



RUTH LAUREN

Actress & Voice Over Artist

SPOTLIGHT



✉ ruth@ruthlauren.me

Age range: 24-33

Height: 165 cm

Eyes: Blue

Hair: Brown

📍 London, UK

📷 [ruth.lauren.artist](https://www.instagram.com/ruth.lauren.artist)

LANGUAGE SKILLS

Finnish (native)

English (native) - USA, RP

German (fluent)

Swedish (intermediate proficiency)

French (beginners) - French accent

MUSICAL SKILLS

Voice: Mezzosoprano

Classical and pop/jazz-singing (3 years), Sweet Adelines, choir

Instruments: piano (10 years), guitar (4 years), singing and songwriting

SPECIAL SKILLS

Dance: Ballroom dancing (waltz, foxtrot, rumba, jive); Showjazz (2 years), tap-dance (1 year), hip-hop/breakdance (2 years), figure skating (5 years)

Other skills: swimming (breaststroke, free style) soccer (5 years), golf (years), archery (basic), fencing (beginner), skateboard (beginner);

Intermediate Stage Combat
Quarter-group unarmed, staff and knife; STANDARD rapier& dagger, rapier&gamlet, unarmed (ACTT UK)

WORK EXPERIENCE

FILM & TV:

- Aikuiset 2, waitress, Yellow Film & TV
- Yksittäistapaus, lawyer, Tuffifilms
- Ascension, lead role, Guildford School of Acting
- Lead us Not, lead role, Guildford School of Acting
- Pick Up Sticks, lead role, 24 Frames
- The Show Must Go On, lead role, 24 Frames
- Falling Into Sunset, supporting role, 24 Frames
- Battle Scars, lead role, 24 Frames
- Dear Sun, lead role, 24 Frames
- I'll Be Blue Just Thinking of You, dance video, 24 Frames
- Tuntematon Mestari, customer, Making Movies Oy
- Sisareni, lead role, N.R. Fisher Film
- Prövning, lead role, N.R. Fisher Film
- The Big Empty, supporting role, Lightworks Films
- All Things New, lead role, Lightworks Films

THEATRE:

- A Midsummer Night's Dream, Starveling/Moonshine, Verona Shakespeare festival, Italy
- Flying Ant Day, Doula, GSA and Sibiu Int. Theatre festival
- Jane Eyre, Julia Severn and understudy for Diana, GSA
- Unmanageable Sisters, Janet Mooney, Guildford School of Acting (GSA), UK
- Toisen päivän ilta, Maria, Verkosto, FIN
- Body Body, Emily, Regent University, USA
- Voices Through the Wall, German kid, JFKS, DE

COMMERCIALS:

- Finnish bookshop, PRH, Alko, K-food, Food&co. - 2024
- Aalto Yliopisto Startup, Vakuutusyhtiö Varma - 2023
- Lidl, Nokia - 2021
- Prisma, My Life - 2020
- SRV, Kone, G.E., Yousician - 2019



Aikuiset 2



Battle Scars



Sisareni



I'll Be Blue Just Thinking of You



Pick Up Sticks

VOICE OVERS:

- Vaisala, Kemira, VILD Oy
- Kemira, Skålhelsinki Oy
- The Pure Ones, Scarlet's blog, Bufo Oy
- Fiskars, Popular
- Superbook, multiple roles, Lightworks Network

EDUCATION

MFA in Acting - Guildford School of Acting,
University of Surrey, Guildford, UK 2023-2025
Shakespeare, Chekhov, Laban, Meisner, Voice training

School of Acting for the Screen,
University of the Nations, Hawaii, USA, 2018
Stanislavski, Meisner, Uta Hagen, and Suzuki techniques;
camera acting and improvisation training

Fashion and Commercial Model training, Helsinki, 2019

B.A. Cinema / Television, Minor in Theatre
Regent University, VA, USA, 2010-2013
Theatre courses: Basic Acting, Theater Directing, Theater
history, Directing Actors and ISTA

AWARDS & NOTABLE MENTIONS:

- Performed at Verona Shakespeare festival 2025 in *A Midsummer Night's Dream*
- Performed in original play *Flying Ant Day* by Joey Ellis at Sibiu International Theatre festival in summer 2025 in Sibiu, Romania
- Lead role in short film "Sisareni," which has been shown in over 10 film festivals worldwide including *Los Angeles Cinefest*, *Hollywood Screening Film Festival* and *Georgetown University Film Festival*
- Stage Manager in *West Side Story* -musical, Directed by Tuomas Parkkinen 2021, Savoy Theatre
- Assistant Stage Manager in *Tartuffe*, Directed by Scott Hayes, 2013, Regent University



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