

Lala Thomas



Profile	Pronouns She/Her Height 5'3"	Eyes Brown Hair Black	Voice Mezzo Soprano Eligibility Nigeria, UK [pending citizenship]
Credits	LAMDA Productions Posthumous Delia Sandra Masha Juliet Scrap		
		<i>Cymbeline</i> <i>Blues for an Alabama Sky</i> <i>The Play That Goes Wrong</i> <i>Three Sisters</i> <i>Romeo and Juliet</i> <i>Dear Octopus</i>	Gemma Crooks Lucy Curtis Dave Hearn Nicole Charles Anita-Joy Uwajeh Simone Coxall
Skills	Accents Nigerian, General London, Essex, London, MLE, Modern RP, RP, SSB, African American English, African American Vernacular English, American Southern States, California, General American Dance Aerobics, African-Contemporary, African-Traditional, Ballet, Cheerleading, Commercial, Contemporary, Freestyle, Hip Hop, Jazz, Lyrical, Modern, Commercial [skilled], African contemporary [skilled] Stage Combat APC [Academy of Performance Combat] Basic: Unarmed, Knife, Small Sword, British Guild of Stage Combat, Level Three [Advanced] Distinction: Group Fight: Found Weapons Music A Cappella, Choral Singing, Jazz, Piano, R & B Singing, Rap, Singing [general] Sport Athletics, Badminton, Field Hockey, Gymnastics, Sprinting, Horse-riding, Netball, Rounders, Track & Field, Athletics [skilled] Languages Pidgin [fluent] Other Choreography, Clowning, Devising, Directing, Facilitating, Movement, Physical Comedy, Physical Theatre, Spoken Word, Public Speaking & Motivational Speeches, Crotchet, Photography		
Training & Awards	LAMDA, BA (Hons) Professional Acting 2024-2027 BTEC Acting - Level 3 Extended Diploma ~ Arts Educational School, London Drama Scholarship ~ Kingswood School, Bath		