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Pop Culture +

Rising Star Katie Amess On The Five Things You Need To Shine In The Entertainment Industry

An Interview With Tavares Beverly

Tavares Beverly Follow 10 min read · 1 day ago

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My father always said 'If you give up; your next audition could be your big break'. That really stuck with me. You are just one NO away from a YES!

Asa part of our series about pop culture's rising stars, we had the distinct pleasure of interviewing Katie Amess.

Katie Amess trained at The Royal Central School of Speech and Drama in London. She then went on to win the prestigious Helen Mirren Award for Acting. Since graduation, Katie has been working across Film, TV, New Media, Stage, Commercial, Voiceover productions and more bringing a nuanced, grounded energy to roles and moving deftly between improv, comedy and drama. Her film work includes turns in major studio projects such as CAPTAIN AMERICA directed by The Russo Brothers, as well as leading indy features such as THE FINAL RUN currently airing on Apple TV, and THE 5TH OF JULY available on Amazon Prime. Most recently Katie stars in the Indian-American feature LOST & FOUND IN KUMBH opposite Indian Super-star Rahul Bhat (Netflix's Black Warrant lead, and frequent Anurag Kashap collaborator), directed by global hitmaker Mayur Puri set for release in 2027. The film is generating buzz on the festival circuit, notably selected as the closing film in the prestigious Jagran Film Festival — Delhi Chapter, as well as opening the Prayagraj Chapter both times receiving standing ovations; Also chosen by the 57th International Film Festival of Inda — Goa, the film has also been honored by government endorsements from the Ministry of Maharashtra, as well as the National Ministries of Culture and Tourism, respectively, in recognition of the historic significance and artistic merit of the film. Katie's notable TV credits include CRIMINAL MINDS: BEYOND BORDERS, BULL, and BAD GIRLS. Katie has very strong foundation in theater, starring on stages in both domestically and abroad from Edinburgh & London, to New York & Los Angeles, more recently she appeared in William Freidkin's production at the Geffen Playhouse opposite Tim Roth, Frances Barber and Steve Berkoff in Harold Pinter's The Birthday Party. She also played opposite Ray Cooney, O.B.E. in his production Cash On Delivery. Katie has a thriving commercial career as well, most recently filming with director Dave Green and actors Will Farrell and David Beckham for a global World Cup spot. Katie is a dual US and UK Citizen, and is a leading figure in animal rights, appearing often as a passionate spokeswoman on the national stage from addressing Parliament to BBC, iTV, SkyTV and more. She also regularly meets with the Prime Minister as an advocate for both Animal Rights and another cause dear to her heart, MP Security.

Thank you so much for joining us in this interview series! Can you tell us the story of how you grew up?

I grew up in a small town in Essex, England. I lived in Basildon until I was 11 and then we moved about 20 minutes away to Southend — on — Sea. It was a quaint little seaside down with cockle sheds and witchery!

Can you share a story with us about what brought you to this specific career path?

I was watching THREE MEN & A LITTLE LADY with Tom Selleck, and I fell in love with his moustache. I decided I wanted to be “Mary” in the film so I had my dad research her, and learned her real name was Robin. I was obsessed with her — I even wanted to change my eye color to blue and my hair to brown so I could be more like her! I was only 5! After this experience, I got involved in school theater and regional performances; when I was 14, I was chosen out of 8000 students to perform WHERE THE RIVER MEETS THE SEA at the Millennium Dome in London, and started getting a lot of attention for my work on the show. Finally at 18 I got my first professional agent, and started auditioning alongside my university classes. I started working professionally in commercials, and then my career took off from there.

Can you tell us the most interesting story that happened to you since you began your career?

I was approached with a really interesting offer to play the lead in a feature film shooting in a Northern part of India during a once in a lifetime cultural event — the Maha Kumbh. I had never been to India, and traveling there had always been a dream of mine. I had not heard of the Kumbh, and didn’t know what it would ultimately entail, but I was really excited by the script LOST & FOUND IN KUMBH and the prospect of working with the writer-director Mayur Puri alongside a very high profile Indian cast. I am so glad I went on this journey with the film and the character, because just like my character, my life was truly magically transformed by the experience.

