

Jenna Owen

Writer, Comedian and Actor

An actress who grew up in Wollongong, where she was recognised and awarded the Drama Scholarship at the Conservatorium of Music of Wollongong.

Jenna Owen is a comedian, writer and actor who has become a regular performer at The Chaser's Giant Dwarf Theatre, making her one of the youngest improvisers to perform to their sell-out crowds.

Jenna is best known for her roles as Mia in the ABCTV/Jungle TV Series, Squinters but other screen credits include At Home Alone Together for ABC, Skit Happens, directed by Niko Andronicos and Kacie Anning, Black Comedy Series 3 and 4 for ABC, Lead performer and writer on Aaron Chen/John Conway Tonight for ABC2, the ABC IView series Kiki and Kitty, Director/performer/writer on Fox8 and Princess Pictures show The Slot, and ABC's Fresh Blood Class of 2017.

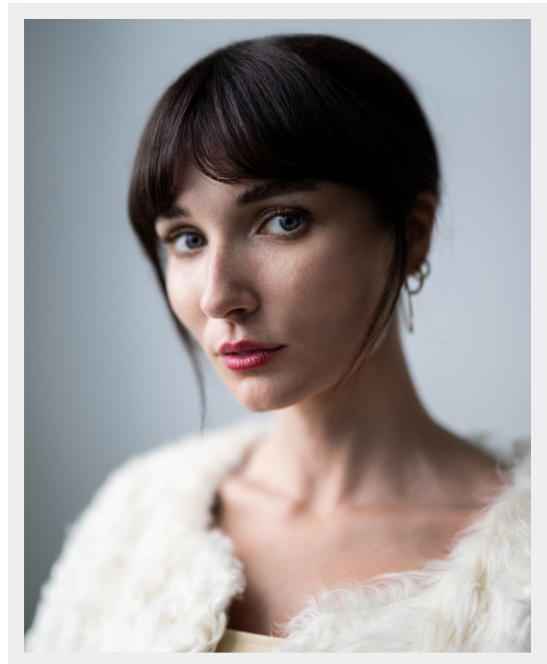
Jenna is a consistent collaborator to the SBS TV-series, The Feed - as a comedy writer and producer.

Jenna made her stage debut in Ensemble Theatre's Sorting out Rachel, directed by Nadia Tass.

Jenna is a founding member of the Sydney-based sketch troupe 'Freudian Nip' and has performed sell out sketch shows at Sydney Comedy Festival, and Sydney Fringe Festival. She has also written satire for The Chaser online, and has produced and starred in numerous viral videos for Junkee.

Jenna's further screen credits include: Channel Ten's Puberty Blues appearing in the support lead role of Naomi, directed by Glendyn Ivin. Shan and Kate, a Metro screen short film directed by Zoe Rae and in music group Basenji's music video 'Petals', a Every Cloud Production/Stan Drama Series, Eden, and an AFTRS Short Film, The Retreat, directed by Victoria Zerbst.

Jenna's latest project is a fast-paced, laugh-out-loud workplace comedy that lifts the veil on everyday office politics and on the corporate spin that infects all the news we consume. Optics was created, written and stars Jenna Owen, Vic Zerbst and Charles Firth and premiered in 2025 on ABC TV and ABC iview.



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