






# EMILY SEWELL

## RUNNER

A highly motivated and conscientious individual, equipped with excellent communication and project management skills and experience at a number of production companies including Blink, Chief, MediaMind Universal Pictures, Backscratch Productions, Anthem Studios and You Are Here Productions.

### CONTACT

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### EDUCATION

**October 2021 - October 2022**

MA Directing (Distinction)  
MetFilm School London.

**September 2017 - June 2021**

BA (Hons) Graphic Communication and Illustration.

First Class Honours Degree  
Loughborough University.

**September 2015 - June 2017**

A levels: A\* A\* A\*  
Fine Art, Geography, Maths  
The Sixth Form College Farnborough

### OTHER TRAINING

**Film & TV Online Safety Passport**

The Mark Milsome Foundation

**Screen Skills Training**

- Addressing Unconscious bias: awareness in the workplace.
- Tackling harassment and bullying at work
- Corona-virus basic awareness on production training
- Introduction to mental health awareness at work

### VOLUNTARY WORK

**August 2018 | Location: Uganda**

**Relief Aid Assistant for South Sudanese refugees**

Organised a community art project.  
Held talks to 100+ people.

**July 2015 | Location: Tanzania**

**1 month volunteer**

Helping rebuild and refurbish local schools. I also went trekking around the local area.

### SKILLS

- Full Clean UK Driving License  
(over 23) 5 yrs Driving Experience
- Excellent written and verbal communication
- Radio etiquette
- Administration experience
- Customer service experience
- DBS checked
- Cash handling experience
- Event experience
- Software proficiency  
*Microsoft Office Suite, Adobe Suite (Premiere Pro, After Effects, Photoshop, Illustrator, InDesign, Animate).*

### CREDITS

**Runner / Driver | LTA Tennisables | You Are Here | April 2023**

Shooting on Location. LTA Tennisables launch advert, starring Emma Raducanu.

Duties: setting up, distributing and packing away radios, driving to purchase supplies, escorting cast (children & adults) to and from set, providing refreshments, being responsive on the radio for any other on set needs.

**Office PA / Runner | Blink Productions | May 2022 & April 2023**

Duties: collecting & delivering supplies, completing production documents and assisting the commercial director with image research.

**Runner / Driver | ZOPA Bank | Anthem Studios | March 2023**

Car finance TV commercial studio shoot. Interior and exterior car shots. Green screen set up. Duties: driving to collect supplies, assisting with catering (ensuring dietary requirements were adhered to), keeping the premises tidy, guiding talent and crew to their designated areas, assisting the Director and Clients.

**Runner | M Powered Academy | Backscratch Productions | Feb 2023**

Studio shoot. Advert and training videos for M Powered Academy.

Duties: assisting with set dressing, managing on set catering, sourcing and collecting supplies, recording notes for production, collecting talent.

**Runner | Battersea Power Station Documentary | CHIEF | Nov 2022**

Shooting on location, interviewing residents of Battersea. Duties: collecting talent, managing on set catering, assisting with transporting kit and supplies.

**Runner | Music video | MediaMind Universal Pictures | Nov 2022**

Shooting on location. Nikki Seriki's single 'Christmas is Here' music video. Duties: assisting the camera dept in setting up kit and ensuring batteries are charged.

### OTHER EMPLOYMENT

**November 2022 - Present | Contract**

**Editor & Designer | Huntress Search Ltd. Recruitment Agency**

Designing interactive on-boarding training documents and editing training videos. Liaising with senior leadership throughout the process.

**October 2022 - December 2022 | Temporary Work**

**Event Assistant | Ascot Racecourse (Huntress Search Ltd.)**

Duties: directing large groups of staff to their workstations across the premises, recording staff attendance on the online system and dealing with enquiries.

**October 2022 | Temporary work**

**Telephone Interviewer | REL Field Marketing (Huntress Search Ltd.)**

Recruiting people for a nationwide campaign with 900+ job vacancies. Duties: interviewing applicants, assessing suitability and scheduling interviews.