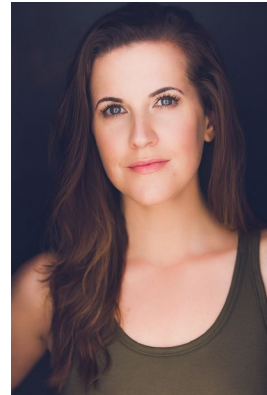


**Lauren Sowa** New York, NY Phone: (917) 504-0818 E-Mail: [LaurenSowa@gmail.com](mailto:LaurenSowa@gmail.com)

## Objective

As a producer, I am passionate about telling stories that move our collective narrative forward. I want to share stories of humanity, love, fear, hope, sorrow, and joy. All while cultivating a diverse cast and crew, with a focus on supporting female filmmakers. I am extremely organized and detail-oriented. I am equally comfortable doing paperwork, solving problems, managing budgets, and communicating with personnel. I bring a positive, productive energy to set, and I ask the same. [IMDB](#)



## Experience

### “SILK”

### DRAMATIC SHORT, 2020

A talented aerialist slowly realizes her boyfriend is gaslighting her. Produced with the non-profit Healing TREE. *Currently being submitted to film festivals.*

### “STRAY”

### DRAMATIC SHORT, 2020

In the near future, a virus has killed off the male population, until Mae finds a man in the woods near her hideout. Will they survive? *Currently being submitted to Film Festivals.*

### “SHIELD”

### DRAMATIC SHORT, 2018

Shield follows a young girl in foster care as she struggles to heal from the passing of her brother. Written and Directed by NYU alum Danielle Eliska Lyle. Festivals: St. Louis Int'l Film Festival, Reel Sisters of the Diaspora Film Festival, Martha's Vineyard African American Film Festival, Oxford Film Festival.

### “MARISOL”

### DRAMATIC SHORT, 2017

A narrative short film about one young mother's experience as an undocumented immigrant in NYC. *Currently streaming on HBO.*

## Education

### NEW YORK UNIVERSITY

### BFA, DRAMA

Trained at the Tisch School of the Arts where I studied the Meisner Technique with Vicki Hart, and NeoClassical Shakespeare with Louis Scheeder.

### SCHOOL OF VISUAL ARTS

### PRODUCING FOR THE INDIE FILM

This course taught important producing skills for budgets <\$1 Million, including budgeting, acquiring rights, hiring crew, scheduling, paperwork, insurance, and payroll.