

CV

Helena Roth

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FOREMOST COMPETENCES & EXPERIENCES

Helena Roth, change agent and professional coach with a passion for developing systems and routines, finding the line of argument and enthusing co-workers on the basis of a clearly communicated goal image. With a background in Life Science, as a validation engineer and project leader, during all these years I have worked with people and their inherent skills and abilities. I am lightning fast in drawing conclusions and analyzing, seeing the bigger picture and hidden connections. With excellent communication skills, based on this I can inspire and enthuse my colleagues to work together towards a common goal.

MOST PROMINENT FEATURES

- Fast as lightning in all that I do
- Inspirational and engaging without losing my focus on the result
- I see the bigger picture and how things are connected – being highly analytical
- Coaching approach
- Positive with a focus on possibilities and development

OTHERS HAVE SAID ABOUT ME

“I can trust you!!”

“I have never interacted and had such discussions in my past service life with a lady of such brilliancy!”

“Helena is one of the most professional project managers I have had the pleasure to serve.”

ESPECIALLY PROUD OF (special competencies/projects)

- Being a part of the PPL India project (green field API-factory outside Mumbai, India), where I have learnt so much about myself, but also about other humans and different cultures. I had several positions in the project, initially based in my Life Science skills, but in the end it was all about my ability to make people want to grow and develop.
- At various employers/projects my ability to see the bigger picture combined with a strong desire to improve and make things more efficient, have resulted in the creation and implementation of more precise directives, routines and tools, all aimed at achieving a bigger sense of purpose and goals.
- Catalyst and initiator of #schoolspring (in Swedish #skolvåren), a Twitter born movement asking Why school, on social media as well as away from keyboard. Unique in that no other school-initiative is asking all parts of society to co-create, and also since it evolves as we go along, created by all #schoolspringers.

EMPLOYMENTS

2011 - **Hyvens Utveckling AB**, chairwoman of the board, owner

2007 - **Respondi AB**, change agent, owner

2005-2007 **Graniten Engineering AB**, project manager

2001-2005 **QPharma AB**, validation engineer

1998-1999 **Pharmacia & Upjohn AB**, laboratory assistant

BOARD ASSIGNMENTS/COMMISSIONS OF TRUST

- 2015 **Board member**, Center for Sustainable Change
- 2013 **Chairwoman of the board**, #skolvåren non-profit organization
- 2013-2015 **Nominating committee** of the Parent association of Husie, Malmö
- 2013-2014 **Nominating committee**, Barnverket
- 2012- **Board member**, Drömfabriken; Drömverket economical organization
- 2012-2013 **Board member**, Barnverket
- 2011- **Chairwoman of the board, owner**, Hyvens Utveckling AB
- 2009-2013 **President** of the Parent association of Husie, Malmö
- 2007- **Board member, owner**, Respondi AB
- 2006 -2007 **Board member representing the unions**, Graniten Engineering AB

EDUCATION

- 1993 - 1998 **Lunds Universitet**, Master of Science, Biology

TRAINING (selection)

- 2015 U.Lab (online MOOC) - Transforming Business, Society and Self.
Presencing Institute with & of Otto Scharmer and team through edX
- Certified Human Potential Assessment coach (4 x 3 h).
Being at full potential, with & of Mark Vandeneijnde and Sujith Ravindran
- 2014 Genius Catalyst Inc. (4 x 3,5 days plus extras).
Supercoach Academy, with & of Michael Neill
- 2013 Life Books AB (MasterMind-course 12 x 3 h).
Master Mind-group for personal development, with & of Rasmus Carlsson
- Het Eerste Huis, Vught, Netherlands (Summit and course 4 days).
Global Summit for Transformational Presence Leaders & Coaches, Alan Seale
- 2011 Coachwalk Academy, Malmö (course 5 days).
Transformational Presence Coaching, with & of Alan Seale
- Coachwalk Academy, Malmö (course 2 days).
The Manifestation Wheel, with & of Alan Seale
- Coachwalk Academy, Malmö (course 11 days).
ACC-diplomaed coach according to ICFs standards (International Coaching Federation)
- 2010 Ådevi Hälsopromotion, Malmö, (course 2,5 days).
Energy Management – personal energy strategy
- Lustra Utveckling, Malmö (course 3 days).
Presentation technique
- 2009 Connecta AB, Malmö (course 3 days).
Successful leaders of the future

CV for Helena Roth

- BioTekPro AB, Stockholm (conference 2 days).
Tema Renrum, participant & speaker
- 2008 ISPE Copenhagen Conference, Köpenhamn (conference 2,5 days).
GAMP5: Enabling Innovation and Technological Advance
- 2007 Lunds Universitet, Lund, (course 10 points)
Legal Introduction (JIK)
- 2006 PA Ståhlberg, Isaberg (course 3 days).
Thinknician training "Creativity & new thinking", Certified Thinknician # 198
- 2004 David Begg Associates, York, UK (course 4 days).
Engineering Aspects of GMP
- 2002 Advanced Institute of Management, Malmö, (course 5 days).
Leadership development I and II
- 2001 David Begg Associates, York, UK (course 4 days).
Practical Aspects of Pharmaceutical Validation

INTERNATIONAL EXPERIENCE

- India Several positions, ending with project coordinator, for Polypeptide Laboratories AB
China Test coordinator for CBP12-project at Tetra Pak
USA Foreign Exchange Student, senior at high school, Lincoln, Nebraska 1989/1990
Germany Hygienic Design expert

LANGUAGES

- English Extremely good
German Basic
Danish Understand and can make myself understood
Norwegian Understand and can make myself understood
French Tourist skills

COMPUTER PROFICIENCY

- Word Splendid
MS Outlook Splendid
Projectplace Splendid
PowerPoint Very proficient
Excel Proficient
MS Project Proficient

BITS AND PIECES

Expert at Social Media, passionate about learning and enabling others to take action.

PERSONAL/OTHER INFORMATION

- Born 1972
- Married to Anders, live in an old house in Malmö, two children, two grown bonus children providing me with, as of now, three gorgeous bonus grandchildren
- Garden lover, hen keeper and book worm
- B-drivers license