

# Lauren Sowa

Director

I am passionate about telling impactful stories, while cultivating a diverse cast and crew. As a trained actor myself, I am adept at communicating with actors to bring out their best, most nuanced performance. I bring a positive, productive energy to set.



laurensowa@gmail.com



9175040818



New York



www.laurensowa.com



twitter.com/laurensowa



instagram.com/laurensowa

## SKILLS

Working with Actors

Extensive network of crew recs

Knowledge of camera / lenses

## SOFTWARE

Studiobinder

Full Professional Proficiency

Scriptation

Professional Working Proficiency

Budgeting

Full Professional Proficiency

Google Suite

Full Professional Proficiency

## INTERESTS

Period pieces

Dramedy

Social impact

Female filmmakers

## RECENT WORK EXPERIENCE

### Form & Pressure Films

Co-Founder

01/2016 - Present

New York, NY

Dedicated to social impact, inclusivity, and well-being

Achievements/Tasks

- 'Marisol' licensed by HBO
- 'Stray' licensed by DUST
- 'Shield' licensed by PBS

Contact : Tim Eliot - [timeliot@gmail.com](mailto:timeliot@gmail.com)

### LinkedOut

Director

2022

Philadelphia, PA

A young woman blogging about the single life. She likes her life, until she's thrust into the job market and forced to interact with others.

Achievements/Tasks

- 19-MIN. SERIO-COMEDIC SHORT
- Director / Producer

Contact : Jacob Tischler - (802) 233-2078

### In Development

Director

2019

New York, NY

Follows a group of young employees at their University's Development Office, as they navigate the challenges of the workplace & their personal lives.

Achievements/Tasks

- 30-MIN. COMEDIC PILOT
- Director / Associate Producer

Contact : Andee Buccheri - (860) 707-2799

## ORGANIZATIONS

Pano Network (01/2016 - Present)

Co-President

## EDUCATION

### Bachelor of Fine Arts

New York University

New York, NY

## ACHIEVEMENTS

HuffPost Impact Award (11/2019)

"Marisol"