



DIMENSIONS

Playing age	Height	Chest
16-25	177cm	97cm
Waist	Hip	Eyes
79cm	105cm	Blue

Hair Colour
Strawberry Blonde

Skills

Standard Amercian Accent
◆◆◆◆◆

Standard British Accent
◆◆◆◆◆

Stunt Training
◆◆◆◆◆

Singing
Alto-Mezzo
◆◆◆◆◆

Certifications

Cert 4 in Acting
Perform Australia
July 2022 - June 2023

Cert 3
Queensland School of Film and Tv
Feb-Nov 2022

Speech & Communication AMEB Level 1-7
Helen Steel
2014-2021

Boat license
2022

Jet Ski license
2022

Scuba Diving open water
PADI
2021

Pool Lifeguarding course
Royal life
2024-2025

First Aid course
Royal life
2022-2025

Blue card
Queensland Government
2022

Sabelle Morrow-Woods

Resume

📍 Brisbane/ Gold Coast • 📞 0438969636 •
📧 sabellemorrowwoods@gmail.com

Profiles

@sabellemorrowwoods
Instagram

Sabelle Morrow-Woods
Show Cast

Sabelle Morrow-Woods
Casting Network

Sabelle Morrow-Woods
Altai Casting

Sabelle Morrow-Woods
ECaster

Summary

I'm a dedicated and ambitious actor with a strong work ethic and a passion for the entertainment industry. I've trained closely with casting director Tom McSweeney in his weekly advanced classes and worked with voice coach Gabrielle Rogers to refine my American and British accents. I thrive on set, learning from seasoned professionals and embracing every opportunity to grow. With experience in acting, modeling, lifestyle campaigns, commercials, and background work, I bring versatility, professionalism, and a willingness to take on any challenge. Outside of my career, I cherish time with my family, including my three siblings, who inspire and support me. With my drive and adaptability, I'm ready to make a lasting impact in the industry.

Experience

When Love is in Your Eyes2025
TV Movie (Nurse Ruby)Kenji Lee

RunnerApril 2025
ExtraGold Coast

ZeusMarch 2025
ExtraGrant Sputore

AnacondaMarch 2025
Featured ExtraTom Gormican

Bear CountryFeb 2025
ExtraDerrick Borte

Monarch2024
ExtraMatt Shakman

Lite n Easy Ad2024
Extra

Containers for Change Ad2024
Featured Extra

Good cop Bad cop2024
ExtraJohn Quaintance

2 Short Plays2023
Leading Role

Alice in Wonderland (Redlands College)2022
Alice's Mother Understudy Queen of hearts/Understudy AliceJessica Morland

Young Rock season 22021
Extra

Reef Break2019
Extra

Rockit Production2019
Beauty and the Best (Silly girl 1)

Rockit Production2018
Director's cut The Musical (Supporting Role)

Rockit Production2018
Shrek the Musical (Big bad wolf)

Harvest Rain Theatre2018
Grease (Ensemble)

Speech & Communication AMEB Exam's2014-2021
Level 1-7Helen Steel

High Distinction Level 1-7

Training

Script to screen 4 week ClassesSeptember 2025
Joey Vieira & Ben Parkinson

Audition techniques workshop Michelle ClancySeptember 2025
Michelle Clancy

British Accent WorkshopAugust 2025
Gabrielle Rogers

Stevie Ray McGregor Casting WorkshopJuly 2025
Stevie Ray

Dave Newman Workshop (The Warehouse)June 2025

DNA Stunt TrainingMay 2025 - Current

Singing TrainingJanuary 2023 - Current
Antonio Bree

American & British Accent TrainingJune 2025
Gabrielle Rogers

Bud Hopes set secrets 2May 2025
Bud Hopes & Brad Murray

Bud Hopes set secrets 1May 2025
Bud Hopes

Film Industry Blank Fire Weapons TrainingApril 2025
Jeff Gribble & Michael BateWeapons/ Stunt work

Creating Artist (The Peak Performance Concepts)March 2025 - Current
Joel Pierce

Joey Vieira and Ben Parkinson acting on screenFeb-March 2025
Joey & Ben

Adult Audition Techniques For Commericals with MichelleFeb 2025
Michelle Clancy

The Warehouse Advanced Auditions for ScreenJanuary 2025 - Current
Tom McSweeney

The Warehouse Professional Screen Acting & Showreel course2024
30 week acting course

The Warehouse USA accent intensive (Month long)2024
Accent Class (Gabrielle Rogers)

Weekly Stunt Training Classes2024
Stunt Class

Audition Techniques for Commercials2024
Ben Parkinson workshop

Ben Parkinson and Joey Vieira Workshop2024
Acting Class

The Warehouse Young Adults Screen Acting course2024
Tom McSweeney Class

QUT Drama degree Semester 1July-Oct 2024
Learnt from Kerith Atkinson

Dave Newman WorkshopJuly 2024

Dianne EdenApril-June 2024
10 week Vocal Training

Improvisation on Stage with Louise (10 weeks)April - June 2024
Louise Brehmer

Professional Screen Acting & Showreel 30 week CourseApril - Nov 2024
Warehouse Acting

The Warehouse Young Adults Screen Acting course2024
Tom McSweeney

Griffith conservatory winter workshopJuly 2023
Musical Theatre & Acting

Perform Australia2022-2023
ActingCert 4 in Acting

Queensland Theatre Youth Ensemble2020-2022

Queensland School of Film & Media2022
Film and CrewCert 2 in Film & Media

The Warehouse Advance Teen Screen Acting courseAug 2021- March 2024
Teraze Burke

The Warehouse Advance Teen Screen Acting courseJuly 2020 - July 2021
Teraze Burke

Ben Parkinson Workshop2020
4 week Workshop

Acting for Camera2019-2021
Joey Vieira Classes

New York Film Academy2019
Week Workshop

NIDA Acting on Screen2018-2019
Acting Class

Speech & Communication Classes2014-2021
Helen Steel