



MOMENTS. CAPTURED. MEMORIES. CREATED.

# SOPHIA GONSHOR

*TALENT AGENCY PROFILE / PROFILE D'AGENCE*

## SOPHIA GONSHOR

ACTRA



HEIGHT: 4'3"  
WEIGHT: 70 lb.  
EYES: Brown  
HAIR: Light Brown  
AGE RANGE: 7 - 11 yrs



### SUMMARY

Sophia is a spirited and curious actress who is currently polishing her acting skills and studying at The Segal Centre. Sophia enjoys acting because it allows her to express her creativity through her imagination and the different characters she embodies.

Sophia has already surpassed her initial goals, backed by her dedicated and loving Mother Jackie. She is an ACTRA Apprentice member and has booked a Principal role on two Incendo productions back-to-back: The Christmas Checklist #1 & #2. She can now check this off her list! Furthermore, Sophia had a recurring role on the CBC show, PLAN B season 2.

Sophia has a very outgoing tone and unique voice that would be well suited for "cute" roles accompanied by a more youthful look, giving her the opportunity to play younger roles. Sophia is bilingual; able to read and speak English & French.

### FILM & TELEVISION

Jingle Bell Love  
Plan B  
The Xmas Checklist #1  
The Xmas Checklist #2

VO-Principal; Little Girl  
Principal (Recurring); Annie  
Principal; Young Emily  
Principal; Young Emily

Anne De Léan / Incendo Post  
Jean-François Asselin / KOTV  
Anne De Léan/Incendo/CBC  
Anne De Léan/Incendo/CBC

### CORPORATE

Fondation Marie-Vincent

Principal; Eva (Student)

Chantal Durand / Taccorn

### THEATRE

Narnia  
Alice in Wonderland  
Magic All Around Us  
Happiness; Charlie Brown

Principal; Mrs Beaver  
Principal; Queen  
Principal; Sophia  
Principal; Snoopy

Segal Centre  
Segal Centre  
Segal Centre  
Segal Centre

### TRAINING & EDUCATION

Private Coaching  
Broadway Stars 6  
Broadway Stars 4  
Broadway Stars 3  
12 Week Private Coaching  
Broadway Stars 2  
Acting Camp  
Introduction to Acting  
Kids Actors Workshop

Anik Mattern  
Segal Centre  
Laurie DuMobt-Bal & Erica Elliot Lee / Segal Centre  
Laurie DuMobt-Bal & Erica Elliot Lee / Segal Centre  
Anik Mattern  
Laurie DuMobt-Bal & Erica Elliot Lee / Segal Centre  
Segal Centre  
MSOPA  
MSOPA

### SPECIAL SKILLS

**Languages:** English, French

**Accents:** American English, Canadian English, Québécois French

**Sports:** Gymnastics, swimming, skiing, karate, skating, snowboarding.

**Music:** Basic piano

**Other:** Love for animals & video games

## SOPHIA GONSHOR

ACTOR/ACTRICE

- **ORIGIN:** Canadian

- **LANGUAGES / LANGUES:** English / Français

- **HEIGHT / GRANDEUR:** 4' 2"

- **WEIGHT / POIDS:** 70 lb.

- **EYES / YEUX:** Brown / Brun

- **HAIR / CHEVEUX:** Brown / Brun

- **SHIRT / CHEMISE:** Large (Kids/Enfants) size 12

- **PANT / PANTALONS:** Large (Kids/Enfants) size 12

- **SHOE / SOULIERS:** 1 or 1.5

- **CAMERA AGE / ÂGE CAMÉRA:** 10-12 yrs/ans



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# PHOTOS

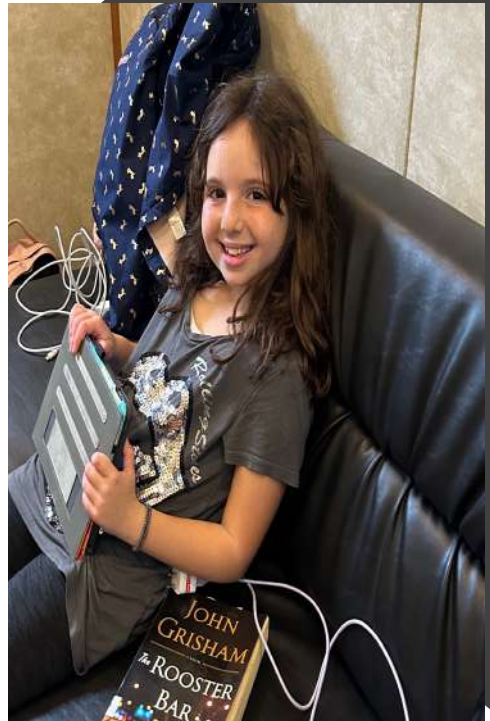




# /CONT'D



# ACTION!



# PRESS

## What's your loved one's legacy?

December 5, 2023 | Christmas Checklist



Scene from The Christmas Checklist



### Smiling through it

amarnold-52453 24 December 2023

What a delightful gem of a movie. It's rare that a movie has all likeable characters but this one did. I couldn't have thought of 2 people who needed to be together more than Noah and Emily. Those characters were destined to be together and I probably would have protested quietly if they didn't. They were the perfect match. I loved Emily's best friend, Kat. I have never had a best friend but if I did I would have liked to have one just like her. She was supportive, patient, and easy to talk to. The checklist brought positive change to so many people. It was nice to see it so many characters affected by it. Great movie and I am glad I watched it.

