

LAWRENCE OLA

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HOWELL
Elite

FILM

Strangers in a Car Park	Lead	McBrat Motion Pictures / Dir: Stuart McBratney
Rudy (short)	Lead	Like the Pepper Films / Dir: Kyan Woodpower
Safe Word (short)	Lead	Dir: Christian Heath
Residence	Supporting	Breeding Ground Pictures / Dir: Matt Mirams
This Little Love of Mine	Supporting	Jaggi Entertainment / Dir: Christine Luby
Play Dirty	Supporting	Amazon Prime / Dir: Shane Black
The New Boyfriend (short)	Supporting	Valiant Star Productions / Dir: Riley McGuire
Social Distance (short)	Supporting	Conti Bros Films / Dir: Myles Conti
Strata (short)	Supporting	House of Ling / Dir: Joel Phillips
Untitled (short)	Supporting	Satiu Studios / Dir: Gabriel Faatau'uu-Satiu
DreamLink (short)	Supporting	Mountain of Youth / Dir: Kalani Garcon
Grape (short)	Supporting	Dir: Aurora Iler
Falling in Slow Motion (Proof of Concept)	Supporting	Sarah Dinsey Film Productions / Dir: Shea Moir & Joey Aspeotis

TELEVISION

Upright (Season 2)	Guest Star	Foxtel/Binge / Dir: Mirrah Foulkes
NCIS:Sydney (Season 2)	Co-Star	Paramount+ / Dir: Jennifer Leacey
Wellmania	Co-Star	Netflix / Dir: Helena Brooks
The Messenger	Co-Star	ABC / Dir: Jennifer Leacey
Cloudy River	Co-Star	SBS on Demand / Dir: Charlie Ford & Sophie Hardcastle
Latecomers	Co-Star	SBS on Demand / Dir: Madeline Gottlieb
After the Verdict	Co-Star	Nine Network / Dir: Peter Salmon
North Shore	Co-Star	Network 10 / Dir: Neil Sharma
Born to Spy	Co-Star	ABC / Dir: Darlene Johnson

WEB SERIES

The Cleaners	Series Regular	Dir: Eoghan Barltrop
Like Nearly Famous	Series Regular	Dir: Holly Matheson

COMMERCIALS - Reel Available on Request

TRAINING

Improvisation (L1 - L3)	Carolyn Mullen, Andrew Wowk, Lauren Hayward	Laugh Masters Academy
Advanced Improvisation	Linda Calgaro	Calgaro Improv
American Accent	Barbara Hastings	Parramatta Actors Centre
Eric Morris Method	Winston Cooper	Screenwise

Awards & Nominations:

2024 - Best Australian Short Film Competition - *Best Short Film Nomination* - **The New Boyfriend**
2023 - Logie Awards - *Most Popular Comedy Program Nomination* - **Wellmania**
2023 - Sydney Indie Short Festival - *Jury Prize Winner: Best Acting Ensemble* - **The New Boyfriend**
2023 - Tokyo Shorts - *September Award Winner: Best Acting Ensemble* - **The New Boyfriend**
2023 - Short to the Point Film Festival - *October Award: Best Comedy Nominations* - **The Blow Up / Rudy**
2020 - My RØDE Reel 2020 - *Comedy Short: 3rd Place* - **Social Distance**

Special Skills: Accents - New Zealand, Australian, General American, General British / Songwriting - Pop, Pop/Rock, Synth, Hip Hop

Links: Showcast - <https://app.showcast.com.au/profile/lawrenceola> IMDB - <https://www.imdb.com/name/nm9978467/>
Instagram - https://instagram.com/lawrence_ola Voice - <https://www.emvoices.com.au/artists/lawrence-ola/>