



CONTACT ME

- +34 655 937 109
Whatsapp: +1 352 281 4001
- Lenamsakalla@gmail.com
- www.lenamsakalla.com
- @meetcoachlena

EDUCATION

University of West Florida

BFA Musical Theatre
BA Interdisciplinary Humanities—Arts Administration

GPA: 3.98 Summa Cum Laude

Top student award from the College of Arts, Social Sciences & Humanities 2019; President's Honor Roll 2016 - 2020

Escola D'Arts Escèniques De Manresa

Grado Superior de técnicas de actuación teatral del curso 2022

SKILLS

- Leadership
- Effective communication
- Content creation & social media
- Copywriting
- Time management
- Problem-solve attitude
- Word | Excel | Powerpoint
- Languages: English (native), Spanish (intermediate), Catalan (conversational)

LENA M. SAKALLA

Coach | Director | Arts Administration

ABOUT ME

Lena is an internationally trained actress, director, and acting coach with a background in Arts Administration and Management. After graduating with a double major at the top of her class, Lena hopped across the Atlantic and is now based in Barcelona. Above all, she is passionate about collaborating with creatives who empower others and amplify stories unheard.

WORK EXPERIENCE

Theatre Teacher 2023 - Present

Creation Drama Studios

- Engages students with acting exercises for onstage and on-camera training
- Collaborates with fellow teachers to direct original scripts for students ages 6 to 18

Audition Coordinator Assistant 2023 - Present

Artists at Play LLC

- Coordinates, & facilitates the online LiNK audition process via Acceptd alongside the Audition Coordinator of the Southeastern Theatre Conference in the USA
- Clarifies and resolves communication errors between auditionees and hiring companies

Administration Assistant/Tour Manager 2022 - Present

Three Cord Productions LLC

- Pilots the American National Tour stops of the new hit play, DISSONANCE
- Creates engaging content for Marketing on Instagram, Facebook, Tiktok, & Mailchimp email chains
- Organizes team meetings, interviews, podcast appearances, news, & producer collaborations

Acting, Voice, & Audition Coach 2020 - Present

Coach Lena

- Empowers artists with a foundation of techniques in singing, voice & speech, acting, & audition techniques that simultaneously build confidence
- Crafts & facilitates original-material workshops online & in-person to ages 8 to 18
- Instructs Montessori Barcelona's Musical Theatre class accumulating in showcases

REFERENCES

Marci J. Duncan

Artists at Play LLC / CEO

Phone: +1 (850) 524-1619

Email: mduncan1@uwf.edu

Gabby Byam

Hippodrome Regional Theatre/
Director of Education

Phone: +1 (352) 284-1294

Email: gabby@thehipp.org



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CERTIFICATES

International University of Catalunya

AMET Master Certification

Online June 2021

BridgeTEFL

120 Hour TEFL Master Certification

Online August 2020

SKILLS

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LENA M. SAKALLA

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WORK EXPERIENCE

Showcase Director & Spring Break Camp Counselor 2023

Hippodrome Regional Theatre

- Designed & facilitated a Scene Study course for ages 6-18 years
- Directed & organized the showcase schedule with original scenes, written & performed by the students themselves

Show Director 2022

Escola D'Arts Escèniques De Manresa

- Created the overall concept with blocking, movement, interpretation, & technical elements for "The Revolution's Promise" translated into the Catalan in collaboration with The Freedom Theatre in Palestine
- Coached actors' character, monologue, & scene work in Spanish, Catalan, & English

English Teacher (ESL) 2021- 2022

MoMa English Academy

- Prepared high school students for Cambridge English certification exams
- Inigorated middle school students with English grammar, created lesson plans/exams, & engaged with parents about student progress

English Language Assistant 2020- 2021

Meddeas

- Collaborated with tutors to construct engaging speaking & listening activities for students ages 3-12 years old
- Sparked confidence in students while speaking English as a Second Language

Arts Administration Intern 2019

B Street Theatre

- Launched new marketing/outreach project to increase student turnout for mainstage shows
- Collaborated with Associate Artistic Director on managing the annual New Comedies Festival & provided hospitality to the 50 visiting artists
- Co-designed & directed summer camp showcases, while teaching voice & speech curriculum for ages 5-17 years old
- Outlined to Facility Manager green initiatives to reduce company's carbon footprint

Children's Show Director/Musical Theatre Teacher 2018

Hippodrome Regional Theatre

- Adapted & taught voice & speech/singing curriculum for ages 7-17 years old
- Created the overall concept with blocking, movement, interpretation, & technical elements for The Lion, the Witch & the Wardrobe (ask about the funky theme)