

FRÅN MOTGÅNG TILL FRAMGÅNG!

Education Bachelor of International Business Science, U.S. International University, California, USA (1984 – 1988) - **Amateur Golf Experience** Junior Championships, Sweden Winner (1981, 1983, 1985) - Senior Championships, Sweden Winner (1986, 1987, 1988) - European Championships, team events Winner (1981 Wentworth, UK, 1984 El Saler, Spain) - European Championships, team events 2nd place (1982 Drottningholm, Sweden, 1983, Arnhem, Holland) - World Championship, team event 2nd place (1988, Drottningholm, Sweden) - **Professional Golf Experience** Total earnings: \$5,658,678.00 (1992 – 2011) - Money league winner: Ladies European Tour (1998) - Professional wins (23) - LPGA Tour major championship (1); Nabisco Dinah Shore (1993) - LPGA Tour (6): Grand China Air LPGA (2008) - Evian Masters (2008) - Longs Drugs Challenge (2005) - Welch's/Clede K. Championship (1998) - The Office Depot (1998) - Ping/Welch's Championship (1994) - LPGA Tour top 10s Eighty-two (1992 – 2011) - Ladies European Tour wins (11) - Evian Masters (2008) - WPGA Championship of Europe (2001) - Evian Masters (1998) - WPGA Championship of Europe (1997) - Hennessy Cup (1996) - Evian Masters (1994) - Hennessy Ladies Cup (1992) - IBM Ladies Open (1992) - Hennessy Ladies Cup (1991) - Trophée Coocount Skol (1991) - Women's British Open (1990) - LPGA of Japan Tour wins (5) - Inoen Tournament (1997) - Itoki Classic (1992) - Ilair Open (1991) - ALPG Tour wins (1) Queensland Open (1991) - Other wins (2) Sunrise Cup World Team Championship with Liselotte Neumann (1992) - Benson & Hedges Trophy with Anders Forsbrand (1991) - Professional Team Events Solheim Cup Team (1990, 2000) Winner Solheim Cup participant (1990, 1992, 1994, 1996, 1998, 2000, 2005, 2009) - Official Captain Assignments; Captain for Solheim Cup (2007) - Captain of Junior Solheim Cup, European Team(2002) Winner - Professional Golf Assignments - Helen is the first-ever International LPGA Player



Foto Tristan Jones

Director for LPGA (2009 – 2011) - Awards; Gothenburg sports price, Sweden (2008) - Rookie of the year, LPGA (1992) - Swedish golfer of the year (1990) - Rookie of the year, Ladies European Tour (1989) - Board and Committee Memberships; Ambassador for the Alzheimer foundation, Sweden, (2011 –) - Member of the Board of LPGA, USA (2009 – 2011) - Member of the Board of Canton Research & Consulting AB (2009 –) - Selection Committee for finding a new commissioner for the LPGA Tour, (2009) - Member of the Board of the "Barbro Montgomery's foundation for leadership within golf" (2005–) - Professional Media Experience; Expert commentator World Feed television, Solheim Cup Several articles of Alzheimer's disease in Swedish magazines "Lara", "Allers", "Vecko-revyen", "Expressen", "Göteborgs-Posten", "Aftonbladet" - Article on healthiness and yoga in Swedish magazine "Hälsa" - **Professional Experience**; Lecturer for all Swedish Golf Professionals as well as invited international Golf Professionals on the topic of golf leadership (2008) (September 2011) - Expert commentator LPGA Tour (July 2011) - Expert commentator Swedish television, Solheim Cup (2002) - Co host Swedish game show "Bingo Lotto" (September – October, 2000) - Co host fifty year anniversary of the Swedish Golf Federation (March, 2000) - Expert commentator BBC radio, Ryder Cup (1995) - Expert commentator Swedish Television, USA Masters, PGA Tour (1994, 1995) - Summer jockey on national radio in Sweden (1994) - Numerous of golf articles in a number of journals related on tips to improve the amateur golfer's game - Lecturer for Swedish Golf Federation on the topic of golf leadership for young golfers (2008) - Lecturer for Swedish Golf Federation on the topic of golf leadership (2007–) - Entrepreneurial Achievements - Co-founder of the Swedish Alzheimers foundation (2011–) - Co-founder of "Barbro Montgomery's foundation for leadership within golf" (2005–)



"Det är bara den som inget gör eller vågar göra något som kan undvika motgång"

Från motgång till framgång!

Som idrottsman kan man inte vänta tills i morgon för att ta reda på varför något inte gick som man ville, utan det är nu det gäller. Man kanske får leta där man aldrig letat förut och det är något som jag tror att alla människor kan dra nytta av.

Ta del av de verktyg som jag har använt mig av för att lyckas som individ, i team och som ledare!

Helen Alfredsson

Var med och slå ett slag till förmån för forskningen!

Helen är aktiv inom välgörenhet för att samla in pengar till forskning av Alzheimers, då insikten av sjukdomen berört mycket när hennes egen mamma gick bort i den. Det blev en självklarhet för Helen att göra något för eftervärlden!

År 2011 startade Helen tillsammans med Stefan Sauk och Alzheimersfonden en välgörenhetsgolf "Hjärnslaget" som har blivit mycket lyckad. Läs gärna mer på; www.alzheimerfonden.se



Hjärnslaget