

SOPHIE BROCK

CONTACT

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📍 Colchester (willing to relocate)

SKILLS

- Great problem solving skills
- Highly organised
- Works well in team settings
- Experience with film equipment
- Lots of attention to detail

EDUCATION

Colchester Institute

Film and TV production - Level 3
Achieved grade - Distinction

York St John University

Film and TV Production - Year 1
Achieved Grade - First

WORK HISTORY

Sales Assistant - Matalan

(March 2024 - September 2024)

In this role I am working in all areas of the store including serving customers on the tills, stock rotation, meet and greet and customer orders. This has increased my customer service and people skills. I've enjoyed assisting and communicating with customers.

Art Assistant - Queen street art school

(2022 - March 2024)

In this job I assisted the art teachers with multiple aspects of the kids art classes. This included setting out equipment, taking initiative with tasks and making sure we were prepared for classes. Further I helped with enquires from the students and ensure that we can work together to produce an outcome that they are proud of.

ABOUT ME

I am a creative person who has a passion for filmmaking and storytelling. I am ambitious, great at problem solving and I work really well in a team. I have just finished studying Film and TV production and I have previous experience being a TV assistant and runner therefore I am able to handle equipment correctly and ensure the smooth running of a set.

WORK EXPERIENCE

TV Assistant British Masters - IMG Media (19th August 2025)

I was appointed as a TV assistant throughout the live filming of the Betfred British Masters, Legends Fourball. This role required me to assist the main cameraman whilst pole pointing and ensuring that we could efficiently travel around the course.

TV Assistant AIG Women's open - IMG Media (30th July - 3rd August)

I was appointed as a TV assistant throughout the live filming of the AIG Women's open. This role required me to assist the main cameraman whilst pole pointing and ensuring that we could efficiently travel around the course. This position also required a level of focus and ability to move quickly whilst communicating surrounding technical elements.

Advert DOP/Camera operator - Trusted East Light Housing (1st March - 5th 2023)

I had the opportunity to be a Director of photography / camera operator for an advert that would be used to promote a new community that helps people struggling with the cost of living crisis. I was able to work collaboratively with the director, discussing the feel of the advert and what specific shots would help to achieve this.

BFI Film Academy: Signals - Directing/ Filmmaking (2nd December -5th February 2023)

I participated in a BFI film course where I was able to gain a deeper knowledge of the film industry and develop my practical skills. Over the course of many weeks, I was fortunate to have an opportunity to be the director of the short film where I developed my personal directing style and had a chance to work with actors and lead a crew.

NHS career fair filming - General Crew (22nd November 2023)

I participated in the filming of a promotional video for the NHS at one of their career fairs for younger students. I was able to work within a team and take on many different roles throughout the day so that we could efficiently achieve the best result.

Event Photographer - Soapbox racing (17th September 2023)

I explored into event photography work for the Colchester Soapbox race where I photographed the general event and crowds that turned up, so that these pictures could be used to show the success and popularity of this event. The company were really happy with the outcome of my pictures and they were used within a news article about the event.

Sound Recordist / Runner - Short film (3rd September 2023)

I was appointed as sound recordist and runner for a short horror film which was a great experience in performing this type of role, it definitely allowed me to develop these specific skills. This was a great piece of work experience as it allowed me to observe different techniques the director used and apply this to my own technique.