

# Larah Foster

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Full driving licence (6 years) Bases in London, Devon, Bristol and willing to relocate

**Consent: I consent for my CV to be shared and stored for employment reasons**

## Profile

Hardworking, dedicated, resilient and eager to gain further experience in the production industry with the goal of becoming a producer. I am a focused and enthusiastic individual with strong communication skills, capable of building professional relationships across all levels, shown through my various experience.

## Skills

- Driving a van
- Screenskills Passport
- Member of Callbox Diary Service
- Office 365: Excel, Word, Powerpoint
- Experience on location
- Cash Handling/Managing Expenses
- Budgeting and organising events
- Managing a team

## Production Experience

**Runner, Music Video, Untold Studios, London March 2025**

One day for prelight, and one day shoot at Macolm Ryan for Tom Odell Music Video. Assisted first AD and production team.

**Runner, Advert, Caviar, London March 2025**

A two day shoot for a National Autistic Society advert, and assisted the production team and looking after the unit.

**Runner, Dailies, Flying Shoes Productions, London August 2024**

A day shoot for an Action Against Hunger advert and it involved collecting participant's contributor contract details.

**Runner, Short Film, London July 2024**

Assisted on location during a two-day shoot in a residential setting, where I facilitated the movement of equipment, attended to the actors' needs, maintained a quiet environment due to the confined space, and supported both the producer and crew.

**Runner, Coolr Studio, London July 2023**

A Lidl Instagram Reel video shoot and my responsibilities included approaching individuals on the street to gauge their interest in participating and ensuring they completed the necessary consent forms.

**Runner, Dailies, Futiropose, London May 2023**

A YouTube campaign for Women in YouTube, where I was responsible for securing the set, assisting with art direction, and providing support to the entire production team.

**Runner, Agdon House, London April 2023**

A food photo shoot, where I ensured the shoot ran smoothly and efficiently managed quick food changeovers.

**Runner, We Are Partizan, London March 2023**

*I Don't Know Where to Start*, on a two day location shoot and my responsibilities included assisting with art direction and handling various ad hoc tasks for all departments.

## Other experience

**General Manager, Howl at the Moon, London June 2023 - Currently**

I started at The Howl in June as a bartender and quickly advanced to Assistant Manager by August, followed by a promotion to General Manager in September. I had been responsible for the comprehensive management of the pub, overseeing staff, ordering stock, organising and managing events, and curating social media content. The Howl is a dynamic and busy establishment, requiring adaptability and strong leadership to navigate its ever-changing demands.

**Junior Accountant, SW Comms, Exeter Jan 2016 – Sep 2019**

For over three years, I served as an Accounts Apprentice at a highly respected local company, balancing a demanding schedule of working four days a week while attending college to study AAT.

## Education

**Business Management, Queen Mary, University of London Sep 2020 – May 2022**

Studied for two years doing a variety of modules such as principles of management, operations management, leadership.

**Business Access Course, Exeter College Sep 2019 – May 2020**

Studying for Business Access to Higher Education Diploma and NVQ Merit ICT.

**AAT Accountancy Level 2 & 3, Exeter College Jan 2016 – July 2019**

Studied the AAT one day a week at Exeter College whilst working at Swcomms as a junior accountant.

**GCSEs, St Peter's School Sep 2009 – Jul 2014**

11 GCSEs.

## References

Available on request through multiple prior employers.