

CHRISTIAN ALDRIDGE

Series Director | Producer Director

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As a **Series Director and Producer Director**, I lead teams with energy, clarity, and a knack for bringing out the best in people. I create an environment where everyone feels valued, pushing them to excel while keeping the atmosphere cohesive, collaborative, and, crucially, enjoyable.

I have a **reputation for handling sensitive subject matter with care and ease**, making contributors and presenters feel comfortable from the outset. I forge relationships quickly, allowing for honest, authentic storytelling. Experienced in both **multi-camera directing and self-shooting**, I bring a keen editorial instinct and strong visual style to every production. My background bridges **factual entertainment and documentary**, giving me an ability to weave levity and style into serious subjects - drawing audiences in with humour and engagement before landing the emotional weight that stays with them.

SELECTED CREDITS

Series Director

The Nevermets | Channel 4 | Wall to Wall | 6 x 60' | May 2022 – Mar 2023

Ob doc following long-distance couples meeting for the first time. Led foreign shoots (**India, US, Turkey, UAE, Philippines**), established visual style, directed crews, edited first episode.

Billionaires | Channel 5 | Elephant House | 3 x 60' | Aug 2018 – Nov 2018

Inside the world of **high-net-worth individuals**. Developed the series' look, led key interviews, and took the first episode through to edit.

Curvy Brides Boutique | Discovery | Angel Eye Media | 30 x 30' | Jan 2018 – Jul 2018

Emotional docu-series following plus-size brides. Led on contributor journeys and structured stories through to edit.

Senior Producer Director

Inside Therapy | BBC1 | Twenty Twenty | 4 x 60' | Dec 2024 – May 2025

A UK first - real therapy captured on camera. Produced and directed the pilot, securing the series commission. On the series, helped shape the visual style, directed intimate yet humorous interviews, produced in the gallery, and filmed all presenter segments with Matt & Emma Willis.

Back to the Frontier | HBO Max | Wall to Wall | 10 x 60' | Jun 2024 – Oct 2024

Lead PD overseeing all backstories, and directing and shooting on location in Canada. Three families live as **1880s pioneers** in the US and Canada, with no modern technology or comforts.

24 Hours in A&E | Channel 4 | The Garden | Multiple series | 2021 – 2023

Directed gallery and floor teams in **Nottingham's QMC A&E** on a **120+ camera rig**. Managed edits and master interviews with patients and staff.

Teen First Dates | Channel 4 | Twenty Twenty | 6 x 60' | Dec 2021

Directed and produced sensitive master interviews with **teenage daters** exploring first-time relationships.

First Dates Hotel | Channel 4 | Twenty Twenty | Multiple series | 2017 – 2020

Produced and directed on one of the UK's largest **fixed-rig productions**. Led team of PDs, contributor interviews, produced on the rig, and structured narratives through to edit.

Secrets of Coca-Cola | Channel 5 | Viacom Studios | 1 x 90' | Nov 2018 – May 2019

First feature documentary chronicling the journey of the world's most famous soft drink. Secured exclusive UK access to Coca-Cola's factories, archives, and R&D departments, while uncovering its biggest scandals, from sugar scares to climate controversies.

Trevor McDonald's Indian Train Adventure | ITV | Viacom Studios | 2 x 60' | Mar 2019

Location director. **Self-shot in India**, capturing **Sir Trevor McDonald's return** to explore the country's transformation.

Edit Producer

Gogglebox | Channel 4 | Studio Lambert | Multiple series | Apr 2016 – Dec 2016

Edit producing on BAFTA-winning format

The Fear Clinic | Channel 4 | Wonderhood | 1 x 60' | Dec 2023 – Mar 2024

Edit producing a documentary on an Amsterdam-based clinic using a revolutionary technique to cure phobias in just two days. Worked with an all-female team of psychologists, shaping the final narrative.

SKILLS & TECHNICAL EXPERTISE

- **Multi-camera directing, self-shooting, and rig directing**
- Extensive experience with **sensitive contributors** and **complex access**
- **Editorial storytelling**, crafting compelling narratives
- Running and shaping edits, **master interviews**
- **Camera:** Sony FX/FS series, Canon C500/C300/A7 series
- **Editing:** AVID, Premiere, FCP
- **Livestream directing:** OBS, StreamYard, vMix

EDUCATION

- **1st Class BA (Hons) Television Production** – Bournemouth University
- **A-Levels:** Media, Theatre, Maths, Physics (**A grades**)