

# Allesondra Helwig

## SAG-e

**Hair : Dark Brown**

**Eyes: Brown**

### TELEVISION

Trinkets	Co-Star	Dir. Sara St Onge/NETFLIX
Dhar Mann Viral Videos	Series Regular	Dhar Mann Studios
Run Away With Me [Web Series]	Series Lead	Dir. John J Fahey
The Wonderland Murders	Guest Star	Dir. Jonathan Winfrey/Discovery ID
Mac & Drew [Pilot]	Recurring Guest	Dir. Will Bakke

### FILM

We Are Powerful	Lead	Triple Echo Studios
The Last of Us: Part 2 [Fan Film]	Supporting	Dir. Tommy Jackson
Mount Adams	Lead	Ambition Pictures
Technically Speaking	Lead	4215 Films
Come to my Office [Short]	Lead	LamKill Pictures

### COMMERCIAL

Hallmark [National]	Principle	Union Hill Studios
State Farm [National]	Principle	Prettybird Productions
Oregon Lottery [Regional]	Principle	Yonder Productions
NYC Commuters	Principle	DCF Advertising

### INDUSTRIAL/PRINT

TRULY Grass-fed	Principle	Shutterstock Inc
Underarmour	Principle	Wilderness/Awesomeness TV
Intel	Principle	RWest
Kroger	Principle	Kroger Media Services
Christian Family Adoptions	Principle	Rossman Media

**\*List of conflicts provided upon request**

### EDUCATION and TRAINING

Ongoing Scene Study with Judy Bouley and Greg Kriek  
Margie Haber Studio: Advanced Intensive with Jim Nieb  
Actor's Comedy Studio: Acting for Sitcom with Lauren Marie Bertoni  
Improve Training: UCB - NY and The Groundlings LA  
American Academy of Dramatic Arts- NY (AADA) : College Conservatory

### SPECIAL SKILLS

Vocal Range: F#3-C6	Juggling
Conversational Spanish	Volleyball (Regionally Ranked)
Softball (2 time State Champion)	Horseback Riding (Intermediate)
Cheerleading (Nationally Ranked)	Basic Tumbling
Dance (Jazz, Ballroom, Musical Theatre)	Golf (intermediate)
Rollerblading and Ice Skating	Dialects/Accents (New York, British (RP), General Southern)