

# Helena Thompson

## Stage Management

Currently training at Guildford School of Acting, I am a dedicated and passionate theatre professional with technical experience and a background in dance. My organisational skills, conscientious approach and enthusiasm for story telling equip me to collaborate effectively in dynamic theatre environments. I thrive under pressure and, am committed to delivering exceptional productions that captivate and inspire.

## Contact

Based: London/Surrey.

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Email:

Helenaamthompson@gmail.com

LinkedIn: Helena Thompson

Instagram: @helenathompson\_sm

## Work Experience

**Stage Manager - *Fanny and Alexander***

May 2025 - Present Guildford School  
Guildford School of Acting

**Assistant Stage Manager - *Twelfth Night***

May 2025 - Present  
Guildford School of Acting (Junior Conservatoire)

**Deputy Stage Manager – *Love and Information***

January 2025 – March 2025  
Guildford School of Acting

**Assistant Stage Manager - *MOVE IT! 2025***

March 2025  
Orange Jackets

**Deputy Stage Manager - *Annie Junior***

February 2025  
Alexandra Dance Company

**LX Crew – *Much Ado About Nothing***

January 2025 – February 2025  
Guildford School of Acting

**LX Crew – *The Love of a Nightingale***

January 2025 – February 2025  
Guildford School of Acting

**Deputy Stage Manager – *The Violin***

September 2024 – November 2024  
Guildford School of Acting

**Dance Teacher**

Alexandra Dance Company

May 2023 - Present

- DBS
- Chaperone licensed
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**Graduate Technical Assistant for Arts and Digital Industries**

January 2023 - September 2024

University of Roehampton

- Designed, programmed and operated BA and MA drama and dance performances and assessments using ETC software
- Assisted the technical managers and lecturers in the day-to-day running of technical departments
- Given the responsibility of managing a team of freelance technicians

**Voluntary role as Roehampton Dance Competition Team Social Media Secretary**

September 2021 – June 2022

University of Roehampton

- Responsible for a comprehensive social media strategy for the university dance team

## Education

**MA Stage and Production Management**

Guildford School of Acting, University of Surrey

**BA Dance**

University of Roehampton

September 2019 – July 2022

1<sup>st</sup> Class Honours

**Dissertation Awarded:** Andree Grau Award for *Intellectual*

*Curiosity and Ideological Integrity*

## Skills and Training

Technical Skills Proficient

- ETC Console Basic Training (Certified August 2023)
- Qlab
- Rigging lighting and sound
- Trained to use tallescope
- Flys
- Fire safety trained
- Ladder trained
- Manual handling trained
- Chairing production meetings
- Taking minutes for meetings
- Making agendas
- Making call sheets and rehearsal reports
- In charge of show stop procedures
- Sourcing and making props
- Budgeting
- Tracking sustainability
- Show calling

## Other Work

**I AM Collective Agency**

Freelance Dancer for Sweaty Betty 10k Run  
2024

**Unapologetic Dance**

GENESIS music video (award nominated)

## Referees

Michael Smalley – [m.smalley@gsa.surrey.ac.uk](mailto:m.smalley@gsa.surrey.ac.uk)