



Sophia Bender



Sophia currently works with The Australian Ballet as their Content Coordinator. At sixteen, she moved from Tasmania to Sydney to pursue her passion for dance, studying full-time Ballet for two years at the McDonald College in Sydney.

Sophia then studied at the Western Australian Academy of Performing Arts (WAAPA) for three years, where she completed an Advanced Diploma of Dance (Elite Performance). While studying at WAAPA, she endured many injuries and at the time undiagnosed endometriosis – this is where she discovered her passion for dance filmmaking, using this medium as a creative outlet.

Sophia went onto complete a Bachelor of Fine Arts (Film and Television) at the VCA, combining her two passions. Her graduating film – *Behind Barres* – was recognised in film festivals nationally and internationally, including the Manchester Film Festival (Official Selection 2019) and Utah Dance Film Festival (Official Section & Finalist 'Best Director' 2018).

As a filmmaker Sophia believed she had the power to make a difference and this is where her latest film [Endo Girl](#) began.

Sophia brought Thirteen Endo Warriors together to share their stories of what it's like to live with this incurable disease, what an individual's delayed journey to diagnosis is like, as well as the effect the disease has on their day-to-day lives and their closest relationships. The film is brought to life through the medium of dance, it's shocking, violating and takes the audience on a vulnerable journey, exposing what lies beneath the surface of one in 10 women worldwide.

She hopes to spread the film across the world educating society in hope that young women can find an early diagnosis, and of course one day, find a cure.

Sophia is honoured to be an Endo Champ with Endometriosis Australia and looks forward to continuing to raise awareness for endometriosis.
