



Helen Paas

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Web: www.helenpaas.com

Height: 165

Age: 36

Height: 165cm (5' 4'')

Weight: 58kg (130lbs)

Build: athletic

Hair Colour: blonde

Eye Colour: blue/green

Native Languages: English, Estonian

I'm an actress with experience in film, TV, commercials, and theatre, taking on everything from lead roles to supporting parts. I've trained with top acting coaches like Patsy Rodenburg and Anthony Meindl, and I'm passionate about creating authentic characters and bringing fresh energy to every project.

As an amateur equestrian, kickboxer, and published author, I bring a unique set of skills and life experiences that add depth to my work.

Experience

"Ekraanivabad Pühad, Tele2" (Commercial 2024)

Role: Mother | Director: Dima Dobrovolskis

"Minu Kallis Ema" (TV Series, 2025)

Role: Prison Guard (Triin) | Director: Doris Tääker

"Milch" (Commercial 2024)

Role: Farmer | Director: Baris Aladag

"Friction" (Film School Thesis Movie, 2024)

Role: Eva (Second Lead) | Director: Jaakko Tervonen

"Swedish Torpedo" (Film, 2024)

Role: Tourist Declaring War | Director: Frida Kempff

"Reetur" Season 3 (TV Series, 2024)

Role: Defence Minister Assistant | Directors: Ergo Kuld, Ove Musting

"God in the Thunder" (Film School Thesis Movie, 2023)

Role: The Master (Second Lead) | Director: Ester Stancel

Background Acting Projects

"Tanqueray 0.0" (Commercial, 2025) -Dir. Jenny Brough | role: guitarist

"Orenda" (Film, 2025) – Dir. Pirjo Honkasalo | role: several

"Seconds" SO1 (TV Series, 2024) – Dir. Mikko Kuparinen | role: journalist

“**Utö**” (TV Series, 2024) – Dirs. Teppo Airaksinen, Johannes Salonen, Rene Tiukkanen | role – villager

“**Aurora**” (Film, 2025) – Dirs. Rain Tolk, Andres Maimik | role-wedding guest

“**Mädät Omenat**” (TV Series, 2021) – Dirs. Marja Pyykkö, Pamela Tola | role-several

“**Vargamäe Vabariik**” (27- Theater Performances, 2009) – Dir. Elmo Nüganen | Role: Horse Handler/Rider

Training

“Discovering Presence and Voice” with Patsy Rodenburg (May 2024)

“Introduction to the Work” with Patsy Rodenburg (April 2024)

“Meisner Technique with Dominic Kelly”, Actors Academy Finland (Feb 2024)

“Anthony Meindl Workshop”, Actors Academy Finland (May 2023)

“Screen Acting Course with Tim Kent” ,Actors Studio UK, Pinewood Studios (Oct 2022)

“From Page to Screen with Tom Sawyer” Actors Academy Finland (Feb 2020)

“Kanutiaia Noortemaja” Youth Acting School (2010-2011)

Skills and Superpowers

Physical skills: kickboxing, horse riding and horse handling, driving (licensed), basic guitar playing skills

Languages: English, Estonian (fluent); Russian, Finnish, French (proficient)

Additional skills: creative writing, executive consulting, people development, coaching

Spotlight: <https://app.spotlight.com/7918-9059-8423>

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