It has been said that mistakes can be our greatest teachers. Can you share a story about the funniest mistake you made when you were first starting? Can you tell us what lesson you learned from that?

I foolishly told some white lies on my resume...I claimed I could roller skate and was excellent at dancing. My old roommate was a German/Turkish soap star and a reality show came to film her from Germany. We were meant to go roller skating on Venice Beach but it turned out every time I put my foot down it would slide out from under me. I was holding onto the wall and screaming — they had to cut me out of the footage! I also found myself at the Universal Studios dance auditions and quickly realized I was out of my depth but it was too late — they split the groups up and kept putting me at the front but my mind was going blank and I didn’t even know one of the moves. I slid out the door whilst the groups were changing over and hoped no one noticed!

What are some of the most interesting or exciting projects you are working on now?

My recent feature, LOST & FOUND IN KUMBH, is currently making a lot of noise on the international festival circuit, and is set to be released in early 2027. I have been traveling

to the festivals in promotion of the film, and have once again had the opportunity to fall in love with India all over again. The film is such an important story — one of love, acceptance and triumph over all odds! That character, this feature, these festivals with such incredible audience reception and such wonderful critical reviews is really one of the most rewarding things I have ever been a part of and will stay with me for a long long time.

As a rising star, you've likely faced challenges along the way. How do you stay motivated and overcome obstacles in your career?

My father always said 'If you give up; your next audition could be your big break'. That really stuck with me. You are just one NO away from a YES! I moved to the other side of the world in my early 20s with only $600 in my pocket. 15 years on and I am still here! I have seen so many people come and go here, but if you stick with it I promise you will eventually get somewhere!!

We are very interested in diversity in the entertainment industry. Can you share three reasons with our readers about why you think it's important to have diversity represented in film and television? How can that potentially affect our culture?

Diversity is the key to our future.

The world is diverse! We must see that reflected on our screens.

Acceptance of other cultures, heritages, skin, traditions etc is what makes the world go round. If we refuse to embrace those who are not like us then we really are heading for disaster.

It would be so boring to only see people who look like you!!! I want to see other societies and countries to keep learning and growing myself.

LOST & FOUND IN KUMBH is the kind of project that bridges cultures, showcases diversity, and connects us all — all the more reason I was so happy to be a part of it.



Katie Amess and Rajshri Deshpande filming on set in Prayagraj, India. Photo courtesy of LOST & FOUND IN KUMBH production.

What are your "5 things I wish someone told me when I first started" and why? Please share a story or example for each.

1. It will be a long hard road but you MUST enjoy the journey!
2. Peers will come and go — those in it for the long run are the ones who will succeed.
3. There is room at the table for EVERYONE. Someone booking a job does not mean you won't book a job. Be happy for other people and the kindness will come back to you!
4. Work on your craft constantly — do not get complacent.
5. Be kind! Everyone on set is important and everyone works as a team to get the final product.

I always make a point of helping my friends in the industry — learning lines, taping auditions, attending events and generally supporting artists in our community. I find it always comes back around energetically, and it really can change the trajectory of someone's life to get support like that, however minor it may seem at the time. As we all know in the industry — you're only one audition away from success. We all have unique talents and have something to offer the world through our art, and that is the beauty of the industry — there truly is and must be room at the table for everyone.

Which tips would you recommend to your colleagues in your industry to help them to thrive and not "burn out"?

Take time for yourself. I love to work out — yoga, pilates, ballet etc. Have other interests outside the industry in order to be well rounded and keep a healthy balance and perspective. I love beginning my day with meditation and I stretching every day. I also spend a lot of time volunteering in various animal rescue and animal rights organizations, I take part in a lot of charity events, and it always brings me so much joy.

You are a person of enormous influence. If you could inspire a movement that would bring the most amount of good to the most amount of people, what would that be? You never know what your idea can trigger. :-).

