



Helen Paas

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Height: 165

Age: 37

Height: 165cm (5'4'')

Weight: 58kg (130lbs)

Build: athletic

Hair Colour: blonde

Eye Colour: blue/green

Native Languages: English, Estonian

Second language: Russian

As a freelance actress who turned her career to acting just some years ago, I happily work on any project that will either teach me something or advance my career. Hence my project list has feature and student films, commercials, and theatre. By now I've trained and keep on training my acting muscle with top acting coaches like Patsy Rodenburg, Anthony Meindl, James Larking and Dominic Kelly.

I am passionate about creating authentic characters and as a fantasy, romance, and business author I am practicing the craft daily.

Experience:

“Minu Kallis Ema” (My Dear Mother) (TV Series, 2025) (PÖFF, Berlinale, TIFF, IGSF)

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

“Friction” Film School Thesis Movie, 2024 (2025 -PÖFF, Tallinn Black Nights Festival Short Movie Program)

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

“Orenda” (Feature Film, 2025) | Director: Pirjo Honkasalo

Role: featured extra in several dream scenes

“Ekraanivabad Pühad, Tele2”(Commercial 2024; Silver Egg 2025 Award)

Role: Mother| Director: Dima Dobrovolskis

“Milch” (German Milk Commercial 2024)

Role: Farmer | Director: Baris Aladag

“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
“**Seconds**” SO1 (TV Series, 2024) – Dir. Mikko Kuparinen | role: journalist
“**Swedish Torpedo**” (Film, 2024) Dir. Frida Kempff | role: tourist
“**Utö**” (TV Series, 2024) – Dirs. Teppo Airaksinen, Johannes Salonen, Rene Tiukkanen | role : villager
“**Aurora**” (Film, 2025) – Dirs. Rain Tolk, Andres Maimik | role: wedding guest
“**Määt 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

“All-level Meisner Workshop with Dominic Kelly” in Actors Academy Finland (2025)
“From Scene to Screen” with James Larkin at Pinewood Actors Studio (2025)
“Discovering Presence and Voice” with Patsy Rodenburg (2024)
“Introduction to the Work” with Patsy Rodenburg (2024)
“Meisner Technique with Dominic Kelly”, Actors Academy Finland (2024)
“Anthony Meindl Workshop”, Actors Academy Finland (2023)
“Screen Acting Course with Tim Kent” ,Actors Studio UK, Pinewood Studios (2022)
“From Page to Screen with Tom Sawyer” Actors Academy Finland (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, book publishing, coaching

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

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