

Karis Hinds

Runner and PA

Personal Profile

I'm a South London-based creative with a strong interest in production across film and TV. After starting out in videography, I'm now moving into runner and assistant roles where I can help keep productions running smoothly and problem solve on the go. My freelance work has strengthened my understanding of the industry, as well as my adaptability and organisation under pressure, while retail experience sharpened my communication and independence. I look forward to bringing these skills to a production team, learn from industry professionals, and contribute to impactful creative projects. You can see my video work at karishinds.com.

Experience

PRODUCER AND DIRECTOR

Mind Over Matter TV Show | London

June 2025 - Present

- Assist with planning bi-monthly shoots, creating call sheets, and developing content topics.
- Worked closely with talent on set, co-directing while ensuring the schedule was maintained.

ASSISTANT DIRECTOR

'Quixote Short' | London

May 2025

- Coordinated cast and crew communication, overseeing costumes, catering, call times, equipment, and on-set logistics. Ensuring smooth, timely production.
- Supported the DOP with planning and camera setup, relayed director's instructions, and upkeep a positive, efficient working environment.

FREELANCE CAMERA OPERATOR

Unique Media | London

April 2022 - Present

- Operated Blackmagic cameras for live events at the British Library, enhancing knowledge of composition, lighting, and live broadcast production.
- Collaborated with the production team via intercom to deliver precise visual outcomes under pressure, ensuring smooth, high-quality live broadcasts.

Skills, Abilities & Certifications

- Videography
- DBS Certificate
- Full Driving Licence
- On-set Experience
- Creative Direction
- Planning
- Customers Service
- Live Broadcasting
- Editing
- Timekeeping

Education and Awards

Media Studies & Sociology A-LEVELS
2018-2020

NCFE LEVEL 2 AWARD – Preparing to
Work in the Film Industry

GCSE Five 9 to 4/A* to C Grades 2013-
2018

1 Professional Acting Credit

References

Parvez Zabier (Producer at
Zed Resistor Filmworks) -
zedresistorfilmworks@outlook.com

Rebecca Godley-Bevan (Producer at
Unique Media) - rebecca@unique-media.tv

SUPPORTING ACTOR/EXTRA

Various Agencies | England

August 2024 - Present

- Work as a supporting artist on various feature films across England, gaining on-set experience, understanding of set etiquette, scheduling, and department roles.

VIDEOGRAPHY & PRODUCTION ASSISTING

Freelance | London

April 2021 - Present

- Freelance videography and runner work for companies including Pictures for the People, KODE, and Amazon +44 (3-day shoot), assisting as runner and camera assistant.
- Cast, planned, shot, directed, and edited an ongoing visual short docu-series, gaining comprehensive insight into all stages of production from concept to final cut.

OFFICE ASSISTANT

JLL | London

January 2025-February 2025

- Provided administrative support while shadowing sales and lettings teams across multiple offices, assisting with walk-ins and general office tasks.
- Strengthened administrative skills and gained hands-on corporate experience through daily operations and client interactions.

SALES ASSISTANT

Sainsbury's | South Croydon

September 2022- February 2025

- Gained hands-on customer service and inventory management experience, assisting customers with inquiries and product selection.
- Ensured shelves were consistently stocked and organised while maintaining a clean, orderly store environment.

Hobbies & Interests

Outside of work, I love being in nature. I like hiking and going to parks. I also enjoy making music and singing. I spend a lot of my free time playing on the piano and producing the songs I write.

I do yoga and strength train. I also meditate and find it an important practice day to day for inner balance and awareness. Like most, I also love TV shows and rewatch my favourites a lot.