I want ALL animals to be protected and have the rights that they deserve. I would like to see less euthanasia of animals, animal testing to be abolished all together, and for stronger criminal sentencing for animal abusers. I feel really strongly about standing up for animals, since they have no voice of their own.

None of us are able to achieve success without some help along the way. Is there a particular person who you are grateful towards who helped get you to where you are? Can you share a story about that?

My Dad was my single greatest inspiration. People used to say my natural UK Essex accent was "too common" to 'make it'. My father told me also had experience with that people telling him he wouldn't get far in politics as he wasn't 'posh enough'. They laughed at him and said he was a cockney who would never get anywhere. He went on to change tens of thousands of people's lives as a standing Member of Parliament and was ultimately recognized and knighted by Her Majesty the Queen! It was a wonderful lesson in not letting other people define you or limit your success.

Can you please give us your favorite "Life Lesson Quote"? Can you share how that was relevant to you in your life?

Tomorrow is a new day. No matter what today brings — you ALWAYS get a chance to start over again each day. It brings hope to the future and ignites me every morning to think — 'What can I achieve today, now that tomorrow is in the past'? Life is full of ups and downs but you know what — Tomorrow is a new day!!

Is there a person in the world, or in the US whom you would love to have a private breakfast or lunch with, and why? He or she might just see this, especially if we tag them. :-).

The Pope! I would love to be blessed by him. I met Pope Jean-Paul and so I would love to meet another Pope! I find him very inspiring as a progressive thinker and a person

from and for the people.

Thank you so much for these great insights! We wish you continued success!

About The Interviewer: Tavares Beverly (www.tavaresbeverly.com) is the Founder and CEO of Beverly Boy Productions, a national video production company that has helped organizations tell their stories through video for more than two decades. Over the course of his career, he has worked with everyone from Fortune 500 executives and healthcare professionals to politicians, nonprofit leaders, educators, and artists, gaining a unique perspective on the role communication plays in leadership, business, and human connection. A frequent contributor on topics including communication, entrepreneurship, leadership, and personal development, Tavares believes that the ability to communicate effectively is one of the most valuable skills a person can develop. His work is driven by a passion for helping organizations connect with their audiences and helping individuals unlock their potential through mentorship, perseverance, and meaningful relationships. To learn more, connect with Tavares on LinkedIn or visit www.BeverlyBoy.com . If you're interested in using the power of storytelling and communication to grow your organization, strengthen your brand, or inspire your audience, he welcomes the opportunity to connect.





New York [US], July 16: British actress Katie Amess continues to make her mark on the world cinema stage with her growing body of work that blends classical training with contemporary, cross-cultural storytelling. Having already turned heads at this year's Cannes Film Festival, Katie is quickly emerging as a global talent who effortlessly bridges Hollywood, Bollywood, and beyond.

Her latest role sees her step into the spiritual and cinematic richness of India, portraying a British wife navigating life in an extraordinary cultural setting. The film, shot entirely during the Mahakumbh Mela in Prayagraj, India, is a tender, humorous, and visually rich exploration of family and cultural dislocation.

Directed by Mayur Puri, the film, "Lost and Found in Kumbh" stars Rahul Bhat in his Hollywood debut alongside Rajshri Deshpande, Jordy Cass, Abhisar Puri, and Katie Amess.

Speaking about the film and her evolving global career, Amess said:

"I've always believed in the power of storytelling that transcends language and borders. From classical British theatre to working with American networks, and now experiencing the spiritual and cinematic richness of India-it's been incredible. I'm truly looking at world cinema from Hollywood to Bollywood and would love to explore more roles in Indian films."

A graduate of the revered Royal Central School of Speech and Drama, whose alumni include Dame Judi Dench, Sir Laurence Olivier, Riz Ahmed, and Andrew Garfield, Katie is classically trained but naturally attuned to contemporary, cross-cultural storytelling.

