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Master of Arts in Advanced Japanese Studies, Sheffield University.
German and Japanese, Aston University.

Originally from England, Helen has lived and worked in Japan for twenty-five years. As manager of client communications at McKinsey & Company in Tokyo, she trained consultants and clients in communication skills. In May 2013, Helen established Sasuga! Communications to help people create communication habits for success and happiness in global business. She offers workshops, webinars, online courses, and coaching in giving presentations, facilitating meetings, participating in conference calls, and other communication skills for the global workplace. Helen shares communication tips with her community through the Sasuga! Tips For You newsletter and the Sasuga! Community on Facebook.

She is the go-to person for multiple multinationals to design and lead their training programs. Helen has delivered presentations and workshops throughout Japan, as well as in Australia, China, India, Indonesia, the Philippines, Poland, Singapore, the United Kingdom, and the United States.

From 2009 to 2013, Helen served as president of the Japan Association of Translators and, in 2014 and 2015, she was nominated for Entrepreneur of the Year in the British Business Awards.

Helen is the author of 『英語の仕事術』, published by Shogakukan in April 2016.

Helen holds a 4th dan black belt in Itosu-ryu karate and also practices Kongo-ryu Ryukyu kobudo.