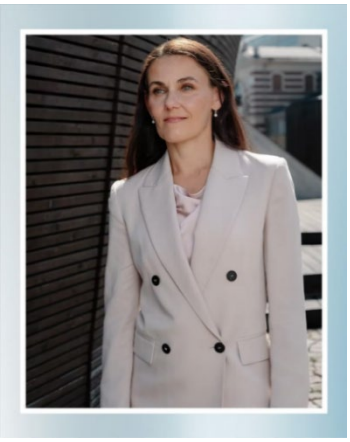
CV

Heidi Merikalla-Teir



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Nationality: Finnish
Based in: Helsinki, Finland

Profile

I act as an independent arbitrator and mediator in domestic and international commercial disputes. I regularly serve as sole arbitrator, chair, and co-arbitrator in proceedings conducted under a range of institutional rules as well as in ad hoc arbitrations, seated in different jurisdictions and governed by different substantive laws. I also act as mediator in commercial disputes.

My work as an arbitrator and mediator draws on extensive experience from complex commercial disputes, including prior roles as counsel and senior leadership and decision-making positions within arbitration institutions. I am accustomed to working in multi-party and cross-border proceedings and to addressing procedural and substantive issues arising in diverse legal and cultural contexts.

In addition to my appointment work, I am a frequent lecturer and speaker on arbitration, mediation, and dispute-resolution related topics, and I regularly contribute to professional training programmes and discussions within the arbitration community.

Work Experience

- **Merikalla Conflict Resolution Ltd, Independent Arbitrator and Mediator** (since 2024)
- Merilampi Attorneys Ltd., CEO and Partner (2019–2024)
- Finland Chamber of Commerce, Director (2016–2019)
- The Arbitration Institute of the Finland Chamber of Commerce (FAI), Secretary General (2015–2019)
- Borenius Attorneys Ltd, Specialist Partner (2011–2015), Senior Associate (2006–2011), Associate (2002–2006)
- District Court of Helsinki, Law Clerk (2004–2005)
- European Commission (DG Competition), Stagiaire (2003–2004)

Education

- Professional Certificate in Executive Coaching, Henley Business School (8/2026)
- Licensed Trial Counsel (2024–)
- Admitted to the Finnish Bar, Attorney-at-law (2006–2015, 2019–2024)
- Trained at the Bench, District Court of Helsinki (Finland) (2005)

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Heidi Merikalla-Teir

- Master of Business Administration (MBA), Helsinki School of Economics / Aalto University (Finland) and Ecole National Des Ponts et Chaussées (Paris, France) (2005)
- Master of Laws (LL.M), University of Helsinki (Finland) (2002) (Socrates/Erasmus Exchange Program, University of Regensburg Faculty of Law, Germany)

Additional courses

- Certificate in Early Neutral Evaluation, Centre for Effective Dispute Resolution (CEDR) (2025)
- Certified Board Chair (2023)
- Diploma course for foreign arbitrators, the SCC Arbitration Institute and the Swedish Arbitration Association (2022)
- CEDR Accredited Mediator (2018)
- Certified Board Member (2017)
- Finnish Arbitration Academy, the Finland Chamber of Commerce and the FAI (2014)

Positions of trust

- The Arbitration Institute of the Finland Chamber of Commerce (FAI), Chair of the Board (2022-2025)
- Member of the Delegation of the Finland Chamber of Commerce and the Helsinki Region Chamber of Commerce (since 2020)

Membership in professional organisations

- ArbitralWomen
- Dispute Resolution Board Foundation (DBF)
- Finnish Arbitration Association (FAA)
- Swedish Arbitration Association (SAA)
- Swedish Women in Arbitration Network (SWAN)
- The Association of Industrial Lawyers
- Hallituspartnerit - Board Professionals Helsinki

Recent recognitions

- Chambers & Partners: Dispute Resolution (2026): Most in Demand Arbitrators
- Lexology Index, Arbitration (2026): Highly Recommended
- Who's Who Legal, Arbitration Global Guide (2025, 2024 and 2023): Recommended
- Legal 500 EMEA, Dispute Resolution (2024 and 2023): Leading individual
- Legal 500 Private Practice Powerlist 2024 – Arbitration – Nordics

Language skills

- Finnish / Native
- Swedish / Proficient (spoken at home)
- English / Proficient
- German / Good
- French / Basic

A detailed professional profile is available on LinkedIn.