

LARAH FOSTER. PRODUCTION ASSISTANT

Recently stepped up to PA, with experience across TVC, MV and HETV. I'm confident working in fast paced, high pressure environments and taking a proactive, hands on approach to supporting productions. I'm now looking to build on this experience with the long term goal of becoming a producer.

- Full Clean UK Driving Licence + Car
- Emergency First Aid at Work Certificate

COMMERCIALS & MUSIC VIDEOS

PROD CO.	TITLE	FORMAT	DIRECTOR	PRODUCER	ROLE
Voxi	Knock Knock	Socials	Matt Dodimead	Mischa Andreski	PM
All things	BetMGM	TVC	Dominic O'Riordan	Bea Perez	PA
All Things	People's Postcode Lottery	TVC	Michael O'Kelly	Bea Perez	PA
Three Shades Creative	Ford Christmas	TVC	Three Shades	Liza Lewis	PA
Dark Reality	Penny - Shadow Dancing	MV	Hiba Baddou	Effe Hozaifeh	PA
All Things	Wella Hair	TVC	Aimee Cleaver	Bea Perez	Runner
All Things	Plenish	TVC	Pete Roe	Bea Perez	Runner
Further	Weetabix	TVC	Simon Waldock	Kate Turner	Runner
Rabble	Aviva	TVC	Sam Buchanan	Gemma Johnstone	Runner
Publicis Production	Chelsea X Skoda	TVC	Simon Neal	Elliot Somers	Runner
All Things	Mazda	TVC	Pete Roe	Alex Kemp	Runner
Studio Yes	Samsung x2	TVC	Hannah Berry George	Zoe Waller	Runner
Flying Shoe Productions	Action Against Hunger	TVC	Heydon Prowse	Katy Muddyman	Runner
Coolr Studios	Lidl	TVC	Adam Beacon	Amber Reyland	Runner
Futuropose	Women in Youtube	TVC	Silence Lola	Emma Baggott	Runner
Caviar	National Autistic Society	TVC	Sasha Nathwani	Sachin Chande	Runner
Untold Studios	Tom Odell	MV	Alex Leggatt & Tom Odell	Mathias Gilay	Runner
Stink Films	Manors x Reebook	TVC	Dan French	Jens Nielsen	Runner
Somesuch	Cross Country Train	TVC	Freddie Waters	Nicola Dempsey	Runner
Three Shades	Google X Arsenal	TVC	Three Shades	Liza Lewis	Runner
Flint Productions	Apple	TVC	Renato Salgado Amaroso	Renzo Vasquez	Runner
Park Pictures	Olivia Dean	MV	Jake Erland	Rowan Mackintosh King	Runner
Paramount	Channel 5	TVC	Joshua Wright	Marilena Parouti	Runner
Three Shades	Voy X GC	TVC	Caroline Hanji	Liza Lewis	Runner
Sasha Handley Studio	Tender LP	Stills	Jack Bowden	Glen Williams	Runner
CM Studio	Eredi Zucca	Shoot	Carolina Mizrahi	-	Runner
Dark Energy Films	Optimum Nutrition	TVC	Tom Merilion	Adam Sherry	Runner
Bellhouse Productions	H&M	Live	-	-	Runner
Sasha Handley Studio	Duke & Dexter	TVC	Lara Sharpiro	Sasha Handley	Cast Runner
Plot	David Beckham Stella Artois	TVC	Eric Richards	Benji Landman	Runner
Partizan	Ministry Of Justice	TVC	Martin Stirling	Charlie Scannell	Runner
Studio 99	Ted Baker	TVC	Fleur Harding	Emma Modler	Art Assistant

FILM AND TV

Afterburn (Reshoots,Short)	Dir: David Cordon	Production Assistant
Honey Bees Ltd	Prod: Liza Lewis/ Annabel Bates	
Echolalic	Prod: Helen Simmons, Stephanie Aspin,	Production Assistant
Feature Film/ Erebus Productions	Chloe Culpin	
CBeebies: The Parenting Reset	Prod: Ganesh Rajah	Production Coordinator
BBC Documentary/ Objekt		

Power: The Downfall of Huw Edwards

Channel 5

Dir: Michael Samuels

Prod: Angie Daniell

PM: Ingrid Litman

Production Assistant

Big Mood S2

Channel 4/ Dancing Ledge

Dir: Rebecca Asher

Prod: [Nadia Jaynes](#)

Production Assistant

Afterburn (Short)

Honey Bees Ltd

Dir: David Cordon

Prod: Liza Lewis/ [Annabel Bates](#)

Production Assistant

SAS Rogue Heroes S3

Kudos

Dir: Stephen Woolfenden

Prod: Stephen Smallwood

Crowd Production Assistant

I Don't Know Where To Start

We Are Partizan

Dir: Sharif Abdel Mawla

Prod: Joseph Browne

Runner

An Original Sin

Knucklehead

Dir: Amrou Al-Kadhi

Prod: Tim Katz

Runner

Voicenotes

Three Shades Creative

Prod: Liza Lewis

Production Manager

ADDITIONAL EXPERIENCE

Project Coordinator, Cannes Lions Event, PMG, June 2026

Producer: Cadi Thomas

General Manager, *Howl at the Moon*, London [June 2023 - September 2024](#)

- Joined as a bartender and quickly promoted to Assistant Manager (August 2023), then General Manager (September 2023), demonstrating strong initiative and leadership.
- Responsible for full operational management of a busy East London pub, including staff supervision, stock control, event planning, and daily operations.
- Led a dynamic team in a fast-paced, ever changing environment, requiring adaptability, problem solving, and team leadership.

Junior Accountant, *SW Comms*, Exeter [Jan 2016 – Sep 2019](#)

- Completed an AAT qualification while working four days per week in a professional accounting environment.
- Supported the finance team with daily bookkeeping, invoice processing, reconciliations, and general accounting duties.
- Developed a strong foundation in financial administration, time management, and professional communication.

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.