



Freya Eilish Callaghan

Date of Birth: 31 January 2008 | **Height:** 163 cm (5'4") | **Eyes:** Green | **Hair:** Light Brown/Auburn

IMDb: [imdb.me/freyacallaghan](https://www.imdb.me/freyacallaghan) | **Casting Networks:** [Profile Link](#)

Showcast: [Profile Link](#) | **Instagram:** [@freyacallaghanofficial](#) | [Linktree](#)

Representation

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About Me

Freya Callaghan is a talented Australian-Irish actress, singer, dancer, and musician, with a passion for expanding her skill set in all areas of the arts. Since the age of three, Freya has been building a diverse career in acting, with experience in film, television, theatre, and music. She is known for her adaptability and instinctual character development. Her dedication is evident through her ongoing training, including a recent six-month stunt course, which has broadened her range to include wire work, breakfalls, combat techniques, and more.

Freya's most notable film credits include Netflix's *True Spirit* (2023) as Young Emily Watson and the upcoming films *Girl in the Shadows* (2025) and *Dead Eyes* (2024). She has also made a significant mark in musical theatre with leading roles in Gordon Frosts

QPAC Production of *Shrek the Musical* (2021) and QLD Conservatoriums Production of *Les Misérables* (2019).

Beyond her work in the arts, Freya is committed to personal growth and community engagement, completing her Gold Duke of Edinburgh Award, being a certified lifesaver, and participating in rock climbing and stunt courses. Freya's unique blend of talent, passion, and determination makes her a versatile addition to any project.

Training

Acting:

- Ongoing Private Mentorship Program (2023-2025)
- Scholarship Won for Actor's Edge 12-Week Course and Showcase (LA Zoom) – Aaron Metchik (2024)
- Tom McSweeney Audition Technique (2023)
- Chris Sommers – Private Tuition, Analysis, and Filming (2023)
- Sainsbury and Stanford Script-to-Screen Workshop (2023)
- Stunt Work – Regill Stunts (2023)
- Private Mentorship with Timothy Carroll (2021-2023)
- TAFTA Workshop – Thea McLeod (2022)
- Accents Private Mentorship with Christopher Sommers (2022)
- Week On-Set Screen Acting Intensive (2022) – Warehouse Studios, Helensvale

Dance:

- RADA Ballet (Grades 1-5, Vocational Advanced Foundation & Advanced 1)
- Tap, Jazz, Contemporary, Lyrical, Hip-Hop – Kick Dance and Arts (2010-Present)
- Senior Dance Troupe, Moreton Bay Girls College (2021-2025)
- Excellence in Performance Program (2021-2024)

Music:

- Piano – Ongoing Study (Grade 4 AMEB)
- Singing – Natasha Veselinovic
- Saxophone (beginner)

Film & Television

Feature Films

- *Dead Eyes* (2024) – Lilly Beast (Post-Production) | Directed by Richard Williams
- *Lenore* (2024) – Ravenfreak (Post-Production) | Directed by David Ward
- *Onwards* (2024) – Jane’s Sister (Post-Production) | Directed by Deb Tamay
- *True Spirit* (2023) – Young Emily Watson | Netflix | Directed by Sarah Spillan
- *The Girl in the Shadows* (2023) – Young Veronica (Post-Production) | Directed by Darren Hawkins

Short Films

- *Our Harbour Didn’t Grow* (2025) – Lead Role | Directed by Anastasia Brown
- *Raw Heart* (2024) – Teen Elena | Directed by Fernanda Alcocer
- *Punch for a Buck* (2024) – Lead Role | Directed by Jamie Pan
- *Last Line* (2024) – Veronica (Post-Production) | Directed by Victoria Moloney
- *Fallen* (2024) – Lead Role, Bowie | Directed by Jess Fisher
- *Our Dreams, Our Delusions* (2023) – Lead Role, Maddy | Directed by Hannah Dunne
- *Outbound* (2023) – Young Gabby | Directed by Clifton Schulke
- *Grape* (2023) – Sam | Directed by Aurora Ilre
- *Anklebiter* (2022) – Suzy | Directed by Emily Holden
- *Nuclear* (2022) – Beth | Directed by Madi Lee
- *Wendy and Vee* (2022) – Lead Vee | Directed by John Canac Baptist

Television Commercials (TVC)

- *OIR Young Workers Rights* (2024) – Teen Construction Worker
- *BCFing Feeling Summer 2023* (2023) – Hero Daughter | Directed by Joshua Logue
- *Gimmie Australia* (2022) – Hero | Directed by Taxi Films

Online Content

- *Don’t Waste It – Daniel Morcombe Foundation* (2025) – Teen Interviewee
- *Ruff and Ruby Vertical* – Young Piper | Directed by Jess Fisher

Music Videos

- *Lead Role Chloe – WALTA | Walta Music Video 19. (2023)*

Theatre & Musical Theatre

- *Sydney Opera House Christmas Spectacular (2024) – Performer | BIG Ballet International Gala*
- *Shrek the Musical (2021) – Young Fiona | Gordon Frost Productions, QPAC*
- *Les Misérables (2019) – Young Cosette | Queensland Conservatorium*
- *Charlie Brown – Sally (2022) | Kick Dance and Arts*
- *Alice in Wonderland – Tweedle Dee (2020) | Kick Dance and Arts*
- *Les Misérables (2019) – Young Cosette and Eponine | Queensland Conservatorium*

Stunt Training

2023 – 6 Months of Stunt Training

- Conditioning and Strength
 - Breakfalls, Highfalls, Wirework
 - Close Combat, Vehicle Body Rolls, Deadmans
- Note: Training concluded due to the closure of the school, but Freya intends to pursue further stunt work when possible.*

Additional Skills

- **Accents:** Standard American, Northern Irish, Irish, Standard British, Australian
- **Physical:** Hypermobility, Rock Climbing
- **Other:** Learner Driver (Automatic and Manual), Surf LifeSaver and Boat Crew Member (Broadbeach Surf Life Club)
- **Awards:**
 - *7News Young Achievers Award – Careers Category Semi-Finalist (2024)*
 - *AACTA Finalist – Best Short Film (2022)*

- *Best Actress* – 48Hr Film Project (2022)

Awards & Recognition

- *Most Outstanding Performer* – Kick Dance and Arts (2023)
- *Best Actress* – 48Hr Film Project Brisbane (2022)
- *Nomination – Best Supporting Actress* – Anatomy Crime & Horror Film Festival (2022)
- *Junior Citizenship Award* – (2022)
- *Excellence in Performance* – Moreton Bay Girls College (2021-2024)