★ 10/10

### Christmas Spirit at its best!

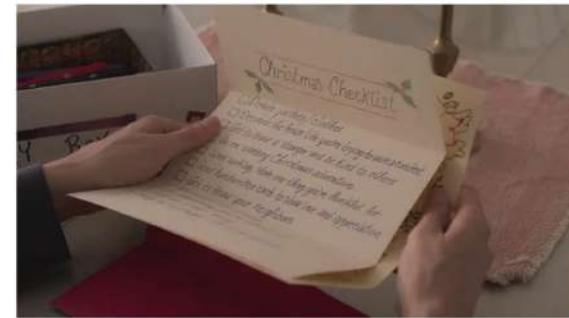
lizmusic-42764 2 December 2023

I don't write many reviews but this movie was truly heartwarming. I feel it really showed the true meaning of Christmas, giving and being thankful for what you have even in the hard times. Definitely brought tears to my eyes. Truly beautiful!

The idea of a Christmas checklist to bring in the holiday spirit and help one to heal was a very clever idea. That list can help many people in so many different ways with an open heart and mind, the possibility's are endless. If you're looking for a movie about the Christmas spirit, with some romance and giving, then this is the perfect movie that sums it all up!

In the movie I wrote, The Christmas Checklist, Ruby--the mom--leaves a Christmas checklist for her daughter, Emily (played by Sarah Power). That's the legacy she leaves to Emily.

She also leaves a legacy of "getting up again." Ruby tells Emily that falling is just another chance to get up. So resilience is also a legacy that Ruby leaves Emily in the story.



But it's really a legacy of LOVE and KINDNESS.

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# PRESS

**C**BC announced a second season of the original drama series **"Plan B"** (6x60) from KOTV. An adaptation of the popular French-language drama series of the same name (now in its fourth season for Radio-Canada), season 2 will focus on a completely **new story**, starring **Vinessa Antoine** ("Digstown"), **Vincent Leclerc** ("Ixe-13"), and **Sarah Booth** ("Three Pines").

The new season follows Mia Coleman (Antoine), a Montreal police officer. Mia is approaching her fortieth birthday and grieving the end of her relationship with her ex, and her ex's son, whom she embraced as her own. At work, the constant injustice she faces gnaws at her own sense of purpose. Mia's already tumultuous life is turned upside-down when a seemingly routine intervention in a family crisis involving Paul (Leclerc) and Keri Whitman (Booth) results in the worst imaginable outcome. **Season 2 of "Plan B" explores the mind of a woman who, in her efforts to change a family's destiny, discovers her own.**

A CBC original production, **"Plan B"** is produced by Quebec-based production company KOTV, with international distribution by Red Arrow Studios International. Jean-François Asselin, who co-created the original French-language series, directs and also co-writes, with Celeste Parr, this English adaptation. Asselin also serves as Showrunner and Executive Producer, alongside Louis Morissette. For KOTV, Louis-Philippe Drolet, Celeste Parr, Mélanie Viau, Jacques Drolet and Aisling "Ash" Chin-Yee are Executive Producers. For CBC, Sally Catto is General Manager, Entertainment, Factual & Sports; Trish Williams is the Executive Director, Scripted Content; Sarah Adams is Director of Current Production, Drama; and Nicola Makoway is Executive in Charge of Production. [READ HERE](#)

**Production for Season 2 is currently underway in Montreal, QC**

CBC today announced a second season of the time-bending original drama series **PLAN B** (6x60) from KOTV. An adaptation of the popular French-language drama series of the same name (now in its fourth season for Radio-Canada), season 2 will focus on a completely new story, starring **Vinessa Antoine** (*Digstown*, *Interrogation*), **Vincent Leclerc** (*Ixe-13*, *The Revenant*), and **Sarah Booth** (*Three Pines*, *Heartland*).

The new season follows Mia Coleman (Antoine), a Montreal police officer. Mia is approaching her fortieth birthday and grieving the end of her relationship with her ex, and her ex's son, whom she embraced as her own. At work, the constant injustice she faces gnaws at her own sense of purpose. Mia's already tumultuous life is turned upside-down when a seemingly routine intervention in a family crisis involving Paul (Leclerc) and Keri Whitman (Booth) results in the worst imaginable outcome. What if Mia and her partner Tyler had the evidence that would have prevented this life-altering event? Through Plan B, a strange agency that can take her back in time, Mia will stop at nothing to prevent a family tragedy, and will embark on a journey during which she'll delve deep into her own psyche, confronting buried emotions and an unresolved past. Could Mia's chosen path be a desperate but subconscious attempt to heal her own wounds? Season 2 of **PLAN B** explores the mind of a woman who, in her efforts to change a family's destiny, discovers her own.

A CBC original production, **PLAN B** is produced by Quebec-based production company KOTV, with international distribution by Red Arrow Studios International. Jean-François Asselin, who co-created the original French-language series, directs and also co-writes, with Celeste Parr, this English adaptation. Asselin also serves as Showrunner and Executive Producer, alongside Louis Morissette. For KOTV, Louis-Philippe Drolet, Celeste Parr, Mélanie Viau, Jacques Drolet and Aisling "Ash" Chin-Yee are Executive Producers. For CBC, Sally Catto is General Manager, Entertainment, Factual & Sports; Trish Williams is Executive Director, Scripted Content; Sarah Adams is Director of Current Production, Drama; and Nicola Makoway is Executive in Charge of Production.

[READ HERE](#)



[WATCH HERE](#)

## Take 2 for Plan B: CBC time-travel series keeps original's Montreal flavour

*"I'm so grateful that it's CBC that's airing it," star Karine Vanasse says of the adaptation of the popular Radio-Canada drama. "It didn't go to the States. It didn't become something completely different."*

Brendan Kelly • Montreal Gazette

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