



MANAGEMENT

Studio 61709, PO Box 6945
London, W1A 6US
+44 (0)207 183 6211
casting@lamanagement.co.uk
www.lamanagement.co.uk

Meghan Adara



© LM Dean

Location	Greater London, Brighton and Hove	Ethnic Background	White
Height	160 cm	Heritage & Ethnicity	White
Weight	51.30 kg	Eye colour	Blue
Playing age	20 - 30	Hair colour	Blond(e)
Appearance	White	Hair length	Long
		Voice	Amused, Assured, Authoritative, Breathly, Bright, Cheerful, Clear, Cool, Delicate, Direct, Engaging, Enthusiastic, Friendly, Gentle, Intimate, Laid Back, Light, Low, Mature, Natural, Precise, Relaxed, Sensitive, Serious, Sharp, Sincere, Smooth, Strong, Sympathetic, Warm

Meghan is a highly versatile and a multi-award winning London based screen & stage actress who trained at East 15. With many projects under her belt, Megan's previous credits include 'THE CELLAR' (feature), a ominous psychological horror film exploring a perverse religious cult, playing the lead role Abigail, for which Meghan has won 5 Best Actress awards and has just been picked up for worldwide distribution, playing an integral role in the unsettling slasher 'THE CALLER' (feature), a tragic tale of a single mother's battle with addiction 'APART' (short), which she played the sole cast member Tanya, a poignant awareness short film highlighting the dangers and impact of mental health in men 'NEVER LOOKED UP' (short) playing the lead role, a psychological thriller following the disappearance of a young girl 'TERROR ON LUXOR RIDGE' (feature), and the lead role Laura, a deranged serial killer in 'BLOODY PERFECT' (short). Having just wrapped on 'THEY WAIT IN THE SHADOWS' (feature), a chilling claustrophobic horror film in which she plays the lead role of Jenny, Megan's other upcoming credits include a vampire horror 'AMELIA' (feature), in which she plays the titular character, 'THERAPY' (feature), a harrowing tale following a homicide investigation in which she plays Rachel Harding, wife of the lead character, a sinister psychological thriller 'THE DEATH OF US' (feature), a sci-fi/thriller 'WALLDALE' (feature), playing the COO of a corrupt tech company, 'HEGEMONY - PART 1' (feature), set in a post-apocalyptic world, a mockumentary 'GHOUL SQUAD' (feature) and a slasher horror 'THE R.I.P MAN' (feature). Meghan is a 5 time Best Actress winner

Feature Film

Year	Role	Title	Company	Director
2025	Abigail (lead)	THE CELLAR (POST-PRODUCTION)	Double Take Pictures	Jamie Langlands
2025	Amelia (lead)	AMELIA (IN-PRODUCTION)	Macroverse Films	Luke Mephram
2025	Valiant/Trooper (supporting)	HEGEMONY - PART 1 (IN-PRODUCTION)		Allan McTaggart
2025	Becca (supporting)	SOUTH PARADE (PRE-PRODUCTION)		Tom Walters
2025	Rachel Harding (supporting)	THERAPY (IN-PRODUCTION)		Scott Clist
2022	Melissa Coburn (supporting)	THE CALLER (MINACIOUS - US)	Hypericum Films	Richard Dunford
2023	Izzy (supporting)	SAFE SPACE		Issy Songer
2023	Carer (supporting)	EVIL ENGLAND	Voodoo Cat Productions	Saxon Brothers
2023	Tara (lead)	THE PURGE: DEATH IN THE KINGDOM (PRE-PRODUCTION)		Luke R Burge
2021	Mortina Fireblood (supporting)	WINGS OF ASCENSION	PortraitXProductions	Marcus Godfrey-Beck

