

Izabella Louk

ICACM

International Casting & Creative Management
Sydney, NSW 2010

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Diversity, Authenticity and Visibility

Biography

Izabella Louk (She/Her) is a performer, writer, producer, and environmental activist working on Gadigal Land.

A graduate of Drew University, highlights from her time in the US include performing Off-Broadway with Tectonic Theater Project, training and performing with the Shakespeare Theatre of New Jersey, interning with The Telsey Office, and associate producing NJPAC's "10th Alvin Ailey Day of Dance".

Since returning to Sydney, Izabella has performed with various local and national theatre companies; had her play FISH DOOF published by Currency Press; toured Australia performing children's theatre; and been shortlisted for the Martin Lysicrates playwriting Prize.

She is also the Artistic Director of Blinking Light, a theatre company on Gadigal Land dedicated to creating bold works of theatre that build community, spread joy, and further the fight against climate change.

Website: <https://izabellalouk.wixsite.com/mysite>

D.O.B: 04/09

Age Range: 16-30

Vocal Range: Alto

Height: 168cm

Hair: Long Auburn Wavy

Body Type: Slim

Ethnicity: Caucasian

Experience

THEATRE

2025 "Manon" Ballet, The Australian Ballet, Sydney Opera House, Bennelong Point, NSW (Townswoman) Dir: Gregory Mislin

2024 "Strictly Ballroom" Musical, Inner West Theatre, Petersham Town Hall, NSW (Tina Sparkle) Dir: Ste Casmiro

2024 "Reasons to Be Pretty" Play, The Space Between, Camperdown, NSW (Steph) Dir: Jesse Donaldson-Jarret

2024 "A Flea in her Ear" Development workshop. Siren Theatre Co., Sydney, NSW (Histangua) Dir: Kate Gaul

2024 "The 39 Steps" Play, Blinking Light, Sydney, NSW (Pamela/Annabella/Margaret) Dir: Dany Akbar

2024 "Strictly Ballroom" Musical, Inner West Theatre Company, Petersham Town Hall, Petersham, NSW (Tina Sparkle) Dir: Ste Casimiro

2023 "The Wolves" Play, Rising Arts, Sydney, NSW (#25) Dir: Sophie Bentley

2023 "Walter Wise" Theatre-in-education, Gibber Australia, NSW Tour (Olivia) Co-dirs: Tim Watt & Vicky Blackburn

2023 "Don Quixote" Ballet, The Australian Ballet, The Rocks, NSW (Actor – Townsperson)

2023 "Walter Smart and Friends" Theatre-in-education, Gibber Australia, Regional NSW & Sunshine Coast, QLD (Pantomime Artist – Olivia) Dir: Vicky Blackburn

2023 "Smashed" Theatre-in-education, Gibber Australia, Western Sydney, NSW (Bronte) Co-dirs: Tim Watts & Vicky Blackburn

2023 "Don Quixote" Ballet, The Australia Ballet, Sydney Opera House, Bennelong Point, NSW (Actor/Townsperson)

2022 "Window to the World!" Theatre-in-education, Perform! Education, Australian Tour (Actor 2/Engineer) Dir: Sam Welsh

2022 "Much Ado About Nothing" Interactive play, Flow Studios 88, Camperdown, NSW (Hero) Dir: Bokkie Robertson

2022 "Titanic: The Movie, The Play" Play, Act React, Sydney Fringe, Australian Maritime Museum, Darling Harbour, NSW (Ruth/Lee) Dir: Natalie Bochenski

2020 "Spring Awakening" Musical, Drew University, New Jersey, NY (Adult Women) Dir: Abigail Zealey Bess

2019 "Cymbeline" Play, Shakespeare Theatre of New Jersey SPTP, New Jersey, NY (Philario & Others) Dir: Brian B. Crowe

2019 "The Eumenides" Excerpts, Shakespeare Theatre of New Jersey SPTP, New Jersey, NY (Greek Chorus) Dir: Rebecca Feely

2019 "Tartuffe" Play, Shakespeare Theatre of New Jersey SPTP, New Jersey, NY (Dorine) Dir: Elliott Puckette

2019 "Stillwater" Play, Tectonic Theatre Company, Drew University, New York City, NY (Devvisor/Lead – Astra) Dir: Maridee Slater

2017 "Gorgons' Blessings" Play, Ryde Youth Theatre, Ryde, NSW (Lead – Arla) Dir: Carla Hedley

2017 "Boys Rule" Play, Drew University, New Jersey, NY (Lead – Jilly) Dir: Emily Dzioba

2017 "39:10" Play, UTS Backstage, Ultimo, NSW (Supporting role – IO Porter) Dir: Sereen Omran

PERFORMANCE

2020 "Classic" Performance, Sydney, NSW (Choreographer) Dir: Steven Williams

2019 "The Female Body" Performance, Drew University, New Jersey, NY (Dancer) Dir: Kimani Fowlin

2018 "I Too Am... Resilient" Performance, Drew University, New Jersey, NY (Dancer) Dir: Kimani Fowlin

2017 "Heathers: The Musical" Musical, Drew University, New Jersey, NY (Dancer) Dir: Kimani Fowlin

