



**Helen Robert**

Entrepreneur and Consultant  
Chair, Board of Directors  
Dovercourt Recreation Association  
Women @ Heart Ambassador  
Canadian Women's Heart Health Centre  
University of Ottawa Heart Institute  
Ottawa, ON

**Biography**

**Helen Robert** is an entrepreneur and consultant living in Ottawa, Ontario. Helen's background includes specialized expertise in Compensation, small business management and HR Program development. She currently chairs the Board of Directors of the Dovercourt Recreation Association in Ottawa, and volunteers as a facilitator for the University of Ottawa Heart Institute's Women@Heart Program. Helen is a heart attack survivor, diagnosed with Spontaneous Coronary Artery Dissection (SCAD), which brings her directly in touch with chronic disease and recovery. Sharing her experience and learning from others on similar journeys has really solidified for her the power of strong peer connections and quality support in achieving better outcomes for patients and caregivers.