Short Film

Year	Role	Title	Company	Director
2025	Sam (lead)	NEVER LOOKED UP (IN-PRODUCTION)	T&A Productions	Andy Corry
2025	Alice	LOCKED IN (POST-PRODUCTION)		Thomas Clark
2024	Chess Player (supporting)	HORSE	F11 Studio Films	
2024	Girl (supporting)	HORRIBLE FAMILY		
2024	Woman (supporting)	CROOK (POST-PRODUCTION)		
2024	Hannah (co-lead)	THE VURGLAR (POST-PRODUCTION)	Haslam Films	Jake Haslam
2023	Claire	THE RUNAWAYS (PRE-PRODUCTION)		Liam Coombes
2023	Beth	MEMORIES OF YESTERDAY		
2023	Chloe (lead)	NEVER LOVE AGAIN		
2023	Laura (lead)	BLOODY PERFECT		Liam Coombes
2023	Sarah (lead)	NATURE'S MOCKERY		Ryan Chapman
2023	Samara (lead)	THE DEMON BARGAIN		Ice Greer
2022	Young Doris	OUR FATHER (POST-PRODUCTION)	Pineal Dreams Production	Joshua Moulinie
2022	Girl (supporting)	THREEDOM	Macroverse Films	Luke Mephram
2022	Maddie (lead)	LITTLE MISS UNDERSTOOD		Sky Craig
2022	Anastasia (lead)	PROLONGED ADOLESCENCE		Zhen
2022	Jessie (lead)	DROWN YOU OUT		Elisa Ranney
2022	Amy (supporting)	DESPERATE MEASURES		Sherry Davis
2022	Nina (lead)	BURNING PILES		Alishah Choudhary
2022	Earl (lead)	ROOM 114		Finton Cullen
2021	Girl (supporting)	WHO KILLED YOU	RC Productions	Reece Manigan
2021	Valerie (supporting)	THE WALRUS AND THE CARPENTER	RC Productions	Reece Manigan
2021	Jade (lead)	JADES ESCAPE		Rory Connolly
2021	Ines (lead)	TOGETHER AGAIN		Brie Burns
2021	Robot	AUTOMATE		Caitlyn Parr
2020	Lori (lead)	VOOP		Chris Dunk

Web Series

Year	Role	Title	Company	Director
2023	Holly Boyden (co-lead)	FILES OF MYSTERY: DOPPELGANGER	Macroverse Films	Luke Mephram
2022	Roxy (supporting)	THE TIES THAT BIND (IN-PRODUCTION)	No Limit Productions	Cody Vera Williams
2022		THE WORLD REVOLVES AROUND ME		Fey Okege
2021	Jamia Wainwright (supporting)	I KILLED SOLOMON REID	Hypericum Films	Richard Dunford
2018	Zombie	THE DEAD AND US		Luke R Burge
2017	Zombie	THE DEAD AND US		Luke R Burge

Stage

Year	Role	Title	Company	Director
2023	Therapist (supporting)	I WAS KINDA THE BAD GUY		Jasmine Rose
2020	Multi-role/Ensemble	EVERYTHING ENGLISH	Paradoxical Frog	Sarah Elliott and Raphael Key
2020	Multi-role/Ensemble	THE REPROBATES	Windmill Young Actors	Tanushka Marah and Nicola Chambers
2019	Multi-role/Ensemble	MUSICALS OF BROADWAY	Poppa Roy's Players	Pippa Randall and Roy Randall
2019	Tom	BURYING YOUR BROTHER IN A PAVEMENT		Polly Broad
2018	Multi-role/Ensemble	LOSING IT	Windmill Young Actors	Tanushka Marah
2018	Multi-role/Ensemble	THE CAUCASIAN CHALK CIRCLE	Paradoxical Frog	Sarah Elliott
2018	Multi-role/Ensemble	THE CAUCASIAN CHALK CIRCLE		Polly Broad
2018	Multi-role/Ensemble	ABOUT A REVOLUTION	Windmill Young Actors	Tanushka Marah

2018 Multi-role	TIMELINE	Meghan Adara/Oliver Shanks
2018 Fairy	A MIDSUMMER NIGHT'S DREAM	Sarah Leaver
2017 Megan/Multi-role/Ensemble	WHAT ARE WE MADE OF	Terri Geal

