

CONTACT

☎ 07873 170 167
Richcastingandfilm.wixsite.com

✉ richcastingandfilm@gmail.com
[LinkedIn_RebeccaHoward](#)

📍 Windsor, Berkshire SL4
Has a base in Southall, London

- CLEAN DRIVERS LICENCE

EDUCATION

2021 - 2024

Met Film School, London
BA Practical Filmmaking

HARD SKILLS

- Microsoft Excel, Word, PowerPoint & Teams (intermediate)
- Google Doc, Slides, Sheets...ect (intermediate)
- Social Media & Content Creation
- Adobe Lightroom (intermediate)
- Spotlight & Mandy (intermediate)
- Script Writing & Analysis
- Story Development for Film & TV
- Admin
- Finance Budgeting & Tracking

SOFT SKILLS

- Strong Communication
- Great Time Management
- Attention to Detail
- Collaborative
- Strong People Skills
- Hospitality Skills
- Ability to perform well in fast-paced environments

ACHIEVEMENTS

Duke of Edinburgh Award

- Bronze (2017)
- Silver (2018)
- Gold (2024)

ADDITIONAL EXPERIENCE

- Ice Cream Shop Associate (2022 - present)
- Souvenir Gift Shop Retail Worker (2023 - present)

Rebecca Howard

PERSONAL PROFILE

I am an enterprising and visionary individual who thrives on challenges and enjoys working collaboratively. My eagerness to learn new skills across various sectors makes me an adaptable worker. With my prior experience in the film industry through freelancing, I've developed the ability to navigate complex projects with creativity, precision and logical thinking. When I approach admin work, I ensure meticulous attention to detail and organization that allows me to manage tasks efficiently and effectively. I bring a proactive attitude to problem-solving, always seeking innovative solutions to streamline processes.

SELECTED CREDITS

FILMS:

WHERE THE TREE WEEPS - 2024 Drama/Sci fi Short

Role: Writer & Director - Met Film Productions - Producer: Midnight Adams

- In charge of Project's Instagram Page.
- Strong in-person and online communications with preproduction and post-production teams.
- Received script feedback from a script consultant.

FLEA - 2024 Short

Role: Casting Director - Met Film Productions - Producer: Star Johnson

- Strong understanding of characters, the narrative and acting for screen.
- Organised in-person auditions, chemistry tests and self tapes.
- Admin, Booking Talents and Handling Contracts

DOCUMENTARY:

BROKEN WINGS - 2022 Aerophobia Documentary

Role: Creator & Director - Met Film Productions

- Formulated structured interviews to gather well-rounded narratives of each contributor for the edit.
- Communicated with camera and set dress to help enhance the feeling behind each contributors story.

MINISERIES:

SANCTUM - 2023 Sci fi/Fantasy - 3 episodes (1 month)

Role: Casting Director - Met Film Productions

- Booked talent and negotiated contracts.
- Analysed the scripts for each episode and provided feedback.

REFERENCES

MAISA GOTTARDO

Ice Cream Shop Manager and Owner

Email: maisagottardo@gmail.com

Phone: 07500 864 135

NAVEED RAZA

Souvenir Shop Manager and Owner

Email: naveedraza@btconnect.com

Phone: 07776 234 776