



Laura Elizabeth McGowan

Actress/Vocalist/Model

5'7" / Eyes: Brown / Hair: Brown

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Television

Holey Moley (S2/E3)	Contestant/Self	ABC	2020
Person of Interest (S4/E08)	Academy Recruit	CBS	2014
Person of Interest (S4/E09)	Academy Recruit	CBS	2014
Unforgettable (S3/E08)	Park Goer	CBS	2014

Commercial

Bud Light: Easy Like Sunday	Buffalo Bills Fan	Anheuser-Busch	2023
Tupper Lake Tourism	Model/Actor	ROOST (2022-present)	
Saranac Lake Tourism	Model/Actor	ROOST (2023-present)	
How To Tie a Bow Tie Secret	Sailor 1	Bedford and Broome	2014

Film

A Date For Anya	Vocalist	dir. Paul Tracy	2023
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Music

Body On You - Lu Grand	Pool Party Guest	dir. Jaron Downs	2017
Angel City Chorale	Soprano 2	Los Angeles CA - Choir	2020-21
The OverTones	Soprano 2	Los Angeles CA - A Cappella	2020-22

Theatre

Beguiled Again	Quartet	Adirondack Center for the Arts	2022
On the Twentieth Century	Dr. Johnson	Rochester Institute of Technology	2008
A Streetcar Named Desire	Blanche	Rochester Institute of Technology	2008

Photo

Tupper Lake Tourism	Model/Actor	ROOST (2022-present)
Saranac Lake Tourism	Model/Actor	ROOST (2023-present)
Fashion Model	Model	IG for @fashionleatherfan 2020-present)
Bolton Landing Brewery	Model	Bolton Landing Brewery (2022-present)

Skills

Athletic – equestrian, softball, basketball, tennis, football, golf, snowboarder, archery, scuba diver
 Martial Arts – Krav Maga, Judo, Brazilian JiuJitsu
 Musical – singer (soprano), trumpet, piano, a cappella director/arranger, square dance caller
 Culinary – amateur baker

Training

Acting Coaching – Chad McCord – focus on comedy (2017)
 Rochester Institute of Technology – Bachelor of Fine Arts – Film/Video/Animation (2006-2010)
 RIT Players
 RIT Student Music Association (RIT Encore, RIT Vocal Accent, RIT Chamber Choir, RIT Singers)