



ACTOR, PRODUCER, MARKETING MANAGER

LARISSA ALLEN

WORK

SHORT FILM

2024 – Petrified – Jane (Supporting)
2024 – Death of a Star – Che (Lead – Voice Over)
2022 – Love Ya Face – Bella (Lead)
2022 – This Day Forward – Jennifer (Lead)
2021 – Joyless Pussies – Cece (Lead)
2021 – Killing Joanie – Joanie (Lead)
2018 – Once More with Muchness – Kat (Co-Lead)

COMMERCIAL

2024 – A Hug Waipuna Hospice – Hugger (Lead)
2022 – RestoreMe Clinic – Girl with Anxiety (Lead)
2021 – Zespri International – Shopper (Lead)
2020–2024 – Original KiwiDip – Flatmate (Co-Lead)
2020 – Ultrafast Fibre – Mother Helen (Lead)

TELEVISION

2018 – Ahikaroa – Receptionist (Day Role)

MUSIC VIDEO

2022 – Rockstar Mum – Moone
2016 – Head Job – Phil Rudd

THEATRE

2016 – One Man Two Guvnors – Pauline Clench (Co-Lead)
2015 – See How They Run – Penelope Toop (Lead)
2012 – Four Dogs and a Bone – Brenda (Lead)

TRAINING

2024

Emotional Core for Screen annual coaching – Hunter Acting Studio – Jon Hunter
Showreel & Self Tapes – Peter Rasmussen Acting Studio

2023

The Emotional Core Foundation Workshop – Hunter Acting Studio – Jon Hunter
Atlantic Acting School New York City – Summer Intensive Programme
Actors Equity – Hot House Casting – Jami Rudofsky and Christy Faison

2022

Actors Equity – Hot House Casting – Emma Draper
BOPAS – Laughton Kora – Advance Acting
The Actors Lab – Nikki Siulepa & Peter Feeney – Screen Acting
The Actors Program – Lift my F**kn Game Lead with Sara Wiseman

2021

Actors Equity – Jacque Drew – Standard American Accent 12 Week Masterclass
Miranda Harcourt – Connection & Protection
Script to Screen – Writing for Feature Films
The Actors Program – Angela Bloomfield & Benjamin Henson – Actors Week
The Actors Program – Jacqueline Nairn – Directing for Television

2020

Actors Equity – Diane Robinson – Voice Workshop
Actors Equity – Alexandra Whitham – Australian Accent
Howard Fine Studio – Backstory & 8 Steps
Jacque Drew – Standard American Accent
Miranda Harcourt – Equity Workshop for Screen Acting
Stage Door Performing Arts Academy – Jennifer Ward-Lealand – The Craft of Acting
The Actors Lab – Tim Wong – Stunt Training
The Actors Lab – Peter Feeney & Lisa Chappell – Screen Acting
The Actors Lab – Lori Dungey – Improvisation
The Actors Lab – Katrina George & Chari Moore – Movement & Voice
The Actors Lab – Emmett Skilton, Vincent Ward & Jonathan Borough – Self Tape
The Actors Accent Coach – British RP / Standard British
Vicky Yiannoutsos & Andrea Kelland – Chair Work for Screen

AWARDS

2022

48hour Film Festival –BOP Region

- Best Performer Winner
- Runner-Up Best Film

2023

Equity Foundation Atlantic Acting School Scholarship Winner

- Attended the summer intensive programme in New York City July – August 2023

DETAILS

ETHNICITY

NZ European / Māori

HEIGHT

164cm

HAIR

Blonde, Short, Wavy

EYE COLOUR

Blue

SKILLS

- Beginner Sign Language
- Beginner Te Reo Māori
- Beginner Guitar
- Yoga
- Singer
- Movement / Dance
- Watersports
- Can keep one eye straight while the other turns inwards
- Supermum
- Cancer Fighter

ACTOR, PRODUCER, MARKETING MANAGER

LARISSA MARIE ALLEN

REFERENCES OF SUPPORT

BENJAMIN HENSON

ARTISTIC MANAGER – THE ACTORS PROGRAM

ASSOCIATE ARTIST – AUCKLAND THEATRE COMPANY

"Larissa is a tenacious and deep-feeling actor, bringing heart and brains to any role. As a go-getting multihyphenate, she is an asset to our arts scene. I'm following avidly to see where her talent takes her."

