

Abbey Helfen

STAGE & PRODUCTION MANAGER

(571)-340-9158 • abbey.helfen@gmail.com • abbeyhelfen.com

Production Manager

Show	Company	Supervisor	Year
Beauty & The Beast Jr.	Rock Ridge Performing Arts Summer Camp	Anthony Cimino-Johnson	2023

Stage Manager

Show	Company	Supervisor	Year
Pieta & Suor Angelica	Oklahoma City University School of Music	Andrea DelGiudice	2023
Sunday in the Park with George	Oklahoma City University School of Music	Joe Locarro	2023
She Kills Monsters	Oklahoma City University School of Theatre	Amy Osatinski	2022
Concerto (Staged Reading)	Lyric Theatre of Oklahoma	Michael Baron	2021

Assistant Production Manager

Show	Company	Supervisor	Year
Lion King Jr.	Rock Ridge Performing Arts Summer Camp	Meghan Emmanuel	2022
Moana Jr.	Rock Ridge Performing Arts Summer Camp	Peter Johnston	2021

Assistant Stage Manager

Show	Company	Supervisor	Year
Big river	Lyric Theatre of Oklahoma	Hannah Maner	2023
Bright Star	Oklahoma City University School of Music	Hannah Maner	2022
Lizzie	Southern Plains Productions	Audrey Mantia	2022
Marisol	Oklahoma City University School of Theatre	Keegan Johnston	2022
Masterclass	Lyric Theatre of Oklahoma	Abigail Templer	2021
Nunsense	Lyric Theatre of Oklahoma	Sydney Bryan	2021

Relevant Skills

Leadership: Ability to Delegate | Active Learner | Adaptable | Calm under pressure | Collaborative Worker | Conflict Management | Creative Problem Solver | Detail Oriented | Emotional Intelligence | Excellent Organizational Skills | Excellent People Skills | Observant | Personable Proficient in Time Management | Respectful of Others | Strong Communication Skills | Strong Multi-tasker | Works well with Children

Software: Proficient in IOS Systems | Proficient in Microsoft Office | Proficient in Google Suite | Adobe Photoshop Essentials | Vectorwork Essentials | Website Design-Wix | Zoom

Technical: Home & Industrial Sewing Machines | Hand Sewing | Proficient use of Power Tools | ETC Board Experience | LX/Focus Experience

Misc: Musical Literacy | CPR Certified | Valid U.S. Passport | Virginia Driver's License | Personal Vehicle | Fully Boosted & vaccinated for Covid-19

Education

Oklahoma City University

Expected Graduation: 2024

BFA Theater Design & Production with an Emphasis in Stage & Production Management

References

Jeffery Cochran

Professor of Stage & Production
Management at OKCU
(405) 509-3573

Courtney DiBello

Production Stage Manager at
The Oklahoma City Ballet
(405)-706-2999

Rebekah Hess

Education Director for
RRPA Summer Camp
rebekah.hess@rockridgeperformingarts.org