

Lauren Crace

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Full, Clean Driving Licence

I am a Researcher working in Factual Entertainment, Entertainment and Documentaries.

I have a particular enthusiasm for TV Development and have worked in both Television and Radio for over 15 years. I would love the opportunity of using my skills and experiences of working in front of the camera and producing Radio features to play a part in creating and developing Television from the ground up.

I am a creative, spirited, and people-focused person who loves to be part of a team.

RELEVANT EMPLOYMENT/EXPERIENCE

Morning Breakfast Show Host and Producer - FreeRadio Birmingham - Bauer Media
(2018-2020)

Reluctant Adults Host and Producer - Podcast
(2020-2021)

City Of Sounds - Commonwealth Games Host and Researcher- Greatest Hits Radio - Bauer Media
(2022)

My time working in Radio ignited a passion for creating and producing topical, often sensitive, but engaging content. Researching subjects, as well as sourcing and managing contributors, was a key and hugely enjoyable part of the role. I pride myself on being organised, calm under pressure, with a positive and can-do attitude.

Skills acquired during my time working in Radio include:

- **Content Creation** - Creating four hours worth of fun, engaging and relevant content five days a week.
- **Storytelling** - Creating stories for radio/podcast content.
- **Writing scripts** - For radio intro/outros and competitions.
- **Development** - I value and am skilled at working in a team to build upon a small idea and create something brilliant.
- **Researching** - Seeking the unusual and taking time to ensure I am as knowledgeable on a topic as I can be. I am a dedicated note taker and love a list!
- **Sourcing Contributors** - Finding and securing daily suitable candidates to help build our on air content.
- **Managing a team** - Ensuring the work space was supportive and peoples' voices were heard. Bringing the best out in team members to improve performance and offer support.
- **Operating the desk** - Comprehensive knowledge of Dalet radio Playout system.
- **Interview Skills** - Using my warm, chatty and personable nature to make interviews with both celebrities and listeners an entertaining and enjoyable experience.

- **Editing Audio/Scripts** - I have a keen ear and am able to determine speedily what is important to further the content - and what can be lost.
- **Verbal Communication** - Being personable, clear, and informative.
- **Time Management** - Early mornings. Long days. Deadlines.
- **Trouble-shooting** - Calmly fixing and finding alternative methods when things don't go to plan. And never losing my nerve!

Acting

BA Hons in Acting

RADA - The Royal Academy Of Dramatic Art
(2005-2008)

I have appeared in numerous TV/Theatre and Radio Dramas over my 15 year career. Some highlights include:

- *Mr Selfridge* (ITV/PBS America)
- *Sherlock* (BBC)
- *Eastenders* (BBC)
- *Room At The Top* (BBC)
- *Shameless* (C4)
- *Casualty* (BBC)
- *Phoenix Rise* (BBC)
- *Vanity Fair* (ITV)
- Birmingham REP Theatre
- The Royal Court Theatre - London
- The Young Vic - London
- Salisbury Playhouse

My experience as a professional Actor has taught me how to be a key team member, work hard, be resilient, and respond quickly and calmly to difficult scenarios. It has given me the ability to take notes, adapt, and be open to change and criticism. Continually meeting and working alongside new people has ensured highly developed skills of flexibility and responsiveness to different people's needs; coupled with always taking a genuine interest in those I meet.

Hosting Live Events

- FreeRadio Hits Live
(2017 and 2018)
- The Big Ball of Courage - The Kids Village
(2019 and 2022)
- Birmingham Christmas Lights Switch On - The German Frankfurt Christmas Market
(2018)

[References are available upon request.](#)

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