



SOPHIA LAU

SAG-AFTRA

Height: 5'4" Weight: 128 Hair: Brown Eyes: Brown Voice: Alto
sophialau.me/acting

REBEL
CREATIVE GROUP

Rebel Creative Group
taylor@rebelcg.com
1-310-997-0787 LOS ANGELES
1-646-461-2785 NEW YORK

TELEVISION

America's Most Wanted
Interior Chinatown
Gyopo (Webseries)

Sandy (Principal)
Set P.A. (Co-Star)
Delilah (Recurring)

Fox / Dir. Rupert Smith
Hulu / Dir. John Lee
Independent / Dir. Jackie Lee

FILM

The Postcard
Jin
You Can Never Go Home
Destroyer
The Holy Path
Project Restart
Cue
Muffler
Rustic and Authentic
Go Time

Lead
Lead
Lead
Lead
Lead
Lead
Lead
Lead
Lead
Lead

Chapman MFA Thesis / Dir. Yinghui Li
Chapman MFA Thesis / Dir. Charlotte Huang
Chapman MFA Thesis / Dir. Jordan Qin
Dir. Kylie Kozar
Dir. Kirsten Hoang
SFSU Thesis / Dir. Marc Ibarra
UC Berkeley / Dir. Igor Boas
UC Berkeley / Dir. Keesan Nam
UC Berkeley / Dir. Can Takka
UC Berkeley / Dir. Michael Safarian

COMEDY

Sketch 101
Not Rob
Improv4Charity
Theater4Charity

Eric Scott
Indie Improv Group
Short-form Improv Group
Scripted Comedy Group

Upright Citizens Brigade
The Glendale Room
UC Berkeley
UC Berkeley

COMMERCIAL * conflicts available upon request

TRAINING

2-Year Professional Program
Writing Lab
Improv Lab
Advanced Improv
Advanced Scene Study
Improv 1
Method 101
Vocal Coaching
ABT Summer Intensive
Pre-professional Ballet
Pre-professional Ballet

Ranjiv Perera
Alex Bonifer
Chris Eckert
Guy Stevenson
Troy Ruptash, Presciana Esparolini
Marshall Givens
MJ Karmi
Gregory Geiger
Julie Kent, Ethan Brown
Maggie Ferla, Xavier Ferla
Linda Hurkmans

The Sanford Meisner Center
The Groundlings School
The Groundlings School
The Groundlings School
The Aquila Studio
The Second City
The Lee Strasberg Institute
L.A. Classical Studio
American Ballet Theater
Dance Theater International
San Jose Ballet Theater

AWARDS

Groundlings SNL Scholarship - 3 recipients/quarter receive classes & coaching for an SNL audition

SPECIAL SKILLS

Dance (Ballet, Pointe, Contemporary, Jazz, Tap, Character), Certified Reformer Pilates Instructor, Yoga, Gymnastics, Kung-Fu, Krav Maga, Rock Climbing, Piano, Guitar, French (professional fluency), Stand Up Comedy
Accents - Mancunian, RP English, Essex English, German, Russian (Noho Hank from Barry), Southern
Valid Passport through February 2029