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President of Sasuga Communications K. K.  
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Originally from England, Helen has lived and worked in Japan thirty 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 communities, 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 her weekly newsletter "Sasuga! Tips For You," membership online community "Sasuga! Circle," and weekly podcast "Sasuga! Podcast."

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.

Helen is a TEDx speaker, author of 『英語の仕事術』, published by Shogakukan in April 2016, and a Nikkei Style monthly columnist.

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