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She is currently an Associate Professor at Instituto Superior de Ciências Sociais e Políticas (School of Social and Political Sciences), University of Lisbon, where she serves as the chairperson of a UNESCO Chair on Education for Global Peace Sustainability. She is also the Scientific Coordinator of the Post-Graduation in Applied Positive Psychology. Helena is a Senior Researcher at Centro de Administração e Políticas Públicas (CAPP, Centre for Administration and Public Policies). She has more than 60 scientific publications, including the authorship of eight books. One of the books is titled "Positive Nations and Communities" (Springer, 2013), translated into Chinese.

Helena was a professor for 29 years at Faculdade de Psicologia (Psychology School), of Lisbon University. Over the years she was an invited scholar or/ and presented conferences in more than 20 Universities around the world. Her research topics of the last decade include public happiness (Felicitas Publica), positive peace, positive nations and communities, organizational compassion and hope. Recently, she has also been working in human resources behavior and appreciative, positive and empathic leadership, and has co-created, implemented and assessed programs to enhance well-being in business corporations, in particular enrolling workers in the lower level of the social ladder. Helena is a member of the *Council of Advisors* of the *International Positive Psychology Association* (IPPA), after ten years as a member of the Board of Directors of IPPA, and of the Board of Directors of the European Network of Positive Psychology.