

# CV

09.01.2020  
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## Dr. Helena Lass

### 1. EDUCATION

Graduation from **Tallinn English College** 1998;  
**Medical Degree** (MD) — University of Tartu 1998-2004;  
Clinical attachment — St. Peters Hospital, United Kingdom, Surrey (ER and Psychiatry);  
**Residency in Psychiatry** (conducted at **The Psychiatry Clinic** — part of The North Estonia Medical Centre 2004-2013;  
**Specialist Diploma in Psychiatry** — University of Tartu 2013

### 2. EXPERT SKILLS

**Specialist registration in psychiatry** — Registered by Estonian Health Board as Medical Doctor, EU 2013;  
**Expert in proactive mental wellness approach.**

### 3. ADDITIONAL TRAINING

The North Estonia Medical Centre Medical Conference “*What to do when pills are not enough*” 2012;  
*Mindfulness based Therapy for Depression* online course 2011;  
*MI (Motivational Interview)* course 2011 ;  
*ECNP – EPA Seminar in Neuropsychopharmacology* 2011;  
The North Estonia Medical Centre Medical Conference “*Depressioon – the different aspects of sadness*” 2010;  
The North Estonia Medical Centre, seminar “*The hidden side of depression*” 2010

### 4. LANGUAGES

**Estonian** – Native Speaker

	Speaking	Reading/Undersdstanding	writing
English	Fluent (C2)	Fluent (C2)	Fluent (C2)
Finnish	Good (B1)	Good (B1)	Poor (A1)
Frensh	Good (A2)	Good (B1)	Poor (A1)
Russian	Good (A2)	Good (B1)	Poor (A1)

## 5. CURRENT EMPLOYMENT AND MAIN TASKS

- 2015 Dec (ongoing) **OÜ Conscious Initiative, Member of Management Board, Founder**  
 Postal Address: Pirita Street 20/4, 10127, Tallinn, Estonia;  
 e-mail [helena.lass@consciousinitiative.com](mailto:helena.lass@consciousinitiative.com); tel/mob (+372) 56 609 432  
**Development Director of Wellness Orbit** – world's first fully digital mental wellness gym for teams (B2B online trainings): [www.wellnessorbit.com](http://www.wellnessorbit.com)  
 Task: Development of mental wellness training content; presenting the video trainings; development of self-evaluation questionnaires, workbooks, etc.
- 2013 Dec (ongoing) **Private Clinic OÜ Unego, Member of Management Board, Practicing Psychiatrist**  
 Postal Address: Pirita Street 20/4, 10127, Tallinn, Estonia;  
 e-mail: [helena.lass@unego.ee](mailto:helena.lass@unego.ee); [www.unego.ee](http://www.unego.ee), tel/mob (+372) 56 609 432  
 Task: Treatment of Psychiatric patients and consultations about mental health.
- 2004 Sep – 2013 Mar **The North Estonia Medical Centre, The Clinic of Psychiatry – Medical Doctor (Full time Residency in Psychiatry)**  
 Postal Address: Paldiski mnt 52, 10614, Tallinn, Estonia;  
<http://www.regionaalhaigla.ee/?op=body&id=68>  
 Task: Treatment of Psychiatric patients.
- 2006 – 2009 **Balti Kella AS, Member of Management Board**  
 Postal Address: Kännu 57, 13418 Tallinn, Estonia  
[www.balticwatch.ee](http://www.balticwatch.ee), tel (+372) 50 42 418  
 Task: Advisory tasks at wholesale company selling luxury watches.

## 5. SCIENTIFIC PAPERS AND PUBLICATIONS

Lass H., **Scientific Paper** "Developing Intra-Personal Skills as a Proactive Way to Personal Sustainability - The Preventative Side of the Mental Health Equation", in the book "Personal Sustainability. Exploring the Far Side of Sustainable Development" (Eds: O. Parodi, K. Tamm), Routledge, London & New York 2018

### Articles about mental health:

1. Lass H., "Uus viis kuidas stressiga toime tulla" (an article about how to deal with work related stress), Monthly Leadership Magazine *Director* 01/2013
2. Lass H., "5 tegurit, miks isegi parimad inimesed tööl aeg-ajalt ära vajuvad", ajakiri " (an article about work stress and employee burnout), Monthly Leadership Magazine *Director* 04/2013
3. Lass H., "Ma saan kõigega hakkama. alati!" (an article about burnout syndrome and its warning signs), Monthly Leadership Magazine *Director* 11/2013
4. Lass H., "Vaimne tervis tervetele" (an article about mental health for healthy persons – introducing the need for the new proactive mental health approach), monthly medical newspaper *Meditisiiniuudised* 04.11.2014
5. Lass H., "Vaimne vorm, ettevõtte teadvustamata vara" (an article about mental wellness approach at work), Monthly Leadership Magazine *Director* "Director" 6/2015
6. Lass H. ja Lass K., "Kuidas luua töökeskkonda peaga töötajatele?" (An article skills we need for working in a modern business environment and why mental wellness and intrapersonal skills matter), Monthly HR Magazine *Personali Praktik*, 04/2016
7. Lass H. ja Lass K., Heaolust tuleviku töökohal - töökoha heaolu loovad intrapersonaalsed oskused (An article about workplace wellness and intrapersonal skills) Monthly Leadership Magazine *Director* 4/2016,
8. Lass H., Fit mind and mastery of intrapersonal skills – the new untapped corporate resource, *The Baltic Times* 20.04.2016,
9. Lass H. ja Lass K., Kuidas olla atraktiivne tööandja? (An article about why mental fitness is important for employers and employees in today's business environment), The Biggest Daily Business Newspaper in Estonia *Äripäev* 08.05.2016,
10. Lass H., Psühhiaater: vajame muutust reaktiivselt meelelaadilt proaktiivsele (An article about the need for proactive mental wellness approach) Monthly Medical Newspaper *Meditisiiniuudised* 22.06.2016
11. Lass H., Vaimne tervis varjust välja (An article why we should talk more openly about mental health and why mental wellness matters) Monthly Medical Newspaper *Meditisiiniuudised* 22.06.2016

