

Student Life Experience Programming

How does this work?

1. **Register at each event.** Zoom and Seating available on a first come first serve basis.
2. **To list on your Co-Curricular Transcript and qualify for a Certificate of Participation attend at least one session of Accept. Adapt. Advance (October 6 or 8 @ 14:10) and one of the following:**
 - Yoga Flow - Re-engage with the World from a Place of Balance, Strength and Love (October 7 @ 15:00)
 - Hope & Cope: Meditation Session (October 9 @ 14:30)
3. **What's in it for me? What will I learn?**

Through the Student Life Experience Programming, Deree students develop transferable skills that will appear on their Co-Curricular Transcript.

"Accept . Adapt . Advance" learning objectives:

1. Recognize that the world has collectively changed, realities and systems have been disrupted due to the global pandemic and so have our priorities and realities.
2. Understand that this wake-up call for all may have been a blessing and not a curse
3. Identify that what we are going through is not only a Technical Challenge but rather an Adaptive Challenge, where a change in mindset is required
4. Realize that now more than ever, we have to adapt to ever changing conditions as a way of understanding our social surroundings and a path to self-discovery.
5. Appreciate the powerful tool of art during these unprecedented times.
6. Understand the importance of staying calm and focused despite the uncertainty, fear, stress, anxiety which are common these days. Understand there is a way to handle it.
7. Prepare your mind, body and spirit to be flexible and open to creativity, change, consciousness through a Yoga Flow practice to re-engage with the world from a place of balance, strength and love
8. Getting inspired through easy exercises that help us feel strong, stable and grounded. Learn how to use the warrior pose to remind you that you are courageous enough
9. Understand the importance of adjusting job/internship search and networking according to the new virtual workplace; gain an overview of platforms available.
10. Recognize the impact of Covid 19 on our habitat.
11. Participate in a photo display indicating how quarantine helped us discover a hobby, an interest, an artistic expression, a sport, etc.

We look forward to seeing you there!

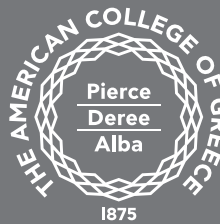
Special thanks:

- Deree Media Center, ACG
- Marketing and Communication Office, ACG
- Office of Athletics, ACG
- Office of Career Services, ACG
- Office of Operations, ACG
- Office of Public Affairs, ACG
- Office of Procurement, ACG
- Self-Awareness and Meditation Club, ACG
- Study Abroad Office, ACG
- Technical Services, ACG

Supported by:



Mind Body Spirit Fest 2020



accept . adapt . advance

October 6-9

Organized by: ACG Health & Wellness Center

The last few months have been a much-needed wake-up call pressing us to re-examine our priorities and recognize what brings meaning to our life. Furthering wellness is crucial in order to be able to accept, adapt and advance in our life journeys. Join us through our 4-day fest and discover what needs to change, how to adapt, and eventually advance with resilience.

TUESDAY, OCT. 6

14:10-15:10

ACCEPT. ADAPT. ADVANCE. SESSION I

Join our three inspirational speakers for an honest and open conversation on how art can be an incredible tool in times of crisis.

Our speakers have been in their fields for years, and there is much to learn from them.

The Art of Rising Above

This presentation aims to show how creativity as a personal internal resource can help overcome life challenges and resonate at a global level as an instinct for appeasement and well-being.

Paula Guerrinha, MA, ATR, Art Psychotherapist, Clinical Supervisor, Certified Trainer, Creativity Coach and Group Facilitator, Lecturer.

The Art of Change

The power of art and creativity in personal & professional life as a tool to welcome change and discover our inner joy.

Joy Koumentakou, DC '01, Joy Artist, Brand Consultant, Creative Motivator & Fashion Designer

Music, The Incredible Tool

Could music empower us making us strong and ready to deal with life's challenges and difficulties?

Marlis Peterson, soprano and world-wide performing artist

Moderator: Christina Drakonakis, Associate Dean of Students, Office of Student Affairs, ACG H&W Center

ACG Events Hall - Zoom projection

From home - Zoom link: FB: Wellness@Deree, ACG Events, ACG Website

WEDNESDAY, OCT. 7

14:30-15:20

YOGA FLOW - RE-ENGAGE WITH THE WORLD FROM A PLACE OF BALANCE, STRENGTH AND LOVE.

This experiential 50-minute yoga session will introduce you to the grounding and calming effects of mindful movement, breathing and meditation. A powerful antidote to stress and anxiety, yoga helps us cultivate acceptance and resiliency to what is, illuminates our inner resources so we may adapt to our current life situation, and ultimately steadies us. Please wear comfortable clothing for movement and stretching and have a yoga mat and a clean open space upon which to practice. No experience necessary.

