

# ARABELLA LADIERO

RUNNER

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Film Studies graduate from the University of Warwick, currently a part of the Disney Crew Academy 2026 cohort for feature film and HETV trainees. I have on-set experience as a Runner in unscripted TV and looking to transition to scripted productions. I bring a solid hospitality background and have completed basic on-set safety training.

## PRODUCTION EXPERIENCE

### Disney Crew Academy

HoD - Fran Philpotts

*Training programme at Pinewood Studios & NFTS | Jan 2026*

- Shadowed the sound and lighting gallery teams during recordings
- Assisted in talent mic'ing and un'micing between takes
- Acted as stand-in for talent during rehearsal

### Production Assistant (dailies)

HoD - Fiona Jones

*Avalon Factual | Channel 4 \*NDA Documentary | Nov 2025*

- Ran errands for Production Office in acquiring props & equipment
- Assisted in overseeing release forms and talent scouting

### Production Trainee

HoD - Vicky Winter

*Avalon Entertainment | Channel 4 'Taskmaster' S21 | Sept 2025*

- Shadowed the sound and lighting gallery teams during recordings
- Assisted in talent mic'ing and un'micing between takes
- Acted as stand-in for talent during rehearsal

### Runner

HoD - Jude Winstanley

*TriForce Productions | ITV 'Sorry I Didn't Know' S6 | June 2025*

- Shadowed the sound and lighting gallery teams during recordings
- Assisted in talent mic'ing and un'micing between takes
- Acted as stand-in for talent during rehearsal

## SKILLS

### Strong administration:

- Office programs (Microsoft, Adobe Acrobat, Google) - *proficient*

### Editing software knowledge:

- Adobe Premiere Pro, DaVinci Resolve 2.0, Adobe Photoshop - *Proficient*

### On-set etiquette & safety:

- Understanding of radio etiquette
- Basic understanding of on-set protocols & studio set-up

### Kit knowledge:

- Canon C200
- Zoom f4 recorder
- AARI lights & stands set-ups

### Customer Service:

- Strong hospitality background
- Petty cash & receipts handling
- Customer-facing in-person and phone etiquette

## STUDENT PROJECTS

### Sound Recordist

*London Film School | June 2025*

- Working with the Zoom F4 Recorder, wireless lavalier mics & operating boom on an outdoor narrative short
- Recorded and mixed dialogue, wild tracks and room tone

## TRAINING

- The Mark Milsome Foundation - **Film and TV Online Safety Passport Course**
- Screenskills - **Intro to Disability and Access**
- NFTS - **Bystander & Information Security Training**

## RELEVANT EXPERIENCE

### Hostess

*Heavenly Desserts | Sept 2023 - Jan 2025*

- First point of contact for customers at the door and by phone
- Resolved issues with money handling (refunds, exchanges)
- Managed intricate and accurate booking system

## EDUCATION

### Film & Television Studies BA

University of Warwick  
2022-2025

### Film Production

London Film School  
2024-2025