MIRIAMA MCDOWELL

EQUITY FOUNDATION SCHOLARSHIP JUDGE

ACTOR & DIRECTOR

"Faced with obstacles that would stop most in their tracks, the judges were equally moved by Larissa-Marie's resilience, her fortitude, and her sheer unwavering dedication to her craft. It struck each of us that this was the right course, at the right time, for the right person. We think she has massive potential and wish her only the very best as she embarks on this new adventure."

PETER FEENEY

ACTOR, DIRECTOR & WRITER

DIRECTOR – THE ACTORS LAB

'Larissa is a dedicated, hardworking, fearless and ferociously committed young actor, a force of nature who brings her 'A' game to every acting event – be it audition, class, work or work meeting. She's a delight to work with and has my unreserved recommendation as an actor – or, indeed, creative collaborator of any kind.'





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LARISSA ALLEN

GET IN CONTACT



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PERSONAL PROFILE

Tainui – Waikato – Ngāti Raukawa,
Te Arawa – Tuhourangi – Tapuika

A confident and qualified production specialist with over 20 years experience in the entertainment industry. Motivated, organised & resourceful, I have a proven track record of combining strong time management, planning & attention to detail to help teams execute successful productions, whilst building a strong rapport with my colleagues.

AREAS OF EXPERTISE

- Theatre & Screen Performer
- Producing
- Production Coordinating
- Breast Cancer Survivor
- Event Management
- Team Management
- Strategic Marketing
- Brand Management
- Digital & Social Marketing

INTERESTS

- Directing
- Interior Design
- Screenwriting (Member of Film BOP Screenwriters)
- Volunteering
- Researching Whakapapa
- Beach & Lakes
- Travel
- MoPed – Marketing Professionals – Event Manager (committee member 2015–present)

WORK EXPERIENCE

KA WHAWHAI TONU – FEATURE FILM

Akeake Ltd | 2023

- Production Coordinator

CO-FOUNDER, EXECUTIVE PRODUCER & CREATIVE DIRECTOR

Eddie Page Productions | 2021 – Present

- Specialising in the production of short films and TV series
- Management of all steps from Pre to Post Production
- Organisation of cast & crew on and off set
- Development of content ideas and script creation

MARKETING & EVENT MANAGER

Ingham Mora Accountants | 2018 – 2024

- Creation of Annual Strategic Marketing Plans
- Implementation of all marketing and event activities
- Lead contact for suppliers including designers and digital specialists

EVENT DIRECTOR

Colour Dash | 2015 – 2021 (contracts)

- Responsible for implementing event for 2000+ attendees
- Pre-planning, budgeting, supplier liaising
- Managing mixed team of 50+ paid staff and volunteers
- On-the-day implementation and management
- Post event reporting

MARKETING & EVENT MANAGER

Metro Marketing | 2015 – 2017

- Event Management, logistics, staff management, budgets
- Marketing strategy, design briefs, social media & digital management
- Product launches, media placement, brand, PR, website & SEO
- Marketing plans, rebrands, content creation

AREA COORDINATOR FOR BOP – EXPERIENTIAL MARKETING

MKTG | 2014 – 2019

- Event manager for FMCG's activations
- Responsible for recruiting, training, managing staff

EDUCATION HISTORY

SOUTHERN INSTITUTE OF TECHNOLOGY

Diploma of Screen Production, 2023

UNIVERSITY OF WAIKATO

Bachelor of Communications, 2014

- Double major in Marketing & Public Relations
- Awarded Chesterman's Public Relations Award

NZIM INSTITUTE OF MANAGEMENT

Certificate of Management, 2008