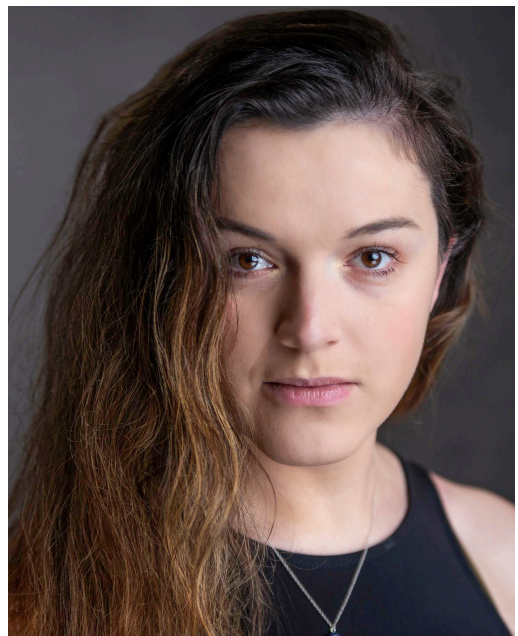


Beth Frígot

Address: 1 Bridge Mill, Bridge Hill, Topsham, EX3
0QQ
Email: bpd.frigot@btinternet.com
Spotlight: 3471-8973-9948
Height: 5'2"
Hair: Dark Brown
Eyes: Brown
UK Passport



Training:

Theatre Royal Plymouth, Lab Theatre Training Company
- 2023
Plymouth Conservatoire at University of Plymouth
BA Hons Acting – 2022
SLP College Level 6 Diploma in Musical Theatre - 2018

Theatre & Stage

2024	Katie 'Kate'	Our Secret's Safe	Pilots Thumb Theatre	Dir: Beth Scott-Hewlett
2023	Katie 'Kate'	Our Secrets Safe	Pilots Thumb Theatre	Dir: Beth Scott-Hewlett
	Queen Mary, Clem	Better Times Inc	Fishwives Theatre Company	Dir: Imogen Hayes
2022	Presenter	Arti	Plymouth Conservatoire	Dir: Savanah Gilaj
	Constance	Selection	Plymouth Conservatoire	Dir: Jonathan Welch

Film & Television

2024	Greta 'Wicked Child'	Of Buccaneers & Bandits	Everything Else Productions	Dir: Aaron A Dorey
2023	Kaia	The Red Hour	Mawby Photographics	Dir: Angus Mawby
	Black	Black		Dir: Hamidah Duffus
2022	Sam	Sam	Falmouth University	Dir: Willow Massy

Online

2024	Narrator	Mother	The Script Department	Dir: John Finnegan
	Narrator	Only Eve	The Script Department	Dir: John Finnegan
	Halfate	The Guard (ep 1)	The Broken Sword	Dir: Marcus Armstrong
2021	Maven	Immortium (2021-2024)	King Collins Productions	Dir: Luke Abbot

Skills:

Voice: Musical Theatre Soprano, Country, Jazz, F3-C6 (Belt to Eb5)

Dance: Jazz, Commercial, Ballet, Tap, Pole Dance and Musical Theatre

Languages: English

Accents: RP; American; Cockney; Estuary

Other: Driving Licence; UK Passport; Level 3 Personal Trainer, CRB (DBS) Certified; Horse Riding; Meisner Technique; Yoga; Running; Comedy.