

Guidelines for the industry



Portfolio ▾



T. S. Studios for a decent portfolio

Ask if you can have a 'makeover' before photographs.

0207 135 8130

customerservices@ts-studios.co.uk

Send the best photo from your phone to the email above, along with an explanation of what you want.

It will cost, but they are very good, and having a decent portfolio really helped me.



Update Selfies and Change Clothes

Make sure you are updating your selfies and changing your clothes for your portfolio photographs.

Just a photo off of yours or your friends phone is fine - it's free!

Keep your foot in the door

Even if you are working full-time, it's important to keep your foot in the door. Practice when you can and do amateur work if needed - and if confidence is a problem, persevere!

I went from timid to WILD - it can be done!



Never ever do anything you are not comfortable with

In creatives you must never ever do anything that you are not comfortable with. As 'creatives' we are also empaths and people can try to monetise your gifts and you don't want to do that.

Stand your ground on boundaries - practise self love.

Never feel you can't say 'NO'!

You are the controller, not the other way round.

Your talent is special - keep it that way!

**The Actors' &
Performers' Yearbook**

Available on Amazon.

I sent an email to contacts
in this and got offered some
television work through it.

**Actors'
& Performers'
YEARBOOK**

ESSENTIAL CONTACTS FOR
STAGE, SCREEN AND RADIO

2026

REVISED AND
UPDATED
EVERY YEAR

FOREWORD BY
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Casting Company

The only casting company I can properly recommend is Casting Collective.

team@castingcollective.co.uk
www.castingcollective.co.uk





Degree

If you can do a degree or even a Masters in this industry - not only does it give you lots of ideas but you get to network and have fun!

Different Degrees

Straight Acting / Music, etc., will only equip you for that role.

A 'meatier' degree is a Theatre Arts or similar degree. It still includes acting but also covers directing, costume, stage management, and producing. It is useful for giving you more future opportunities.

There are also lots of musical theatre degrees sprouting up everywhere.

Social Media

I personally only used for fun - except for LinkedIn which is for business and you can connect with other important creatives and you don't get the 'I 07 wanna date ya!' problem!

SPOTLIGHT



What is spotlight?

Spotlight is a platform where directors and casting directors can see your portfolio. You can generally only get on Spotlight if you do an accredited acting degree (ask the establishment), or you can get on it through performance credits.

I have only recently gotten onto Spotlight, and I have still got where I am without it - so I think it can be overrated. Also, only do work that really represents 'you'. You don't have to accept every opportunity.



Be accepting, not begging!

"At the end of the day, you may get lots of opportunities - and I hope you do - but persevere, and remember what my daughter once said: she just wanted to be a 'Mum', and that is hugely valuable. Bringing another human into this world is beautiful, and even simply being a productive person is meaningful. Go forward with faith.