

SOF ÁLVAREZ CONTAL

They/Them

Height: 5'0"

Eyes: Blue

Hair: Dark Brown

Voice: E3-B5

Eligible to Work

EU

UK [pending Graduate Visa]

Canada

Canadian Equity



LAMDA

Lady Wishfort

Don Juan

Juliet

Richard III

Florio

Fabia

The Way of the World

Don Juan

Romeo and Juliet

Richard III

Tis Pity She's a Whore

The Gentleman of Olmedo

Matt Peover

Marianne Badrichani

Gemma Crooks

Kirsty Bushell

Nicola Sanderson

Oliver Birch

Professional Theatre, TV, Film & Radio

Jack

Ritchie Valens

Launcelot Gobbo

Into The Woods

The Buddy Holly Story

The Merchant of Venice

Trinculo/Sebastian

The Tempest

Kate Hardcastle

She Stoops to Conquer

Victor/U.S. SallyBowles

Maria Delgado/Ensemble

Cabaret

9 to 5

Lauren Boyd, Centrepont Theatre, Ottawa

Sean Cox, The Grove, Fenelon Falls

Julia Nish-Lapidus, Shakespeare BASH'd, Toronto

James Wallis, St Lawrence Shakespeare Festival

Julia Nish-Lapidus, St Lawrence Shakespeare Festival

Lauren Boyd, Centrepont Theatre, Ottawa

Rob Kempson, The Capitol Theatre, Port Hope

SKILLS

Accents

Canadian [native], General American [native], French, American Southern States, Standard Southern English, German, Spanish

Dance

Ballet, Contemporary, Hip Hop, Jazz, Musical Theatre, Salsa

Driving

Automatic Car Driving Licence, Manual Car Driving Licence

Languages

Spanish [native], French [fluent]

Music

A Cappella, Choral Singing, Guitar, Jazz, R & B Singing, Singing [general]

Sport

Gymnastics, Jump Rope, Pilates, Running, Snowboarding, Tennis, Weight Training, Yoga

Stage Combat

Dagger, Hand to Hand, Single Sword, Sabre

Other

Choreography, Circus Skills, Devising, Movement, Painting, Physical Comedy, Physical Theatre

TRAINING & AWARDS

LAMDA, MA Classical Theatre, 2025-2026

Randolph College for the Performing Arts, 2019-2021

Lighthouse Acting Studio, 2022-2025

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

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