

CARLY HELMS

She/Her

Height: 5'5"

Eyes: Brown

Hair: Light/Mid Brown

Voice: Mezzo Soprano

Eligible to work in the UK and US



LAMDA

Macbeth

Macbeth

Nancy Meckler

Hellena/Moretta

The Rover

Victoria Woodward

Marianne

Tartuffe

Francoise Walot

Duchess/Cariola

The Duchess of Malfi

Colin Hurley

Aurora

Punishment Without Revenge

Jonathan Woolf

Henry V/Boy

Henry V

Oliver Birch

Juliet

Romeo & Juliet

Simone Coxall

Professional Theatre, TV, Film & Radio

Janet Weiss

The Rocky Horror Show

Warehouse PAC

Oceania/Ensemble

Angels in America Parts 1&2

Queen City Concerts

Other

Narrator

"BE MEE" Series

UNCC Dept. of Psychology

SKILLS

Accents

American Southern Rhotic [native], General American, American Southern Non-rhotic, SSB, Heightened RP, Standard Irish

Driving

Full License [US]

Music

Singing, Clarinet, Mandolin [sheet music & tablature]

Sport

Snow Skiing, Wake-Boarding, Horseback [Western & Bareback]

Stage Combat

British Guild of Stage Combat Certifications: Level 1 Distinction with Star [Rapier & Dagger, Single-Sword and Hand to Hand], Level 3 Merit [18th Century Sabre]

TRAINING & AWARDS

LAMDA, MA Classical Acting for the Professional Theatre, 2023–2024

Stella Adler Summer Conservatory

UNC Charlotte, BA in Theatre, Musical Theatre Certificate