

Paula Helena

Height: 5"4

SAG-E | Equity eligible

FILM

Small Hours of the Night
Dolores
Break up?
Butterfly
Ayer

Lisa - Supporting
Lola - Lead
Diana - Lead
Maria - Lead
Rosa - Lead

Alci Rengifo
Marisol Gallardo
Sonal Shah
Daniel Rodriguez
C Productions

COMMERCIAL

Conflicts available upon request

THEATRE

The Right to Life
Kingdom of Heaven
The effect of gamma rays on
man-in-the-moon marigolds
All this Intimacy
Everybody
Love Labour's Lost
Alicia
Eurydice
Los 80 son nuestros

Zara
Carla
Tillie
Becca
Kinship / Mind / C / Somebody 4
Dumaine / Moth
Alicia Alonso
Little Stone
Mariángelos

Townstreet Theatre Company, LA
Townstreet Theatre Company, LA
HCLAB Theater Company, LA
StreetRat Productions, LA
Art of Acting Studio, LA
Spanish International Theatre
Festival, Costa Rica

EDUCATION

MFA
Bachelor classes
Associate Degree

Theatre/Acting
Dramatic Arts
Film and Digital TV

Stella Adler Conservatory, LA
University of Costa Rica
ULACIT University, Costa Rica

TRAINING

Shakespeare
Script Interpretation
Scene Study
Technique
Film Technique
On Camera Technique
Movement
Voice and Speech
Improv
Acting for Camera
Vocal Expression

Nike Doukas
Nike Doukas
Miguel Perez, H. Richard Greene
Jane Fleiss
Ron Burrus
Art Manke, Rodney To
Dana Martin
Sean Spann, Siobhan Doherty
Sean Cowhig, Jenn O'Brien
Milena Picado
Liliana Biamonte

Stella Adler Conservatory, LA
DeleFoco, Costa Rica
University of Costa Rica

SKILLS

Vaccinated; Local Hire (Costa Rica, Los Angeles, Wisconsin, Miami, New York, Paris, Munich, Mexico City);
Languages: Spanish, English, Intermediate French, Basic German; Piano (advanced); Aerial Silks and pole dance
training; Contortion; Advanced swimming; Tech-savvy; Ice cream serving; Carpentry.