12. Lass H., "*Õnnelik ja nutikas eestlane?*" (An article about mental wellness and how it can be a true non-emotional foundation of inner happiness), The Biggest Daily Business Newspaper in Estonia *Äripäev*, 09.07.2017
13. Lass H., "*Kuidas on lugu sinu vaimse vormiga?*" (An article about why mental wellness is so important and how it leads to good mental health) The Biggest Daily Business Newspaper in Estonia *Äripäev*, 07.10.2017
14. Lass H., "*Segadus vaimu ümber*" An article about huge confusion around the human mind and the fact that our society lacks intrapersonal education that could build a foundation for mental wellness), online publisher Edasi.org, 21.11.2017
15. Lass H., "*Mis on vaimne vorm & kuidas see aitab elus paremini hakkama saada?*" (An article about how a proactive approach to mental wellness enables us to live and work better), online publisher Edasi.org, 11.01.2018
16. Lass H., "*Effective listening by using awareness*", HR Magazine UK, 22.03.2018
17. Lass H., "*Intrapersonal skills as a proactive way to personal sustainability*", HR Magazine UK, 17.05.2018
18. Lass H., *Burnout – I can Handle Everything!*, Thrive Global, USA 31.05.2018,
19. Lass H., *High performance is the result of mental wellness*, HRNZ Human Resources Magazine, New Zealand 06/2018,
20. Lass H., *New Path Towards Mental Wellness* Thrive Global, USA 25.06.2018,
21. Lass H., *Mental Wellness the most overlooked aspect of health* Thrive Global, USA 09.07.2018,
22. Lass H., *Proactive Mental Wellness - Key to success in the midst of entrepreneurial endeavors* CoFounder Magazine (published in the Scandinavian and Baltic Countries), 23.07.2018,
23. Lass H., *Intrapersonal skills as a proactive way to personal sustainability*, SABPP Magazine, South Africa September 2018,
24. Lass H., *A Consequence of Modern Day Living - Burnout*, InnoHealth Magazine (by InnovatioCuris); India 14/2018 (October-December)
25. Lass H., *Balancing act to integrate work and life*, Personnel Today, UK 01.03.2019
26. Lass H., *Intrapersonal skills – the most important skills in future*, Thrive Global, USA 25.09.2019,
27. Lass H., *How to overcome stress and burnout?*, Thrive Global, USA 09.10.2019

## 6. SPEAKING, PRESENTATIONS

Dr Lass is a well known and highly sought after public speaker on the topics of awareness and mental wellness. She has been speaking about the importance of proactive mental wellness in front of HR's, medical doctors, business leaders, etc. since 2013.

### Key Note Speeches and Scientific Paper presentations:

1. JCI Annual Conference, Tallinn. Estonia, 2013;
2. Recruitment Conference by Excellence, Tallinn. Estonia, 2014;
3. Freedom of Thought Festival, Paide. Estonia 2015;
4. Estonian Psychology Conference, Tallinn. Estonia 2015;
5. Estonian Medical Association Annual Conference, Tallinn. Estonia 2015;
6. Conscious Initiative Conference CREATIVITY. ENTREPRENEURSHIP. INNOVATION. Tallinn. Estonia 2015;
7. HR Summit in Tallinn, Estonia, 2016;
8. TopConf Tech Conference, Tallinn. Estonia 2016;
9. Conscious Initiative Conference, WORKPLACE. WELLBEING. PERFORMANCE., Tallinn. Estonia 2016;
10. Estonian HR Association (PARE) Annual Conference, Tallinn. Estonia 2017;
11. Estonian HR Association Annual Conference, Tallinn. Estonia 2017;
12. HR's met @ HR PRO, Rīga, Latvija 2017;
13. Innovation Clinic by Connected Health, , Tallinn. Estonia 2017;
14. Poster Session presentation @ Conference *Emotion Revolution* in Bergen, Norway 2018;
15. Conscious Initiative Conference TECHNOLOGY. HUMAN CAPACITY. AWARENESS., Tallinn. Estonia 05/2018;
16. TK Koolituskeskus: Psychology Conference, Tallinn. Estonia 2019
17. Leadership Labor by The Biggest Daily Business Newspaper in Estonia *Äripäev* 2018;
18. Estonian Secretary and Management Assistance Conference, Tallinn, Estonia 2019;
19. Training Conference, Laitse, Estonia 2019.
20. Estonian Psychology Conference, Tallinn. Estonia 2019