Katie was cast alongside Tim Roth, Steven Berkoff, Frances Barber, and David O'Hara in William Friedkin's The Birthday Party at the world-famous Geffen Playhouse, and has appeared on screen in CBS's Bull, Criminal Minds: Beyond Borders, and Captain America: Civil War. She has also performed on the West End, at the Edinburgh Festival, and Off-Broadway, including playing Brenda Dixon opposite Ray Cooney, OBE, in Cash on Delivery.

She has also appeared in numerous commercials for global brands including Google, EE Broadband (with Kevin Bacon), and Nintendo, and won hearts early in her career as Miss Essex 2008 and a Miss England finalist.

As Lost and Found in Kumbh begins its journey on the international festival circuit, Katie Amess stands tall as a magnetic performer and a truly global artist seamlessly bridging East and West. Now, with her next film, The Final Run- starring Judd Nelson (The Breakfast Club) and Jeff Fahey (Lost) is hitting theatres this fall - Katie steps into an even more riveting spotlight. Portraying Alex Butler, a daughter determined to expose a real-life South Carolina drug network, she shows she's not just an actor to watch but a rising powerhouse redefining what it means to be an international star.

DD India
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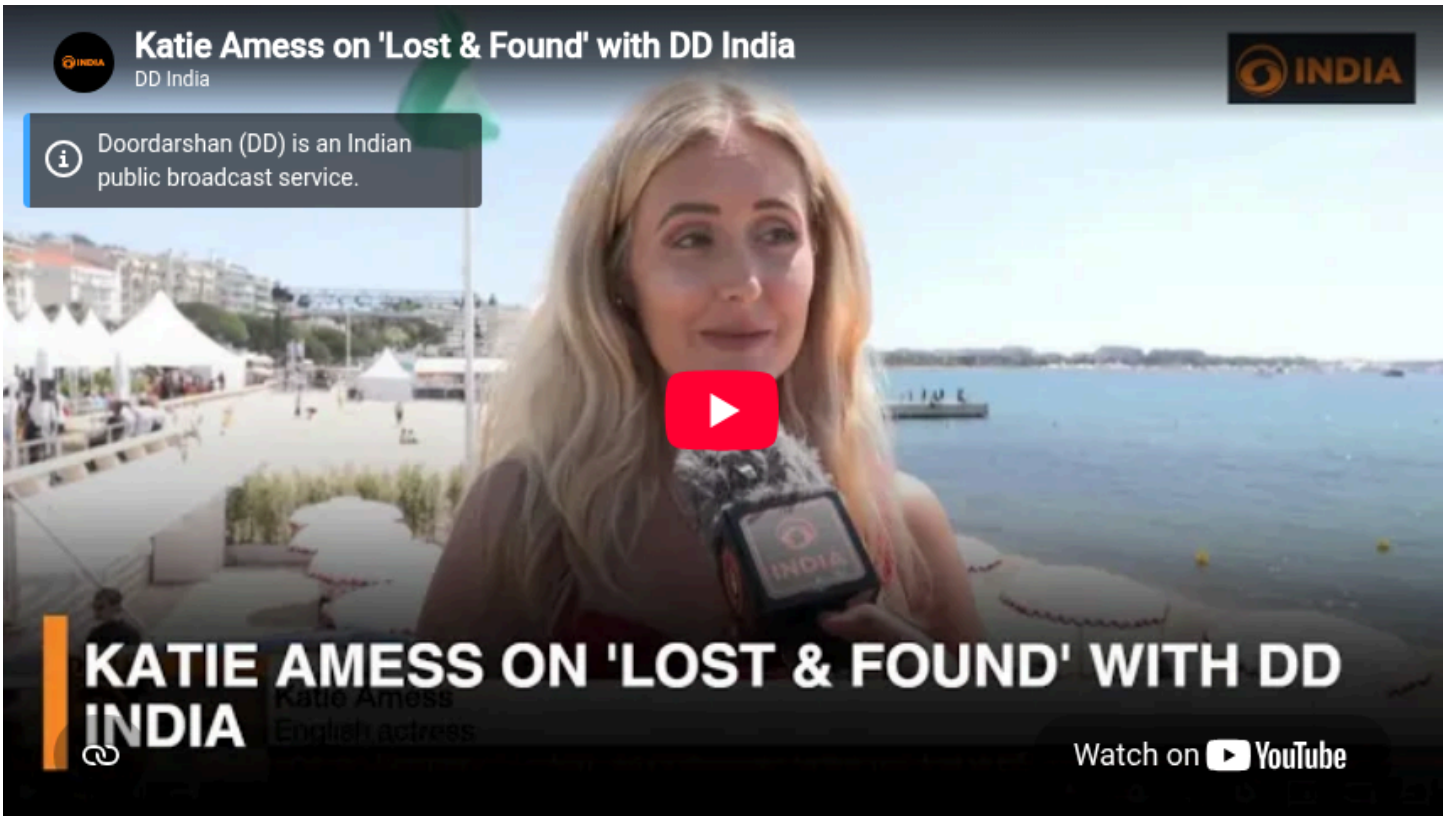
Katie Amess talks to #DDIndia at #Cannes2025 about her life-changing debut in 'Lost & Found' in Kumbh, a magical journey set against the spiritual chaos of the Mahakumbh. Indian culture, cinema, and stories continue to mesmerize global audiences.

