

# HELENA-ALEXIS SEYMOUR

## ACTRA, SAG E.

Height: 5'7

Hair: Brown

Eyes: Dark Brown

### TELEVISION:

The Chronicles Of Jessica Wu S2	Series Lead	AMAZON PRIME
The Disappearance	Guest Star	CBC
Real Detectives	Guest Star	ID DISCOVERY
Beauty And The Beast	Guest Star	CW
Girlfriends Guide to Divorce	CO Star	BRAVO
The Best Laid Plans	CO Star	CBC
Warehouse 13	Guest Star	SYFY
Being Human 2	CO Star	SYFY
Blue Mountain State 3	CO Star	SPIKE
The Ron James Show	Guest Star	CBC
The Line	Recurring Principle	TMN/HBO

### FILMS:

More Than He Knows (Short)	Lead	Dir. Fiona Dawson
Zombie At 17	Principle	Dir. Alexander Carrier
Sindustry	Lead	Dir. KL Allen
Kitchen Sisters (Short)	Lead	Dir. Lydia Lane
The Psycho She Found Online	Principle	Dir. Curtis Crawford
Run Home Baby! (Short)	Lead	Dir. Adrie Sustar
His Master's Voice	Principle	Dir. Gyorgy Palfi
Love On A Limb	Supporting	Dir. Mel Damski
Taking On Water (Short)	Lead	Dir. Giorgio Litt
Blood work (Short)	Lead	Dir. Adrie Sustar
The Summer Villa	Actor	Dir. Pat Kiely
The Perfect Stalker	Actor	Dir. Curtis Crawford
XXX3: The Return Of Xander Cage	Actor	Dir. DJ Caruso
Lonely City (Short)	Lead	Dir. Matthew Lamarre
Highly Functional	Actor	Dir. Marc Forby
Archer (Short)	Lead	Dir. Brennan Martin
ShirtLess (Short)	Supporting	Dir. Luke Morrison
Hoops (Short)	Lead	Dir. Maria De Sanctis
Corrupt	Supporting	Dir. Curtis Crawford
Killing Daddy	Actor	Dir. Curtis Crawford
Birdman or (The Unexpected Virtue Of Ignorance)	Actor	Dir. Alejandro Gonzalez Inarritu
The Husband She Met Online	Actor	Dir. Curtis Crawford
Rulers Of Darkness	Lead	Dir. Dale Windle
Donkey	Actor	Dir. Adrian Langley
Custody Of The Heart	Actor	Dir. Nadia Tass
The Last Casino	Actor	Dir. Pierre Gill
Girl's Best Friend	Actor	Dir. Peter Svatek
Diva's Christmas Carol	Principle	Dir. Richard Schenkman

### NEW MEDIA:

B-Sharp	Lead	Dir. William Barber
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### COMMERCIALS:

Available Upon Request

### TRAINING:

Robin Meyers, Margie Harber Studio	Audition Techniques	Lori Triol	Meisner, Fitmaurice, Voice Work
Loretta Walsh, Haven Studios	Improv	Samuel L. Jackson	Online, Acting Master Class

### SKILLS:

Yoga	Kickboxing	Boxing	Pole Dancing	Double Dutch	Weight Lifting	Photography	French
Accents: British		Russian	French	Southern	Bahamian		