



## LINDGRENHELDE KOMMUNIKATION Mette Lindgren Helde

INTERCULTURAL ENCOUNTERS, FACILITATION AND DIALOGIC CONFLICT MANAGEMENT

*Educating and counselling people globally – diversity handled with care*

### CONTACT

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*"I help organizations turning differences among the staff into assets using dialogue as a value, a mindset and a tool for efficient communication. Together with my client, I create involvement and a suitable platform for people's development and by that enhance the organization's innovation processes."*

Mette Lindgren Helde

More about Mette Lindgren Helde? Welcome at [www.lindgrenhelde.com](http://www.lindgrenhelde.com)

## CURRICULUM VITAE

### FORMAL EDUCATION

**1995: Master of Arts (cand.comm.):** Communication, Danish and Spanish Language, Literature and Culture. Roskilde University.

**1993: Studied journalism** and communication as an exchange student at the Universitat Autònoma de Barcelona, Spain.

**1989 - 1991: Bachelor of Arts:** Spanish Language, Literature and Culture. University of Copenhagen.

**1986 - 1987: Spanish Introductory** University Course, University of Copenhagen.

**1987: Degree in Subsidiary Subject:** Danish Language and Literature. University of Copenhagen.

**1983: Higher Preparatory Examination,** Frederikssund Gymnasium, Denmark.

## IN-SERVICE TRAINING

**2011: Trainee** at the Danish Centre for Conflict Resolution, Copenhagen, Denmark, to be approved as a **conflict mediator**.

**2009: Basic Education in Conflict Mediation.** The Danish Centre for Conflict Resolution, Copenhagen. 12-days course. [www.konfliktloesning.dk](http://www.konfliktloesning.dk)

**2007: 'Appreciative Inquiry'**, three-day intensive course with Peter Lang, England. [www.kcc-international.com](http://www.kcc-international.com)

**2007: 'Deep Democracy'**, The Lewis Method – a three-day intensive course with Myrna Lewis, South Africa. [www.deep-democracy.net](http://www.deep-democracy.net).

**2006: Trainee** at the Danish Centre for Conflict Resolution (DCCR), Copenhagen, Denmark. Approved as a teacher and consultant and attached to DCCR, September, 2006.

**2003: Communication and Information** (15 ECTS points). University of Copenhagen.

**2002: Basic Education in Conflict Resolution.** Centre for Conflict Resolution, Copenhagen. 12-day course.

**2001: Course in project evaluation** - the Logical Framework Approach (LFA) with cand.scient.soc. Merete Watt Boelsen; University of Copenhagen. Three-day course.

## RELEVANT WORKPLACE EXPERIENCES

**2008-2013: Lecturer** at Linneaus University, Sweden in Intercultural Communication for students on bachelor level and masters level (Students of Global Management and Leadership). Still attached as free lance consultant.

**2001 - 2005: Consultant** in communication and projects for the 'Vollsmose Sekretariat' for Community Development in the multi-ethnic suburb of Vollsmose, in Denmark's third biggest city, Odense.

**1998 – 2001: Teacher** at 'Haarby Efterskole' (typical Danish boarding school in the Folk High School tradition), conducting European exchange programmes and teaching Spanish and Danish languages, literature and culture.

**1998: Teaching assistant**, Intercultural Communication, Department of Business and Administration, Odense University (now University of Southern Denmark).

**1997: Teaching assistant**, Theories, analysis and tools of communication and the media. Institute of Literature, Media and Cultural Studies, **Odense University** (now University of Southern Denmark).

**1996: Teacher** of Danish for refugees. **Danish Refugee Council. Copenhagen.**

**1995: Teaching assistant**, at the HIB (International Basic Studies in Humanities) at Roskilde University; at Copenhagen Business School and at the University of Copenhagen.

**1994 - 1996: Teaching assistant** in Intercultural Communication at 'SPRØK' - Basic education in economy and language at the Copenhagen Business School.

**1994: Student teaching assistant** at the HIB (International Basic Studies in Humanities) at Roskilde University.

**1991 - 1992: Teacher of Spanish**, evening schools.

## **FREELANCE WORK – OWN COMPANY**

**2012: Author of the Dialogue Handbook** provided by the Danish Ministry of Foreign Affairs (The Arabic Initiative) in cooperation with youth organisations in Jordan, Egypt and Denmark: The Ambassadors for Dialogue.

**Since 2006: Owner at Mette Lindgren Helde**, education and counselling in Intercultural Communication and Dialogic Conflict Management for a wide range of customers, both public and private organisations as well as NGOs. See [www.helde.dk](http://www.helde.dk) for a reference list.

**Since 2005: Planning and conducting** courses at Danish Folk High Schools on international and intercultural subjects, such as: '*The Arabic connection*' - connections between East and West and how to develop the relationship between the cultures and '*The crisis of the Mohammed Cartoons*'; together with Lars Helde.

**Since 1994: Lecturer** in Intercultural Encounters and Communication at Folk High schools, for NGO-organisations and at CIRIUS, the department for EU-exchange programmes at the Danish Department of Education.

**1992-1998: Press and communication consultant** for the Danish sculptor and performer Jens Galschiöt, Odense, Denmark. See [www.aidoh.dk](http://www.aidoh.dk)

## **PRIVATE**

- Born, March 16th, 1965 in Frederikssund, Denmark.
- Married to Lars, educated as a ship constructor and Master (phil.soc.) in Peace- and Development Studies, Linnaeus University.
- Two sons born 1998 and 2001.
- Since 2005 resident in Småland, Sweden