

Teresa Langford



Profile	Pronouns	Eyes	Voice
	She/Her	Green	Mezzo Soprano [F3-A5]
	Height	Hair	Eligibility
	5'4"	Dark Brown	USA
			EU
			UK [pending Graduate Visa]
			SAG-AFTRA
			AEA
Credits	LAMDA Productions		
	Brutus/Lucius	Julius Caesar	Owen Horsley
	Rosaline	Love's Labour's Lost	Nathan Crossan-Smith
	Nanny	Children of the Sun	Gemma Crooks
	Becca	Rabbit Hole	Stefani Angelova
	Professional Theatre, TV, Film & Radio		
	Chloe	Bitch Boxer [U.S. Premiere]	Emily Moler, Site-Specific, NYC
	Choir	Beardo [Off-Broadway, Drama Desk Nominated]	Ellie Heyman, Pipeline Theater
	Player1	Ola Nā Iwi [The Bones Live]	Cara Hinh/Roundabout Theater, NYC
	Emma	Betrayal	Eric Tucker, Bedlam Theater, NYC
	Laura/Ensemble	OriGen StorY	Chris Yejin, La Mama, NYC
	Joan/Win	Top Girls	Jesse Austrian & Paul L. Coffee, Fiasco Theater, NYC
	JewcyFrewt1795/Birdie/Ens	Are You There?	Robert Barry FleminG, 44th Annual Humana Festival
	Regan	The Sensational	Cara Hinh, Actors Theatre of Louisville
	Alison	Left of the Dial	Andrew Lawton, Roku Channel
Fran	Liars Anonymous	Chelsea Amoroso, YouTube, Eoti Studios	
Skills	Accents		
	American [native], Cockney, London, Dublin, Glasgow, RP, American Southern States, California, General American, New York, Australian, Italian		
	Stage Combat		
	British Guild of Stage Combat: Level One [Standard] Merit: Rapier & Dagger, Single Sword & Unarmed		
	Music		
	A Cappella, Banjo, Guitar, Modern Guitar, Singing [general], Ukulele		
	Sport		
	Baseball, Boxing, CrossFit, Kick Boxing, Muay Thai, Pilates, Running, Running-Marathon Distance, Weight Training, Yoga, Softball		
Other			
	Devising, Good ear for accents, Movement, Physical Theatre, Poetry, Spoken Word, Spoken Word Poetry		
Training & Awards	LAMDA, MFA Professional Acting 2025-2027		
	Boston University [BFA Acting]		
	Fiasco Theater 9 Week Conservatory		
	Actors Theater of Louisville Professional Training Company		
	William Esper 6 Week Meisner Intensive - Bill & Suzanne Esper		