#KatieAmess #IndianCinema #CannesFilmFestival





Katie Amess Stars in Lost and Found in Kumbh, Headlining a Landmark Season Across Indian Cinema and Hollywood

-Actress Katie Amess is marking a significant milestone in her career, bridging Indian cinema and Hollywood with a series of notable appearances. Amess stars as Cherry in Lost and Found in Kumbh , the highly anticipated feature written and directed by acclaimed lyricist and filmmaker Mayur Puri. The film closed the Delhi Chapter of the 14th Jagran Film Festival on August 23, 2026, before opening its Prayagraj Chapter on September 11, 2026.

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Katie Amess: A Star Rising on the Global Stage

https://www.aninews.in/news/business/katie-amess-a-star-rising-on-the-global-stage20250903124239/

Sept 3, 2025



Katie Amess: A Star Rising on the Global Stage

New Delhi [India], September 3: Katie Amess is no stranger to the screen, but her latest role positions her firmly among the next wave of leading talent in Hollywood. With her standout performance in the Southern drama The Final Run, opposite Judd Nelson (The Breakfast Club) and Jeff Fahey (Lost), Katie has cemented her reputation as an actress to watch in 2025 and beyond.

In The Final Run, Jeff Fahey stars as Pierce Butler, a former Marine and long-retired marijuana smuggler whose wife is stricken with a rare form of cancer. Desperate to save his family and livelihood, he is forced back into his dangerous past for one last job. Inspired by the true story of The Gentleman Smugglers and set in the hauntingly beautiful Beaufort, South Carolina, the film is already generating major buzz.

Katie steps into the pivotal role of Alex Butler, Butler's daughter--a dedicated police officer caught in the crossfire of duty, family, and love. Torn between her loyalty to her father and her fiance, DEA agent Drew Waters, Katie delivers a performance layered with strength, vulnerability, and authenticity. Early reviews have praised her portrayal as both commanding and emotionally resonant, with critics noting her ability to hold her own opposite industry veterans.

Now streaming on Apple+, The Final Run has been hailed as a gripping, heartfelt drama, and Katie's breakout performance is being celebrated as one of the film's defining elements.



Katie Amess is already known on both sides of the Atlantic for her wide-ranging work. She has appeared in hit television series including Criminal Minds and Bull, and on the big screen in films such as Captain America and 5th of July.

Trained at London's prestigious Royal Central School of Speech and Drama, Katie's craft was first honed on stage. From the Edinburgh Festival and the West End to Off-Broadway productions and performances at the Geffen Playhouse in Los Angeles, she has built a foundation rooted in versatility, discipline, and a passion for storytelling.

Looking Ahead

The momentum continues for Katie in 2025, with the upcoming release of Lost and Found in Kumbh, shot on location in India. The film has already stirred anticipation for its cross-cultural narrative and promises yet another powerful performance from Katie, showcasing her global reach as an actress.

