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Are you looking for an excellent film director, a film or stage actor, or an acting coach? Then let me introduce you to Lena Pe Pålsson!

When it comes to film directing, Lena is one of the most creative, sensitive and skillful that I have ever known. She can take any situation and truly bring it to life on the screen. She can take any emotion and have it blossom before your eyes and deeply touch your heart. And this doesn't need to be in the dialog. It can be deeply rooted in the actors.

As an actor Lena truly connects to her character at every level, emotional, intellectual, and physical. She always starts from the profound interior and works her way out to the external mask. The character becomes so real that Lean the actor seems to disappear. And unlike may actors, when Lena takes off her makeup the character is completely gone.

In her new short film, "Krig och Fred", you have a classic example of her actor coaching skills. When the male actor first encountered his character in the film, his emotions were off the charts. Every emotion was explosive and typically unreal with anger and hatred. Lena coached him and helped him find the character within himself. Bit by bit the actor discovered the character within himself. In the short film the character became deeply moving and believable.

Professionally, Lena brings more to the creative process than many others. Hire her and discover that for yourself.

