

Sophia Lau

Non-Union

(213) 534-8628 | sophialau@gmail.com | sophialau.me/reel

Height: 5'5", Weight: 123, Hair: Black, Eyes: Brown

FILM

Project Restart	Lead	SFSU Senior Thesis
Moments	Lead	Jonathan Avalos
Cue	Lead	Berkeley DKA
Muffler	Lead	GiANT Productions
Rustic and Authentic	Lead	Berkeley CAP
Go Time	Lead	Berkeley DKA
L is for the way you look at me	Lead	GiANT Productions
Lost and Found	Lead	Mason Heimburger

COMEDY

Improv4Charity – short form improv team at UC Berkeley

Theater4Charity – scripted comedy group at UC Berkeley

COMMERCIAL

Facebook	Chef OCP	Iconoclast
Adidas	Running OCP	Mindcastle
Curology	Margaret	Brennan Freed
Sriracha Ramen	Nicole	Jackie Lee

TRAINING

The Meisner Center	2-Year Professional Program	Ranjiv Perera
The Groundlings School	Intermediate Improv	Kevin Bernston
The Groundlings School	Basic Improv	Roy Jenkins
The Meisner Center	Meisner Fundamentals	Ranjiv Perera
The Meisner Center	Self Tape Workshop	Ranjiv Perera
The Lee Strasberg Institute	Method 101	MJ Karmi
The Second City	Improv 1	Marshall Givens
American Ballet Theater	NYC Summer Intensive	Julie Kent, Ethan Brown

SPECIAL SKILLS

Acrobatics, Gymnastics, Brown Belt in Kung-Fu, Piano, Guitar, French (professional fluency), Yoga, Dance: Jazz, Tap, Contemporary, Character

Previously a full-stack software developer @ Salesforce

Valid Passport through February 2029