



DELILAH GOW

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

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

Delilah Gow is a creative powerhouse, blending her love for acting, art, and storytelling into everything she does. Fresh out of The Actors' Program, she's already made her mark with roles in big-name productions for Netflix and Amazon, backed by advanced training and a passion for performance. Delilah's knack for capturing moments extends beyond acting—she's a 2023 NZ Fashion Week Photography Competition winner and a pro at creating eye-catching content for brands, fashion, and events. With a Fine Arts degree from ELAM School of Fine Arts, she brings a fresh, thoughtful perspective to every project, whether she's in front/behind the camera or on stage. Add in her modelling experience from Canada to New Zealand, and her championship-level volleyball skills, and you've got someone who's not just versatile but brings energy, discipline, and creativity to everything she takes on.

TELEVISION & STREAMING

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



COLLABORATE
MANAGEMENT

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2024	Escape	Role: Brianna	Love Blood Rhetoric - Director: Nicole Whippy
2022	Ava	Role: Ava	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

TV COMMERCIAL

2024	Doordash		MediaNug: Christopher James Heiman
2024	Punk Electric Scooters		Exponential Labs
2024	Tiger Brokers NZ	Role: Jogger	
2023	Adidas Olympics	Role: Volleyball Player	Augusto
2022	Sugarbaby Beauty AUSNZ		Magnesium

TRAINING

2024	Auditioning for Screen	Tutor: Kate McGill	Samoa House Library
2024	Australian Accent	Tutor: Alexandra Witham	Samoa House Library
2024	Dance	Tutor: Daniel Cooper	Samoa House Library
2024	Director Workshop	Tutor: Nicole Whippy	Samoa House Library
2024	Intimacy Workshop	Tutors: Miriama McDowell & Jennifer Ward-Lealand	Samoa House Library
2024	Kiwi Accent	Tutor: Tessa Livingston	Samoa House Library
2024	Movement & Devising	Tutor: Katrina George	Samoa House Library
2024	Performance Poetry	Tutor: Daniel Goodwin	Samoa House Library
2024	Physicality, Creativity, Improv & LABAN	Tutor: Michele Hine	Samoa House Library
2024	Producing Workshop	Tutor: Lynne Cardy	Samoa House Library
2024	Screen Acting	Tutor: Angela Bloomfield	Samoa House Library
2024	Screen Connection	Tutor: Angela Bloomfield & Will Wallace	Samoa House Library
2024	Screen Continuity	Tutor: Caroline Bell-Booth	Samoa House Library
2024	Screen Technique	Tutor: Nicole Whippy	Samoa House Library
2024	Screen Workshop	Tutor: Mark Mitchinson, Aidee Walker, Rob Sarkies	Samoa House Library
2024	Self-Taping	Tutor: David Van Horn	Samoa House Library



2024	Shakespeare	Tutor: Jacque Drew	Samoa House Library
2024	SPP Casting	Tutor: Claire Dougan	Samoa House Library
2024	Stage & Screen Combat	Tutor: Various	NZ Stunt School
2024	Stage Basics and Approaching a Play	Tutor: Benjamin Henson	Samoa House Library
2024	Stage Technique	Tutor: Lara McGregor	Samoa House Library
2024	Stagecraft	Tutor: Michele Hine	Samoa House Library
2024	The Actors Program	Tutors: Various	Samoa House Library
2024	The Connected Actor	Tutor: Sara Wiseman	Samoa House Library
2024	TVC Casting	Tutor: Mike Dwyer	Samoa House Library
2024	Voice	Tutor: Cameron Rhodes	Samoa House Library
2024	Voice & Singing	Tutor: Cherie Moore	Samoa House Library
2024	Voiceover & ADR	Tutor: John Callan	Factory Studios, The Inside Track, Radiate
2024	Writing for Screen	Tutor: Kate McDermott	Samoa House Library
2024	Writing Workshop	Tutor: Kathryn Burnett	Samoa House Library
2022 - 2024	Kacie Stetson's Advanced Acting Class	Tutor: Kacie Stetson	Kacie Stetson Studio

MUSIC VIDEO

2023	Will Swinton "Better Days"	Role: Friend	10K Projects/Capitol Record - Director: Alex Greaves
2021	Crowded House "To the Island"	Role: Party Guest	Director: Neil Finn & Simon Mark Brown

SKILLS

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