With a unique blend of classical training, international experience, and a natural on-screen magnetism, Katie Amess is quickly becoming one of the most compelling talents of her generation. Her journey from the stage to Hollywood screens is a testament to both her dedication and her undeniable star power.

The world is watching--and Katie Amess is just getting started.



LOS ANGELES

Review: Hysterically Funny CASH ON DELIVERY Rocks the El Portal

By: Don Grigware Dec. 07, 2015

1996's mega hit British farce ***Cash on Delivery*** is an exceedingly hilarious romp through an unemployed man's out-of-control experiences with social security fraud. Written by Michael Cooney, son of well-known British actor/playwright Ray Cooney, the play builds an affecting series of misunderstandings, mistaken identities and all-out silliness that prevail when Eric Swan (Jim Mahoney) attempts to fraudulently kill off the people - out of guilt - whose government checks he has been collecting illegally. Now onstage at the El Portal, Ray Cooney has directed evenly and with dynamite pacing, guaranteeing fool-proof laughter with a terrific cast, through December 20 only.

It is impossible to give away the plot because as things are happening, there is so much confusion and so many names and events mentioned, that unless you have a fantastically organized brain, you will not remember them all. Suffice to say, things change about every second - no one can really figure out who anyone is - and as a result, you will laugh your head off and enjoy every inane detail. To give a couple of silly examples, Eric impersonating another tenant tells the inspector (Brian Wallace) that tenant Norman (Sam Meader) is a deaf piano tuner and can read lips. The inspector states, "Through the door?" Eric retorts, "He has very keen eyesight." Of course, as in all British farce sexual innuendos abound and when head inspector Ms. Cowper (Debra Cardona) emphatically declares "I am not easy to satisfy", we interpret that sentence going much further than an *acceptance of what statements are lies and which are really the facts.* Another double entendre: social worker Miss Chessington (Marie-France Arcilla) states that she is going "to lay Norman" in the bed; it merely refers to her moving a nearby corpse; but a naughty mind will twist the phrase into something lewd and lascivious...and the Brits are especially keen at this.

Cash on Delivery throws out some transgender comedy to boot, replete with lots of feminine apparel including grossly oversized undergarments. The British are consummate farceurs with no boundaries... infamous for their clever obscenities and witty takes on extreme preferences. There are also plenty of quick entrances and exits, slamming doors, doors that repeatedly knock a man unconscious, and even a washing machine that spits, sputters and moves around from time to time...

The ensemble playing a variety of eccentric characters under Cooney's keen direction are all great: Mahoney - super with pratfalls, Meader - a real standout in every way, Arcilla, Cardona, Wallace, and Henrietta Meire so sincerely flustered as wife Linda, Ray Cooney uber physically adept and nimble as Uncle George, handsome Michael Sweeney Hammond hysterical as the bewildered Dr. Chapman, Hap Lawrence using character facial expression and large body stance effectively as the oh so proper undertaker and Katie Amess as Norman's innocent, confused fiancee Brenda. There is not a flaw, not a missed cue. No one stands above anyone else. Cooney as director has gleaned a perfect sense of timing from the entire cast.

Bruce Goodrich has designed a very functional living room set nicely decorated for Christmas and some fine casual costumes for the entire lot.

So, put ***Cash on Delivery*** at the top of your must-see list and go, go, go and enjoy, through December 20 only! This play is a consistent smash wherever it plays. It's one of the funniest farces I've seen in a very long time, period.



We caught up with the lovely Katie Amess about her latest work.

British beauty Katie Amess is making her mark in Hollywood, after being named one of **BAFTA LA's Best Newcomers**, she proved them right by starring alongside Tim Roth, Frances Barber, Stephen Berkoff and David O'Hara in William Friedkin's adaptation of Pinter's **The Birthday Party**. Katie is about to appear in two primetime drama's **Bull** and **Criminal Minds: Behind Borders**.

