

SOPHIA TOSIN-TALABI

She/Her

Height: 5'5"

Eyes: Brown

Hair: Black

Voice: Mezzo-soprano [E3-C6]

Eligible to Work

UK



LAMDA

Essie Watson
Laura
Tuzza
Juliet
Marina
Adela
A

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

Phillip J Morris
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

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