

SONIA SABARDEIL



London-based, RADA-trained actor with strong stage and screen experience.

Upcoming credits include two feature films, with release dates due in 2026 (TBC), including the lead role in A Mind In Chaos (trailer linked below).
<https://youtu.be/GI9w1JcJ6Gs?si=KB1i1DUYs0tOZh5n>

Often cast in strong, emotionally complex roles (leaders, antagonists, authoritative characters) with the ability to bring both intensity and warmth on screen.
Fully bilingual in English and French.
EU passport holder (valid until 03/2028) with UK settlement.

BASSC certified with distinction in foundation unarmed screen combat (ID Fight). Physically strong and fit, strong swimmer, and trained in pole dancing.

[Spotlight](#) [Actor Workbook profile](#) [Backstage profile](#) [Mandy profile](#)

AGE 39yrs
HEIGHT 167cm/5'6"
HAIR Auburn

EYES Blue-Green
CLOTHES SIZE 8/10 (M)

AGE 32 - 44
SHOE SIZE 6



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