

Sol Sosa

Floor Runner / AD Trainee
ScreenSkills Trainee Finder 2026/2027

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Phone: + 44 (0) 7823870622
Full UK Driving Licence with access to a car

Location: Stevenage, Hertfordshire.
Willing to relocate and do long commutes.

Profile

Hello! My name is Marisol, but you can call me Sol. I have a experience in set management, and supporting productions, ensuring smooth operations across every stage, such as creating pre-production documents, communicating key information to the Heads of Department and coordinating crew and actors logistics. Last year I finished a Master's Degree in film production from the University of Hertfordshire. I got a place in the ScreenSkills Trainee Finder 26/27 program in the AD department as a Floor Runner/AD Trainee. I am a fast learner, who anticipates needs, prevent issues before they grow, likes to help, and can contribute to the smooth running of the set.

Relevant Skills:	Problem-solving	Adaptability	Organization	Effective communication
Production:	BAFTA Albert Certification	Film and TV Safety Passport Course	ScreenSkills Training Passport	Set and radio etiquette
Graphics:	Wix	Canva	Adobe Photoshop	Adobe Illustrator
Productivity:	Microsoft Office	Outlook	Google Suite	Monday.com
Languages:	C2 Spanish	C1 English	A2 Italian	
Other skills:	Full clean UK Driving Licence	Multitasking	Travel/Booking arrangements	Attention to Detail

Professional Experience

Production	Role	Team/Supervisor	Location	Date
The Elstree Project: Bradley Walsh Interview	Floor Runner	Producer & Director: Howard Berry	Elstree Studios	02/04/25
The Elstree Project: Trevor Horn Interview	Floor Runner	Producer & Director: Howard Berry	Elstree Studios	25/03/25
The Elstree Project: Dave Goelz Interview	Floor Runner	Producer & Director: Howard Berry	Elstree Studios	07/02/25

Other Experience

Project	Production	Role	Team/Supervisor	Location	Date
Shared Dinners Short Film	UH Productions	Producer		United Kingdom	Apr - Aug 25
Gone Fishing Short Film	UH Productions	PA	Producer: Xanthe Coote	United Kingdom	Jun 25
Jovenes Forge Advertisement	Angel & Soul Films	1st AD	Producer: David Rios	México	Aug 24
The Lonely Man Short Film	Angel & Soul Films	1st AD	Producer: David Rios	México	May 23
Obituario Short Film	Penta Films	1st AD	Producer: Daniel Rojas	México	Jan 22 - Aug 22

Non-media experience

Business	Role	Team/Supervisor	Location	Date
Megan's at the Old Bell Restaurant	Waitress	General Manager: Janos Katai	St Albans	Oct 24 - Mar 26
- Provided great customer service in a fast-paced environment, ensuring the happiness of guests while efficiently multitasking between tables and orders.				
- Demonstrating proactivity and flexibility by adapting to changing customer demands, covering long shifts, and working weekends as needed.				
- Practicing my upselling skills, suggesting drinks and dishes according to a good client understanding and good product knowledge.				
- Following restaurant standards and safety procedures, taking instruction from supervisors and maintaining high-quality service evaluations.				

Education

MA Film Production	University of Hertfordshire	United Kingdom	Sep 24 - Sep 25
Bachelor's degree in Communication and Digital Media	Tecnologico de Monterrey	Mexico	Aug 18 - Jun 23

Training

Film and TV Online Safety Passport Course	The Mark Milsome Foundation	Online	Mar 26 - Mar 31
Sustainability Workshop: Feature Film Production	Albert Academy	Online	Mar 26 - Mar 28
Introduction to data protection and cybersecurity in the screen industries	ScreenSkills Training Passport	Online	Mar 26 - Mar 27
Diversity, equity and inclusion for the screen industries	ScreenSkills Learning	Online	Mar 26 - Mar 27
Introduction to mental health awareness at work	ScreenSkills Work well series	Online	Mar 26 - Mar 27
Addressing unconscious bias: basic awareness in the workplace	ScreenSkills Work well series	Online	Mar 26 - Mar 27
Introduction to sustainability for the screen industries	ScreenSkills Learning	Online	Jan 26 - Jan 27
Safeguarding for all: basic awareness for the screen industries	ScreenSkills Training Passport	Online	Oct 25 - Oct 26
Tackling harassment and bullying at work	ScreenSkills Work well series	Online	Oct 25 - Oct 26
Getting into the screen industries	ScreenSkills Learning	Online	Sep 25
Work experience certification	Channel 4	Online	Oct 24

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References upon request.