], MLE*, Glasgow, RP, American Southern States, General American*,
Nigerian, New York [Bronx], Jamaican, Australian
[*certified to a professional standard]

Dance

Aerobics, African-Contemporary, Ballet [Grade 8 Royal Academy of Dance, Merit], Commercial,
Contemporary [Berkshire County Dance Company Youth, 2013-2014], Dance Captain, Hip Hop,
Jazz, Modern, Musical Theatre, Tap

Driving

Manual Car Driving Licence

Music

A Cappella, Choral Singing, Singing [general], Piano [ABRSM Grade 4 – Merit, 2016]

Sport

Athletics [100m, 200m, hurdles, shotput, relay, pole vault and long jump, triple jump],
Badminton, Gymnastics, Horse-riding, Hurdles, Lacrosse, Netball, Table Tennis, Tennis, Weight
Training, Swimming

Stage Combat

Knife and Unarmed basic level [Distinction] [Academy of Performance Combat Exam]

TRAINING & AWARDS

LAMDA, MFA Professional Acting, 2024-2026

National Youth Theatre, Epic Stages Summer Course, 2024

Advanced Life Support [ALS], Resuscitation Council [UK / ERC / AHA], March 2024

University of Birmingham, MBChB Medicine, 2017-2022

Acting for Screen short course, 2018 [Instructor: Lorna Nickson Brown]

Summer acting course, Drama Studio London, 2017

Trinity Guildhall, Grade 8 Drama Distinction, 2017

c/o LAMDA, 155 Talgarth Road, London W14 9DA

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