

London Based
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TRISTAN ALEXANDER

ABOUT ME

I'm a professional actor with experience across commercials, corporate work, TV, and film. My approach to the craft is deeply psychological—shaped by a degree in **Psychology and Cognitive Neuroscience**—and centres on creating layered, authentic characters.

When it comes to the industry, I understand that being an actor requires more than just mastering the craft. I've taken a proactive, entrepreneurial approach—teaching myself to seek out, create, and capitalise on opportunities. This mindset led me to **build Inner Scene, a personal career management system** turned business, designed to support and optimise the way actors navigate their careers.

Height: 5 11.5"

Hair Colour: Light Brown

Eye Colour: Hazel/ Green

Playing Age: 20–30

Citizenship: UK & New Zealand



EDUCATION

Goldsmiths University

Undergraduate Degree in
Psychology & Cognitive
Neuroscience

2020–2023

Graduated with 1st Class

Honors

ADDITIONAL CREATIVE PURSUITS

Podcast Host

Co-founder of *Wise Words*, an
educational book summary
platform and podcast.

System Developer

Founder and Developer of
InnerScene, an interactive career
management system for actors.

TRAINING

New York Film Academy

3-month Acting Course
2014

Chichester University

Undergraduate Diploma in Acting
for Screen & Film Production
2015–16

Identity School of Acting

Term in Acting
2016

International School of Screen Acting

1 Year Acting for Screen
2016–2017

Actors Temple

1 Year Meisner Acting Course
2018–2019

WORKSHOPS

British Action Academy

Warrior Masterclass Phase I & II
Mastered armed and unarmed
choreography for camera,
including multi-weapon battle
scenarios.

2017

The Showreel

Voiceover Workshop
Produced a professional voice
reel showcasing range, character,
and vocal versatility.

2024

Impulse Company

Meisner Acting Course
Deepened understanding of the
technique and explored a new
teaching approach to the
method.

2025

CREDITS

FILMS

Turkish Ice Cream

Billy
Digital Yapim
Dir. Can Ulkay
2019

The Golden Years

Paul
Met Film School
Dir. Victor Söderström
2025

Mission Impossible: The Final Reckoning

Acolyte
Paramount Pictures
Dir. Christopher McQuarrie
2025

Cookie

Flynn Burke (Lead)
Extra Crunchy Pictures
Dir. Armine Vosganian
2025

TV

Anatomy of a Scandal

Sebastien
Netflix
Dir. SJ Clarkson
2020

THEATRE

Touch the Moon

Windsor Fringe Festival
Stefan
Dir. Richard Elson
2020

COMMERCIALS

FIFA World Cup

Football Supporter
Believe Media
Dir. Sammy Rawal
2018

Advania AI

Gary (Lead)
Fluro
Dir. Ben Mills
2025

The Army Reserves

Jason (Lead)
Thirty Three Global
Dir. Stefano Pietrocola
2025

Jet2

Josh (Lead)
STINK LIMITED
Dir. Tom Green
2026

MINI SERIES

Mafia Lover

Max (Lead)
84 Film
Dir. Dan Lowenstein
2024

The Princess and the Bodyguard

Derek Hill (Lead)
Dashing Pictures
Dir. Sydney Heather
2025

SHORT FILMS

Dysphoria

Charlie Simmons
Trackside Picture
Dir. Alfie Thomas
2019

Manhunt

Grant
Dir. Toby Martin Hughes
2019

The Fly

Mike
No Horse Run
Dir. Wilson Tam
2023

Treacle

Andy (Lead)
Dir. Finn Sykes
2025

Remnants

Sgt Isaac Rozumny
Dir. Corina Reyes Dolgado
2025

A Taste of Loyalty

King Edward IV
Dir. Thomas Dennis
2025