



NOUR HELO

HAIR: Auburn HEIGHT: 8'5
EYES: Brown WEIGHT: 116

www.nourhelo.com | contact@nourhelo.com | Instagram: @nourhelo

Film

HouseBreaking
Roomies
The Dark Inside
Dirty Laundry
Curtain Call
That's So Trippy Bro
False Alarm
Church of Murder
Life Changes
The Last Drink
Christina
Beach Girls

Rachel (Lead)
Natalie (Lead)
Kia (Lead)
Andrea
Anna (Lead)
Deisi (Lead)
Rachel (Lead)
IBY (Lead)
Alyssa (Lead)
Cathy (Lead)
Vanessa (Supporting)
Emma (Lead)

Santa Barbara City College
Santa Barbara City College
New York Film Academy
UCLA
Ghetto Film School
The Neon Void
New York Film Academy
Los Angeles City College
New York Film Academy
New York Film Academy
LA Film School
Art Center College of Design

Commercials

MOFT

Hero Gal

MOFT Company

TV

Behind Locked Doors
Comedy Sketches

Jackie (Lead)
Supporting Characters

Sunny Lou Productions
Wait What Comedy

Music Video

Deep Forest
They Ain't Got it Right

Lilith (Lead)
Girlfriend (Lead)

New York Film Academy
This Is HALOVER

Modeling

Editorial
LAFW
Instagram Photoshoot
Editorial
Fitness

Fashion Model
Runway Model
Model
Fashion Model
Fitness Model

Rumors Fashion (Clothing Brand)
Diverse Fashion
Way Too Mad
LightBox Studios
Josh Webber

Voice Over

Christina

Jennifer (Supporting)

LA Film School

Training

Method Techniques
Audition Techniques
Acting Techniques
Scene Study/Directing
On-Camera Commercial Techniques
On-Camera Scene Study
On-Camera Acting for TV & Film
On-Camera Cold Reading

Martin Gish
Karen Furno
Al Taylor
Al Taylor
Vicki Goggin
JR Whittington
Tracey Rooney
Tracey Rooney

Santa Clarita school of Performing Arts
Santa Clarita school of Performing Arts
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Santa Clarita school of Performing Arts
TVI Actors Studio LA
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Skills

Instruments: Piano, Violin, Guitar, Vocal

Dancing: Ballet, Contemporary, Jazz, Hip Hop, Tango, Ballroom

Sports: Taekwondo, Gymnastics, Figure Skating, Swimming, Track Running, Tennis, Krav Maga, Kickboxing, Jiu ji tsu, Indoor shooting.

Languages and Dialects: English: English (US), English (UK). Spanish: Spanish (Spain), Spanish (Latino America). Arabic, Russian.

Activities: Skateboarding, Programming, Embroidery& Knitting, Cooking