



Helen McArthur

Director, Communications and External Relations
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Helen is Director of Communications and External Relations for BC Municipal Pension Plan, where she leads strategic communications and stakeholder engagement initiatives for BC's largest pension plan. Prior to this Helen was Executive Director for the BC Public Service and Teachers' Pension Plans, working closely with boards of trustees, executive teams, and government stakeholders on governance, reputational risk, member communications, and strategic planning.

Prior to her work in the public sector Helen was a partner in UK pension consulting firm where she led business development teams and the creation of new lines of business.

Helen has over 25 years of experience helping organizations communicate complex information in a clear, thoughtful, and human way. Specializing in pensions, governance, stakeholder engagement, and strategic communications, Helen guides organizations through sensitive and high-profile issues with clarity and confidence.

Helen brings deep expertise in executive communications, issues management, and organizational growth strategies. Her career has included award-winning work in the UK pension and benefits sector, where she led major communication initiatives for national organizations and public sector reform projects.