

Lauren Grimson is an award-winning Australian film and television actress.

She is best known for her leading roles in DARK SISTER directed by Alex Proyas (The Crow, iRobot), CRY BABY directed by Corey Pearson (The Spy Who Never Dies), THE POSSESSED (alongside John Jarratt and Lincoln Lewis) and WATERHORSE directed by Jennifer Van Gessel (Beast No More).

Earlier in her career, she landed roles in Bronte Pictures' cult classic WYRMWOOD: APOCALYPSE directed by Kiah Roache-Turner, SFV1: THE OSIRIS CHILD directed by Shane Abbess, TV series MUNRO from acclaimed director Michael Joy, and Matthew Holmes' period biopic THE LEGEND OF BEN HALL.

Lauren's performance in THE LEGEND OF BEN HALL saw international acclaim, landing the Best Supporting Actor award at America's Wild Bunch Film Festival, while her performance in the titular role in sci-fi drama, MAYA, saw a nomination for Best Actor at the Sydney Science Fiction Film Festival.

Additionally, Lauren holds a Bachelor's degree in English literature, writing, art history, and cinema studies, and completed her formal acting training at TAFTA and NIDA. She continues to refine her craft under the guidance of some of the country's top acting coaches.

Lauren continues her upwards trajectory with four exciting and diverse lead feature film roles slated for 2024, including Matt Poidevin's psychological horror FOREVER HOUSE set to commence production later in the year.