Ariadne Drakonakis, Yoga Instructor, Life Coach

ACG Events Hall - Zoom projection

From home - Zoom link: FB: Wellness@Deree, ACG Events, ACG Website

THURSDAY, OCT. 8

14:10- 15:10

ACCEPT. ADAPT. ADVANCE. SESSION II

Join two inspirational speakers for an honest and open conversation focusing on cultivating resilience and how to adapt in times of crisis.

Our speakers have been in their fields for years, and there is much to learn from them.

Resilience and the Black Swan Phenomenon – The Day After

This is an uncertain time and uncharted territory for all of us. This is not a Technical Challenge (where the solution is known), it's rather an Adaptive Challenge, where a change in mindset is required. Everything will be tested, systems will be tested, individuals, relationships, organizations and every single one of us will be confronted with their own demons. We have a choice: confront them or avoid them. This is a session about resilience, loss and how to integrate a whole range of emotions.

Maria Katsarou-Makin, PsyD, DC '95, CPsychol, HCPC Registered, PCC – Chartered Psychologist – Founder of the Leadership Psychology Institute, UK

Change: The New Stability

This presentation aims to show that now more than ever, we have to adapt to ever-changing conditions as a way of understanding our social surroundings, but also as a path to self-discovery.

Gregory Katsas, PhD Associate Professor, Sociology & Director, Student Academic Support Services
Moderator: Sophie Themelis, DC '83, Executive Coordinator, Wellness, Pilates Instructor, ACG H&W Center

ACG Events Hall - Zoom projection

From home - Zoom link: FB: Wellness@Deree, ACG Events, ACG Website

FRIDAY, OCT. 9

12:00-13:00

ACCEPTING CHANGES. ADAPTING TO VIRTUAL JOB HUNTING.

ADVANCING IN CAREER PLATFORMS

Marina Perantonaki, DC 2000, Senior Manager, Office of Career Services

ACG Events Hall - Zoom projection

From home - Zoom link: FB: Wellness@Deree, ACG Events, ACG Website

14:30-15:20

HOPE & COPE MEDITATION SESSION

Be inspired through easy exercises to help you ground, stabilize, strengthen, heal and prepare your mind, body and spirit to be open to change, adaptation, creativity and consciousness. Cultivate a sense of flow in life accepting everything that is happening with calmness and less fear. Believe that you create your reality. Short story telling.

An exotic cup of tea is served.

Facilitator: Sophie Themelis, DC '83, Executive Coordinator, Wellness, Pilates Instructor, ACG H&W Center

Supported by: Afrodite Mouchlianiti, DC 2020

Special Guests: Evita Psoni, soprano

Ioannis Petropoulos, Deree Student

Deree Zen Garden

All WEEK 11:00-15:00

Displays

Quarantine Discoveries Photo Display

Covid-19 inspired me - moments captured on film, ACG H&W Center

Inspirational Thoughts, ACG H&W Center

Deree Exchange Platform

Use this platform to exchange and promote the reuse of items that you no longer want/need but are in a good condition.

Center of Excellence for Sustainability, Office of Public Affairs

The Positive & Negative Impact of COVID-19 on our Habitat

Video presentation Deree main corridor. Online on Facebook pages: Sustainability at ACG and Wellness @Deree

Center of Excellence for Sustainability, Office of Public Affairs

Freebies

Your Indispensable Accessories "Les Musts de 2020" facemask, hand sanitizer

Accept. Adapt. Advance

Pick up your grounding stone and message; ACG H&W Center

Know the Facts, ACG H&W Center

- Accept. Adapt. Advance
- Staying Healthy and Hopeful during Covid 19
- Boosting Your Immune System...Is It Possible?
- COVID-19 Masks Effect on Body Language and Mindful Communication

Deree Main Corridor

11:00-22:00

Movement = Advancement

(Days & Times separate attachment)

Aqua Fitness, I. Ioannou, Swim Coach, Lifeguard, Office of Athletics

Power Pilates, S. Themelis, Executive Coordinator, Wellness, Pilates Instructor, ACG H&W Center

TRX, D. Liopsis, Fitness Coach, Group Fitness Instructor, Office of Athletics

Yoga, Abs & Legs, Zumba, L. Konstantinidou, Trainer, Group Fitness Instructor, Office of Athletics

Body Sculpt, Total Fitness, Pilates Mat, Outdoor/Indoor Conditioning, A. Katsafadou, Fitness Coach, Group Fitness Instructor, Office of Athletics
Deree Gym, Deree Pool