Street Theatre

Year	Role	Title	Company	Director
2018	Witch	COVEN OF THIRTEEN	Scream Park Entertainment/Tulleys Farm	Scream Park Entertainment
2017	Witch	COVEN OF THIRTEEN	Scream Park Entertainment/Tulleys Farm	Scream Park Entertainment

Television

Year	Role	Title	Company	Director
2024	Forensic Investigator	THE TRUTH ABOUT MY MURDER (SERIES 2)	ITV	
2024	Samantha (supporting)	DILLUDED (IN-PRODUCTION)		Dillon Harris
2023	Francene Walters (lead)	WALLDALE (POST-PRODUCTION)	Horizon Pictures	Matthew Cathcart
2018	Audience/Guests	THE ROYAL WORLD	MTV	Katy Manley

Educational

Year	Role	Title	Company	Director
2023	Soldier	RESOURCE FILMS	Holloway Media Ltd	James Holloway
2022	Host/Presenter	EDUCATIONAL (IN-PRODUCTION)	Orcabee	Luke Dean

Promo

Year	Role	Title	Company	Director
2022	Model	ONE GREEN BOTTLE	One Green Bottle	Olivia Connor
2022	Model	LIFE DESIGN	Life Design	Dessie Magee
2020	Model	KISSING FISH	Orcabee	Luke Dean

Music Video

Year	Role	Title	Company	Director
2021	Actress (lead)	FALLING FOOLS - GUCHY2		Joel Eley

Internet

Year	Role	Title	Company	Director
2021	Model	WORTH MESSAGE	Orcabee	Luke Dean

Event

Year	Role	Title	Company	Director
2019	Stage Manager	SUSSEX GIN FESTIVAL	Mckenzie Associates Ltd	David Hill

Accents

American-Standard, American-Western States, English-Standard, English-Standard*, Heightened RP, Heightened RP*, Leeds, London, London*, RP, Sussex, Sussex*, Yorkshire

Languages

English*

Music & dance

Singing (general), Harmony Singing, Ballet

Performance skills

Corporate Roleplay, Immersive Performance, Immersive Performance*, Live Roleplay, Meisner Technique, Outdoor Performances, Outdoor Performances*, Poetry Reading, Presenting, Prosthetics, Public Speaking, Puppetry, Radio Drama, Role Play, Scare Actor, Scare Actor*, Spoken Word, Story Telling, Story Telling*, Street Theatre, Street Theatre*, Theatre In Education, Underwater Filming

Sports

Abseiling, Air Rifle Shooting, Archery, Badminton, Bowling, Camel-riding, Canoe, Croquet, Cycling, Darts, Dodgeball, Fishing, Golf, Handball, Javelin, Jet Ski, Kayak, Kick Boxing, Netball, Parasailing, Pilates, RollerSkating, Rollerblading, Rounders, Rowing, Scuba Diving, Skiing, Swimming, Swimming*, Swimming (Open Water), Swimming (Open Water)*, Tennis, Trampoline, Weight Training, Yoga

Other skills

Animal Handling, Barista (experienced), Bartender, Cooking/Baking, Counselling, Devising, Event Host (experienced), Filmmaker, Hair Model, Hand Modelling, Improvisation, Interior Design (experienced/qualified), Model-professional, Nail Technician (qualified), Needlecraft, Performance Artist, Photographic Model, Producer (professional), Spoken Word Artist, Story Telling

Voiceover

ADR, AI, Animation, Audiobook, Audio guides, Cinema, Commercials, Corporate, Documentary, E-Learning, Home studio, In-car, Internet, Live events, Narration, Navigation, NewsReader, Podcasts, Professional microphone, Radio, Spoken word & performance poetry, TV, Teacher, Telephony systems, Voice Acting, Voice Over, Voice Over + Access to Studio, Voice Over + Home Studio

Vocal range

C₃ to C₅ (belt to F₄)

(* = highly skilled)

Training

-East 15 Acting School
Directors Cut - Acting Course - (ongoing)
Identity School of Acting (ongoing)
MN Acting Academy (ongoing)
Actors Studio - Masterclass in Screen Acting
ThirdSpace Theatre
Northbrook College - Acting - Level 3
Northbrook College - Production and Performance - Level 2