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Sofia Shallai



© Kim Hardy

Location	Greater London	Eye colour	Blue-Grey
Height	164 cm	Hair colour	Light/Mid Brown
Weight	57.61 kg	Hair length	Long, Mid Length
Playing age	16 - 25		
Ethnicity	Eastern European, White		

Feature Film

2016, SAVING JANE, ML Films, Simon Johnson
2016, EVIL LIES, ML Films, Simon Johnson

Television

2020, TED LASSO, Shoe Bucket Limited, Bill Lawrence

Short Film

2020, ARENA, Square Cherry Productions, Mike Ogden
2019, RISE, Villager Films, Hannah Renton

Accents	American-California, American-Standard, American-Standard*, Cockney, East European, East European*, English-Standard, English-Standard*, Essex, London, London*, Multicultural London English (MLE), Multicultural London English (MLE)*, Polish, Polish*, RP, RP*, Russian, Russian*, Ukrainian, Ukrainian*
Languages	English, English*, Russian, Russian*
Performance skills	Lip Sync, Lip Sync*, Underwater Filming, Voice Acting, Voice Acting*, Voice Over, Voice Over*
Sports	CrossFit, Cycling, Football, Freediving, Hula Hooping, Ice Skating, Jet Ski, Pilates, Quad Biking, Resistance Training, Resistance Training*, RollerSkating, RollerSkating*, Running, Running*, Scuba Diving, Skiing, Skipping Rope, Sky-Diving, Swimming, Swimming (Open Water), Trampoline, Weight Training, Weight Training*, Yoga, Yoga (Ashtanga), Yoga*
Other skills	Barista (experienced), Bartender, Bartender*, Cooking/Baking, Hair Model, Hair Model*, Improvisation, Model-professional, Model-professional*, Photographic Model, Photographic Model*, Pilates, Typing (touch), Typing (touch)*, Waiting Staff (experience), Writer

(* = highly skilled)

Training	The Unseen Drama, 6 week course (2016-2020) GoHub Acting Classes (2020-Present)
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