



Abby Hope Mowlds

Gastonia, NC | abbyhope.vm@gmail.com | Instagram: @abbyhope.vm | TikTok: @abbyhope.vm

Height:	5'3"	Hair:	Dirty Blonde
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Eyes:	Green	Age Range:	16–23
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Theatre

- *School Play* — Supporting Role, Forestview High School

Training

- High School Drama Program (acting, voice, movement)

Special Skills

- Improvisation & memorization
- Comfortable with emotional & dramatic roles
- Swimming, hiking, dance basics
- Writing & storytelling
- Social media content creation (TikTok & Instagram on-camera presence)