



# Helena Franquesa Villalba

ACTRESS

## About me

I consider myself as an emerging **hard working** actress, driven by **creative challenge** to achieve my **carrer goals** with a **courageous respectful** way. Through exploring the **deepness** of artistic **feelings** on **screen** and **stage**.

## Productions and previous experience

### Stage Productions

**Lady Macbeth** | Macbeth | Drew Moligan | IAB | 2023  
Antigone | **Antigone** | | IAB | 2024  
Mrs Godwin | **Mary Shelley** | Martin L. | IAB | 2024  
**Marya** | The Government Inspector | Cristian Izzo | IAB | 2025  
Impro Show | **TBC IMPRO** | 2025 -2026  
Laia | **Estimar-se** | Jaume Najarro | 2026

### Screen Works

Ana | **El ser civilizado** | ESCAC | Sergio Padilla | 2022  
Therese | **Carol** | IAB | A. Quin | 2023  
Nicole | **Wiplash** | IAB | A. Quin | 2024  
Valeria | **Unknown Roads 2** | Tony Heino | 2026

## Training

**IAB Institute of Arts of Barcelona** - Intese Acting Training (2022-2025)

Achievement of several techniques/trainings like; **Meisner Method**, **Stanislavsky**, **Comedia del Arte** and **Alexander Technique** among others.

**MEMORY** - Mòdul de teatre musical (2020-2022)

Practice of singing and dancing Jazz. As well as, knowledge on Musicals.

**POETA MARAGALL** - Bachillerato de Artes Escénicas (2020-2022)

Knowledge on literature and art.

## Skills

Sports: **Kickboxing-grappling-wrestling**.  
(high intermediate).  
Car **driving** license.  
**Singing** and **Dancing** (Basic).  
**Stage Combat** (Basic).  
**Barista** knowledge (Advance).

**Waitress** knowledge (Advance)  
**Ball Dance (Tango)** (Intermediate)  
Accents: Modern **RP** (Basic)  
General **American** (Basic)  
**Spanish** accent (Advance)

## Characteristics


- Nationality: Spanish.
- Pronouns: she/her.
- Location: Spain and Europe.
- Height: 1.66 cm.
- Eye Colour: Honey Brown.
- Playing age: 16 to 25.
- Voice Character: Delicate and Curious.
- Languages:
  - Spanish (Native)
  - Catalan (Native)
  - English (Fluent-Advance)

## Additional information

I really enjoy reading further for self development or entertainment. As well as all kind of art.

I am fully in love with life, which lead me to have ambition and learn fast or catch up about any subject. Keeping me with a curious and open mindset.

## Contact

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