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Sebastian Sporsén

Sebastian Sporsén - Biography

Sebastian Sporsén is a versatile and expressive actor, equally comfortable portraying both high- and low-status characters. He brings emotional depth and nuance to his performances, moving seamlessly between intensity and subtlety.
He holds a Bachelor's degree in Acting from the Academy of Music and Drama at the University of Gothenburg, and further refined his screen acting during a year of Film Acting studies at the Stockholm Academy of Dramatic Arts.
Sebastian has worked as a freelance actor for more than fifteen years across theatre, film, and television, appearing in acclaimed Netflix productions such as *The Helicopter Heist* and *Quicksand*. He will next appear in a major recurring TV4 series in a leading role, premiering in 2026.
On stage, he has performed at venues including Stockholm City Theatre and Teater Tribunalen, and has also written and directed his own productions. In his artistic work, Sebastian has explored the intersection between theatre and real life, creating performance-based works that take place in public spaces and invite reflection on society and human experience.
Alongside his acting career, Sebastian works internationally as a leadership and communication coach and trainer. In that role, he has engaged in hundreds of improvised scenes with participants — embodying characters in realistic workplace situations and challenging them through spontaneous interaction. This extensive experience has made him a highly skilled improviser, sharpening both his responsiveness and his ability to create authentic, emotionally alive performances.
He speaks fluent English and has full linguistic fluency in both Gothenburg and Stockholm dialects.