



Helen Lehto

Partner

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Service areas

Dispute Resolution

Helen Lehto's experience covers arbitration proceedings under the rules of several major arbitration institutes, such as the ICC, SCC, DIA, Swiss Rules and FAI. She frequently sits as arbitrator and has experience working at an arbitration institute.

Having advised clients across a wide range of industries, Helen Lehto has broad experience in all types of disputes concerning matters such as international trade, share purchase agreements, supply agreements, engineering, real estate and product liability.

She also regularly lectures on arbitration, mediation and litigation, and often acts as speaker at international arbitration conferences in a variety of countries. She is also a trained mediator and frequently acts as counsel to clients in mediations and med-arb proceedings.

She is currently also working on her Doctor of Laws degree at the Faculty of Law of the University of Turku on the topic of "State Sovereignty and Arbitration – Resolving Interstate Disputes in Arbitration".

CAREER

2022–present	Dittmar & Indrenius Attorneys Ltd.
2015–2022	Hannes Snellman Attorneys Ltd Senior Associate (2015–2022), Managing Associate (2020–2022)
2014–2015	District Court of Ostrobothnia Trainee Judge
2013	The Arbitration Institute of the Finland Chamber of Commerce (FAI) Secondment
2011–2015	Hannes Snellman Attorneys Ltd Associate Lawyer

EDUCATION

2021–	University of Turku Doctoral Researcher
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2017	The Arbitration Institute of the Finland Chamber of Commerce (FAI) Finnish Arbitration Academy
2011	University of Turku LL.M
2010	University of Turku Diploma in Innovation and Communications Law
2008	Åbo Akademi University LL.B
2006	Åbo Akademi University BSocSc, Major: political science, minors: psychology and educational sciences

RANKINGS & RECOGNITIONS

Recommended by Lexology Index, Arbitration, 2026

Ranked in Partners under 45, Global Elite in Arbitration 2024 by the Who's Who Legal

“Helen Lehto is a superstar – extremely skilled, smart.”

– The Legal 500 EMEA 2024, Dispute Resolution

“Tremendous attitude, knowledge and cooperation skills.”

– The Legal 500 EMEA 2024, Dispute Resolution

Ranked as Arbitration Future Leader, Partners 2023 by the Who's Who Legal

“I have worked with Helen Lehto in several cases. She is extremely hard working and talented individual. She is also very nice to work with.

– The Legal 500 EMEA 2024, Dispute Resolution

Who's Who Legal: Ranked Global Elite in Arbitration – Partners under 45 (2024)

Who's Who Legal: Ranked Arbitration Future Leader – Partners (2023)

MEMBERSHIPS & POSITIONS OF TRUST

- Finnish Arbitration Association (FAA), Member of the board 2025–
- ICC Commission for Arbitration and ADR, Finland representative 2024–
- Campaign for Greener Arbitrations, Finland representative 2024–
- Finnish Bar Association
- Arbitral Women
- Swedish Women in Arbitration (SWAN)
- Young Arbitrators Sweden (YAS)
- Young Arbitration Club Finland (YACF), Chair of the board, 2018–2020, Member of the board 2017–2018
- Mediation Office of Proper Finland, Mediator, 2010

PUBLICATIONS

Submitting New Evidence after the Cut-Off Date: When Are Exceptional Circumstances Present? Lehto, Helen – Parkkiseniemi, Laura

– Stockholm Arbitration Yearbook 2023, Chapter 10

Suomi tarvitsee UNCITRALin mallilain: Bygglin, Anders - Heikkinen, Kimmo - Järvinen, Antti - Lehto, Helen - Manninen, Markus - Rautiainen, Ina - Tamminen, Anna-Maria - Tyynynsniemi, Matti

– Liikejuridiikka 3/2018, p. 66–76, 2018

Issue Conflicts as Basis for Challenge of an Arbitrator – A new First in Nordic Arbitration Practice?: Lehto, Helen - Tamminen, Anna-Maria

– Scandinavian Series of Law vol. 63 (2017), p. 331-354, 2017

SELECTED SPEAKING ENGAGEMENTS

“International Arbitration and Finland: Efficient Procedures for Client-Centric Outcomes”

– Panellist, Holland & Knight NYC and the Finland Arbitration Institute (FAI), 2025

“Conflicts of Interest in Arbitration – Habits and Tendencies in Baltics”

– Panellist, Riga Arbitration Symposium, Riga, Latvia, 2025

“Varför anlitas inte allmänna domstolar i affärstvister?”

– Referee (SWE), “referent”), Nordiskt Juristmöte in Copenhagen, Denmark, 2024

“Nordic Roundtable”

– Panellist, Global Arbitration Review (“GAR”) Live in Stockholm, Sweden, 2023

“Arbitral Women Nordics Launch Event: Gender Diversity in International Arbitration – the Nordic Perspective”

– Moderator, Arbitral Women, Helsinki, Finland 2024

“Pre-Moot Seminar: Arbitration and Anti-Corruption”

– Panellist, Young Arbitration Club Finland, Helsinki, Finland, 2023

“YACF 10-year anniversary”

– Comments to keynote, 2022

“Help, I need an expert”

– Panellist, ASA Below 40 Spring Seminar, Geneva, Switzerland, 2022

LANGUAGES

English

Finnish

Swedish