



TEGAN JESSOP

Location: Auckland | **Height:** 160 cm
Eye Colour: Blue | **Hair Colour:** Brown | **Ethnicity:** European

Hailing from sunny Nelson, Tegan's passion for performance led her to Auckland, where she has recently completed two years of training at South Seas Film School. Now based in Auckland, she most recently appeared on Shortland Street as Mia Millan and has built an impressive slate of short film credits, including the award-winning 2025 student film A Soldier Named Margaret.

Tegan holds an NCEA Scholarship in Drama and brings a strong foundation in theatre and dance, including devising and performing in Sheilah Winn Shakespeare. She also enjoys hip-hop and contemporary dance as additional forms of artistic expression, while her roots in Verbatim Theatre lend a distinctive sense of empathy, authenticity, and liveliness to her work.

TELEVISION & STREAMING

2026	Shortland Street	Role: Mia Millan	South Pacific Pictures - Director: Amanda Tito All3Media - Producer: Oliver Driver
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SHORT FILM

2025	Veild Truths	Role: Matilda	Director: Danny Mulheron
2024	A Soldier Names Margaret	Role: Emma	Director: Edward Kiu Qiao



2024	Glitch	Role: Mandra	Director: Chelsea Ostler
2024	Reverie	Role: Kyla	48 Hours Competition - Director: Josiah Low-Schuemperli
2024	Shutter	Role: Bailey	Director: Oliver Knox
2024	Toxic Bitch	Role: Ada	Director: Bee Bruce

THEATRE

2025	Not Everyone is Happy in Summer	Role: Courtney	Director: Natasha Diaz
2024	Tartuffe	Role: Dorina	Director: Elizabeth Nabben & Hera Dunleavy
2023	Pride and Prejudice	Role: Caroline Bingley	Nelson Repertory Theatre - Director: Hugh Neil

VOICE

2025	Loyalty	Role: Solara [lead]	Yoobee Bachelor of Animation Capstone Project
2024	Intercellular	Role: Blood [lead]	Yoobee Bachelor of Animation Capstone Project

TRAINING

2026	Scene Study Intensive	Tutor: Jamie Irvine	
2026	The Actors Studio	Tutor: Elena Stejko	
2024 - 2025	Diploma in Stage & Screen	Tutor: Various	South Seas Film & Television School
2021	Scholarship in Drama	Tutor: Various	National Certificate of Educational Achievement

SKILLS

Accents	American, American - Southern , American - Standard, Australian, English - RP
Dance	Contemporary, Hip Hop
Instruments	Guitar » Basic
Languages	Mandarin » Basic
Other	Stunts
Singing	Alto
Sports	Hockey, Swimming, Yoga, Zumba

