



DELILAH GOW

Location: Auckland | **Height:** 177 cm

Hair Colour: Brown | **Eye Colour:** Brown | **Ethnicity:** European | **Eye Colour:** Hazel

Delilah Gow is a New Zealand-based actor, creative director, and content creator with experience spanning film, fashion, and digital media. She holds a Fine Arts degree from ELAM School of Fine Arts and has completed professional acting training at The Actors' Program, bringing a thoughtful, story-driven approach to every collaboration.

A 2023 NZ Fashion Week Photography Competition winner, Delilah has worked with brands across fashion, lifestyle, and events, creating visually striking, high-engagement content. Having modelled internationally from Canada to New Zealand and competed at championship level in volleyball, she brings energy, discipline, and professionalism to every project—both on and off camera.

FEATURE FILM

2025

Notes from a Fish

Role: Book Launch Audience

Lumin Productions -

Director: Romy Hooper

New Zealand International Film

Festival - Producers: Eva Trebilco,

Thomas Levesque & Romy Hooper

TELEVISION & STREAMING



COLLABORATE
MANAGEMENT

collaborators@collaborate.co.nz | +64 9 908 9000 | collaborate.co.nz

2024	Camp Be Better	Role: Wendy's Teammate	Be Better LTD - Director: Hayden Weal
2022	The Lord of the Rings: The Rings of Power	Role: Elven Weaver	Amazon MGM Cinemas & New Line Cinema - Directors: J.A. Bayona, Wayne Che Yip, Charlotte Brändström

SHORT FILM

2026	Insula	Role: Siren	Insula Limited - Director: Alex Plumb Producer: Alex Plumb & Le Zhang
2025	Again	Role: Girl	The Handheld Film Company - Director: Kabir Saini Producer: Aaryan Arora
2025	Second Skin	Role: Elitist Woman	In Progress Productions - Director: Dwayne Kyle Producer: Annie Duynhoven & Dwayne Kyle
2025	Sensor	Role: Elizabeth	Director: Quinn Aitkinson
2024	Escape	Role: Brianna	Love, Blood & Rhetoric Productions - Director: Nicole Whippy Producer: Jessi Williams
2024	Julia	Role: Chloe	Smith Productions - Director: Leonidas Smith
2022	Ava	Role: Ava	Campbell Productions - Director: Finn Campbell

THEATRE

2024	RUSH (Excerpts from Attempts on Her Life, People Places & Things, The Treatment)	Roles: Director, Therapist, Jennifer	The Actor's Program - Director: Caroline Bell-Booth
2024	The Welkin	Role: Helen	The Actor's Program - Director: Benjamin Henson
2013	Peter Pan	Role: Tinkerbell	The Citadel Theatre

TRAINING

2024	The Actors Program	Tutors: Various	Samoa House Library - Diploma in Acting
2022 - 2024	Kacie Stetson's Advanced Acting Class	Tutor: Kacie Stetson	Kacie Stetson Studio



MUSIC VIDEO

2025	Overdue by Brody Leigh	Role: Party Girl	NZ on Air & NZ on Air Music - Director: Steffen Haavik Taylor
2023	Better Days by Will Swinton	Role: Friend	Universal Music - Director: Alex Greaves 10K Projects - Producers: Evan Gartner & Westen Weiss
2021	To the Island by Crowded House	Role: Party Guest	Lester Records Limited - Director: Neil Finn & Simon Mark Brown

TV COMMERCIAL

2024	Doordash		MediaNug: Christopher James Heiman
2024	Punk Electric Scooters		Exponential Labs
2024	Tiger Brokers NZ	Role: Jogger	

SKILLS

Accents	American, Australian, Canadian, English - RP, Irish
Dance	Ballet
Instruments	Piano » Basic
Other	Design, Director, Drawing, Modelling, On Set Intimacy Trained, Painting, Photography, Pottery, Styling, Video Editing
Sports	Archery, Baseball, Biking, Boxing, Golf, Horse Riding, Ice Hockey, Ice Skating, Running, Skiing, Soccer / Football, Softball, Swimming, Tennis, Volleyball, Weight lifting, Yoga, Ice Skating » Basic

