



Lenay Rossouw



ACTOR | SINGER

FILM & TV		ROLE	DIRECTOR / CHANNEL
2025	Creature of Convenience	Lead	Zain Gomba
2025	Tjommies van Day Dot	Lead	Ilana Cilliers
2025	Sparks	Lead	Kate Tordiffe
2025	Dezzie	Supporting	Ivan Malan
2024	Daydreamer	Lead	Yeshni Goulding
2024	Shutter	Supporting	Jarod Strydom
THEATRE		ROLE	DIRECTOR / VENUE
2023-25	Dienkie en Doedels	Dienkie	Jolandie Pieterse
2025	Anything for You	Lynette	Open Window Institute
2025	Open Window Clown School of Arts	ZjeeZjee	Open Window Institute
2024	Screen On Stage(Sex Education)	Meave	Open Window Institute
2023	The Flick	Avery	Open Window Institute
TRAINING			

Open Window Institute

BA Film Arts (Double Major in Screen Acting and Film & Television)

Open Window Institute

Meisner Technique

Open Window Institute

Uta Hagen Technique

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TRAINING CONT..

Open Window Institute

Stella Adler Technique

Open Window Institute

Lee Strasberg Method

Open Window Institute

Michael Chekhov Technique

Open Window Institute

Improvisation

Brumilda Drama Courses

Theatre and Stage Performance

DMH Talent Agency/ IPOP

On Cameras Technique

DMH Talent Agency/ IPOP

Commercial Techniques

Pitch Perfect Vocal Studio

Musical/Vocal Training

AWARDS & NOMINATIONS

2025	Best Actress Sparks – Open Window Film and Animation Festival
2024	Best Actress Daydreamer – Open Window Film and Animation Festival
2024	Nomination: Best Character Portrayal Anything For You - Open Window Film and Animation Festival
2024	Nomination: Best Second-Year Film – The Abyss Within - Open Window Film and Animation Festival
2022	Best Production & Lead Actress Winner – ATKV Tienertoneel Semi- Finals (2022)
2022	Nomination: Best Actress – ATKV Tienertoneel Finals (2022)

FURTHER DETAILS

Appearance	Hair: Light Brown Height: 170cm	Eyes: Hazel Shoe: 6UK	Clothing Size Top: S Clothing Size Bottom: S
Accents	American (Standard)		
Language	English, Afrikaans		
Licenses	Driving Code 8		
Singing	Alto		
Sport	Athletics, Gym, Hiking, Netball, Running.		