2017 "Once Around the Block" Performance, Drew University, New Jersey, NY (Dancer) Dir: Kimani Fowlin

2017 "Reaching Back to Move Forward" Performance, Drew University, New Jersey, NY (Dancer) Dir: Kimani Fowlin

2016 "Dancing Shakespeare" Performance, Drew University, New Jersey, NY (Dancer) Dir: Kimani Fowlin

FILM

2025 "Into the Bush" Student film, Sydney Film School, Waterloo, NSW (Lead – Sophie) Dir: Ryan Nichols

2023 "Digging a Big Hole" Short film, Sydney, NSW (Lead – Sunday) Dir: Bokkie Robertson

2020 "passer-by" Short film, Three Quarters Friday, Sydney, NSW (Co-writer/Chloe) Co-dirs: Izabella Louk & Isabel Zakharova

2020 "Purple Cloud" Short film, SAE, Chippendale, NSW (Lead – Young Adult Daughter) Co-dirs: Justin Lee & Jonathan Martinez

2020 "Feedback" Short Film, Sydney, NSW (Lead – Josie/Grace) Dir: David Todd

COMMERCIAL

2020 "Date Night" TVC, DK Advertising, Timezone, Sydney, NSW (Girl on Date) Dir: John Kohlenberg

ONLINE

2020 "Hive" Web series, New Windo Productions, Sydney, NSW (Guest role – Karaoke Lady) Dir: Alison O'Brien

2019 "SKEPTIC" Web series, New Jersey, NY (Guest role – Ava) Dir: McKenna Rose

CREATIVE

2025 "Wax." Rehearsed reading, Montague Basement, ITS, Redfern, NSW (Tracy) Dir: Madeleine Withington
2024 "Club's Haunted" Rehearsed reading, Bin Fire, Sydney, NSW (Neve) Dir: Bokkie Robertson
2024 "The Touch of Silk" Rehearsed reading, Players in the Pub, Sydney, NSW (Jeane) Dir: Susan Jordan
2022 "FISH DOOF" Play, Currency Press, Sydney, NSW (Published Writer)

Education

2024-current Screen Acting Classes, Acting Mastery, Ben Matthews, Bondi Junction, NSW
2023 Voice Lessons, Madeleine Wighton, Sydney, NSW
2023 Les Chantry Masterclass, Sydney, NSW
2023 Vocal Masterclass, The Hub Studio, Jennifer Peers, Chippendale, NSW
2021-2022 Acting Techniques 3, NIDA, Shane Anthony, Kensington, NSW
2022 Fresh Ink National Mentoring Program, ATYP, Walsh Bay, NSW
2020-current Dance Classes, Sydney Dance Company, Walsh Bay, NSW
2020 The Art of Comic Timing, ATYP, Darren Gilshenan, Walsh Bay, NSW
2019 Moment Work Devising, Tectonic Theater Project, Jimmy Maize, Barbara Pitts McAdams & Billie Krishawn, New York City, NY
2019 Acting Apprenticeship, Shakespeare Theatre of New Jersey, New Jersey, NY

- Bruce Cromer (Acting)
- Donnie Mather (Viewpoints/Suzuki)
- Doug West (Stage Combat)
- Kevin Isola (Clowning)
- Anne Marie Nest (Voice)
- Bernard Cummings (Monologues)

2018 Introduction to Theatre of the Oppressed, Julian Boal, New Jersey, NY
2018-2020 Bachelor of Arts in Theatre Arts, Drew University, New Jersey, NY

- Chris Ceraso & Rodney Gilbert (Acting)
- Brian B. Crowe (Shakespeare)
- Kimani Fowlin (Dance)

2003-2015 Ballet, Jazz, Contemporary, National Character, Valerie Jenkins Academy of Ballet, Woollahra, NSW

Reviews

THE 39 STEPS

Stage Door Podcast *'She exceeds as a vibrant, emotive force on the stage.'*

REASONS TO BE PRETTY

Theatre Travels *'Her scenes tend to be some of the most vulnerable and these are handled beautifully and earnestly by Louk.'*

State of the Art *'She drew the biggest laugh of the night.'*

MUCH ADO ABOUT NOTHING

Theatre Travels *'Louk does a wonderful job of portraying the typically submissive heroine with a strength of character that one rarely gets to see.'*

Skills

- Languages: English (fluent), Mandarin (beginner-intermediate)
- Accents: Australian, American (Californian – LA Valley/Southern/Mid-Atlantic), British (RP, Standard, Cockney)
- Film, TV & Theatre: Shakespearean, improvisation (long form, short form, general), clowning, Suzuki, Viewpoints, Stanislavski, self-devising, producing, writing (dramaturgy), Laban, Brecht, sketch
- Vocal Range: Alto
- Vocal Styles: Musical theatre, general
- Dance: Ballet (pointe), contemporary, jazz (modern), lyrical, theatre, folk, swing, modern, choreography
- Athletic: Running/jogging, cycling, horse riding, swimming (general)
- Licences' Held: Driver's licence, Working with Children's Check, First Aid Certificate