Bull is an American legal television series starring former NCIS star Michael Weatherly and Katie plays the self-involved juror Kendall Nagel. **Criminal Minds: Beyond Borders** follows an elite team of FBI agents of the fictional International Response Team (IRT) tasked with solving cases that involve American citizens on international soil and this talented actress plays Sandie Weeks, a British tourist whose luck has run out on the island of Jamaica.

Amess was the recipient of the Helen Mirren Award for Acting and trained at the highly regarded Royal Central School of Speech and Drama in London. As well as **The Birthday Party, Bull** and **Criminal Minds: Beyond Borders**, she recently worked alongside Chris Evans in **Captain America.**

What was it like to be named one of BAFTA LA's best newcomers?

So many wonderful actors I respect and admire are BAFTA members – it is a fantastic organization. The competition for Newcomers was definitely tough so it really was an honor to be selected. Being in LA it is a great feeling to know you are part of a strong supportive community away from home.

Were you star struck when you were cast to play opposite Tim Roth and Stephen Berkoff in William Friedkin's adaptation of Pinter's The Birthday Party?

I wasn't star struck so much as excited to learn and get to work. They are both phenomenal actors -everyone was in the cast. Frances Barber and David O'Hara were also genius. We even studied Stephen Berkoff's plays at school and here I was about to work with him! I would call them all living legends!

What was it like working with them?

These were people I respected and admired and I was so excited to actually get to work in the rehearsal room with them. Being directed by William Friedkin (who obviously directed The Exorcist) was such a great learning experience for me as well. I couldn't have wished to have worked with a more talented respected cast. I learned so much from all of them and loved how willing they were to me and my ideas as well.

What started your passion for acting?

When I was about 5 I was watching '3 Men and a Little Lady' and I decided I wanted to be the girl who played Mary. I would watch the film over and over again and knew almost every line. (I also had a crush on Tom Selleck as I told everyone 'I just loved his mustache'). I would make my sisters put on shows for our friends and family. They definitely weren't as into it as me but since I am the oldest sister they were kind of forced into it teehee.

You studied at the Royal Central School of Speech and Drama in London, would you say that has helped you shape your career so far?

Most definitely. Getting into Central is one of my happiest memories. The alumni list is out of this world – Sir Lawrence Olivier, Dame Judy Dench, Harold Pinter, Lynn and Vanessa Redgrave to name but a few. Walking the halls you just feel this electric energy from being around so many talented people knowing that some of you are going to be right up there with the greats that walked the halls before you.

Who do you aspire to be like within the industry?

Goldie Hawn, Helen Mirren and of course Meryl Streep. Helen Mirren actually went to the same high school as me in Essex. I think they really paved the way for actresses today. They helped create a breakthrough in a male dominated industry and fought to be respected and look at them today. Their roles are so varied and challenging. I love

people like Dawn French and Jennifer Saunders (who also went to my drama school) as they create and produce their own work. I don't think you can get much funnier than those two – especially their parodies of Titanic and Lord of the Rings!

You recently have starred in the hit show Criminal Minds: Beyond Borders, what was that like to be part of such a well-known series?

I had a blast. Being chosen for the role was really exciting for me! Everyone in the cast was so lovely – especially Gary Sinise. I loved my storyline too.

What can we expect from your character on the show?

She is a British girl and into nature. She gets into trouble away from home but there is a plot twist I won't give away – you will have to tune in!

You've also starred alongside NCIS star Michael Weatherly in upcoming US legal drama Bull, what was it like taking on the role of juror Kendall Nagel?

Amazing – not least because I got to fly to New York to film it and I just love that city! Michael Weatherly was hilarious and the way he used improv was hysterical! I had the best time there.

Do you enjoy playing roles based around crime?

I do. My roles in Criminal Minds Beyond Borders and Bull are totally different but are both from crime shows. What was nice about Bull was I got to also show off a comedic side as I love comedy as well!



ThePrint

Katie Amess Shines on Global Stage, Bridges East and West with Powerful Performances

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ANI PR 16 July, 2025 12:32 pm IST



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