



LindgrenHelde Diversity handled with care

Mette Lindgren Helde

INTERCULTURAL ENCOUNTERS, FACILITATION AND DIALOGUE FOR SUSTAINABLE CHANGE

Educating and counselling people globally – diversity handled with care

CONTACT

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I am a global consultant supporting organisations and individuals aiming at social change by enabling them to adopt sustainable and dialogic working practices. My purpose is to enable diversity by helping people and organisations to cross bridges of differences using process facilitation. My preferred work approach is based on collaboration and co-creation, within structured yet organic frameworks.

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, CERTIFICATIONS and RECOGNITIONS

2021: Co-creating Change – (6 days+ self-study and group work sessions) at Malmö Akademin
www.malmoakademin.se

2019: Theory U – U lab at MIT (MOCC). Certificate. On line.

2019: Art of Hosting Facilitation training (June and October, five days in total), Sweden and Denmark

2019: Passed the three years obligatory **re-certification of the IAF Certified™ Professional Facilitator** recognition (International Association of Facilitators)

2019: Strategic Change Agent – Social Sustainability – two days, Bonnier Utbildning (Education); Sweden

2018: Visual Project leader – two days, Playmakers, Denmark

2016: IAF Certified™ Professional Facilitator (International Association of Facilitators)

2013: Graphic Facilitation Course – one day, Ramboll Management, Denmark

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

2007: 'Appreciative Inquiry', three-day intensive course with Peter Lang, England. www.kcc-international.com

2007: 'Deep Democracy', The Lewis Method – a three-day intensive course with Myrna Lewis, South Africa. www.deep-democracy.net.

2006: Trainee at the Danish Centre for Conflict Resolution (DCCR), Copenhagen, Denmark. Approved as a teacher/trainer 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-days course.

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

RELEVANT WORKPLACE EXPERIENCES

2020-present: Part of the consultancy community agency: www.Emerging.earth

2020-present: Process leader at the Municipality of Oskarshamn, Sweden conducting an internal change process on the education of immigrant and bi-lingual pupils at the Department of Education.

2016-2019: Project Leader at The Association of Municipalities in Kalmar County of an EU Social Funds project delivering competence development on social sustainability issues. Created the educational online platform www.kompetensverkstaden.se on intercultural competence.

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

2001 - 2005: **Consultant** in communication and projects for the 'Vollsmose Secretariat' 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.

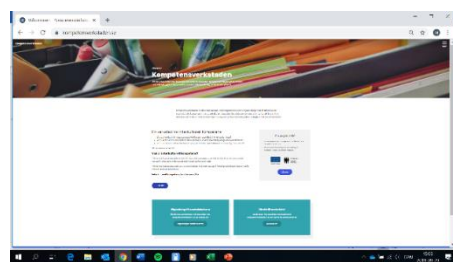
1994: **Student teaching assistant** at the HIB (International Basic Studies in Humanities) at Roskilde University.

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

FREELANCE WORK – OWN COMPANY

2019: Kompetensverkstaden/The Intercultural Competence Workshop.

In the role as a leader of an EU Social Funds project with the goal to sustain competence development on social sustainability issues, I was the head of the development of The Intercultural Competence Workshop/Kompetensverkstaden. The wish from the project partners was to ensure a sustainable way to keep on developing intercultural competence among employees in the public and civic sector, after the project was finished. By creating a digital platform for dialogue on intercultural encounters, we made this area of competence accessible for everyone.



Client: The Regional County of Kalmar. **Accessible in Swedish:** www.kompetensverkstaden.se

2017: Author of a teaching material/kit for teachers based on dialogue, intercultural competence and facilitation on how to handle and teach issues related to honour and conflict in secondary school. For the Danish Ministry of Integration. [Link to publication in Danish](#)

2012: The Dialogue Handbook.

I developed The Dialogue Handbook for the project 'The Ambassadors for Dialogue'. in close cooperation with the partners in this joint initiative for youth (the Jordanic WE Centre, the Egyptian Youth Federation, The Danish Centre for Conflict Resolution and Danish Youth Council). I was the main author, and the book was published in three languages. Second edition in English came out in 2021.



Client: A Joint Initiative led by The Danish Youth Council/The Danish Ministry for Foreign Affairs.

English version (2021)

Arabic version (2012)

Since 2006: Owner at Mette Lindgren Helde, education and counselling in Intercultural Communication and Dialogic Conflict Management for a wide range of customers

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

PRIVATE

- Born, March 16th, 1965 in Frederikssund, Denmark;
- Lived in Spain, 1993;
- 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 the forest of Småland, Sweden.