

## MEET YOUR SPEAKERS

### MIND BODY SPIRIT FEST 2020

**TUESDAY, OCTOBER 6 @ 14:10-15:10**



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

Born in France, lived in Canada for 10 years and since 1980 has been living in Portugal. Paula has her private clinical practice as an

Art Psychotherapist (individual & group) and Clinical Supervisor. She is a Certified Teacher at the Art Psychotherapy Training Program teaching subjects related to creativity, change, psychodynamics and personal growth. At the beginning of her career she worked as an art therapist in a female state prison, in an educational setting with borderline trait adolescents as well as at the ER of a public hospital in Lisbon. Paula runs art therapy and creativity workshops. Her professional interests include the implications of the creative process in fostering change and resilience as well as further development of an integrative approach in mental health and well-being. Paula started her career in 1990 as an international relations project officer and manager at several IT organizations where she further developed skills in consultancy, project and team management having been appointed as executive director of a multimedia business association. Paula was invited as EU project evaluator. Working with digital creative technologies fostered further interest in the field; she decided to deepen her knowledge in the area of creativity particularly its impact in the cognitive and emotional psychic structures. In 2004 she enrolled in Art-psychotherapy. Paula has a degree in Social Sciences/International Cultural Relations, post graduate course in E-Business and training in team management. She is a fully trained art psychotherapist. Studies in psychopathology and sartrean existentialist psychotherapy. Certified trainer. Effective Member at SPAT (Portuguese Society of Art Therapy) and President of its Fiscal Council. Portuguese representative at EFAT (European Federation of Art Therapists), full individual member and member of the ARC – Applications Review Committee. Board member at FEPPSI (Portuguese Psychotherapy Federation). She has participated as a jury member for several creativity awards.



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

Holds a B.Sc in Marketing Communications, M.B.A. in Strategy from The American College of Greece. Joy worked in the advertising industry for many FMCG companies until she founded her own advertising agency, Inicia Communications.

Joy then entered the fashion industry and, utilizing her expertise in graphic design, was among the first who placed digital prints on natural textiles. She founded

the first POP brand in Greece "madebyJK", selling her products in over 150 stores in Greece & abroad. Joy was awarded twice as "Best Trendsetter" in Athens Xclusive Designers Week. Vogue Italy described her as a rising star with her talent to spread joy through her creations. Since 2017, Joy supported more than 40 Greek brands on succeeding in the Greek & international markets, through various projects in Athens, Sofia, Budapest, Madrid, Milan, London & Paris. She is a serial entrepreneur, having founded Business of Fashion Academy, in association with the Hellenic-American Union, and NoRouge, a fashion marketing agency that supports emerging fashion designers. On January 2020, Joy K. reintroduced herself in Paris as Joy Artist. Through her platform [joykworld.com](http://joykworld.com), she utilizes art & fashion as tools to inspire & motivate people to find inner joy. Her new project [notjustalunchbag.com](http://notjustalunchbag.com) aims to make a social impact with the re-launch of her best-selling lunch-bag, while [thejoyers.com](http://thejoyers.com) is her artful expression that motivates us to embrace our uniqueness. Joy is a motivator & public speaker, raising her voice in collaboration with TedxKomotini, Balkan Fashion Week, The American College of Greece, Fashion Revolution & others.



**Marlis Peterson,**  
**Soprano and world-wide**  
**performing artist**

Born and raised in South Germany, Marlis learned to play piano and traverse flute in her young years. Aged 16 she encountered the realm of voice and singing and began her studies three years later in the music conservatory of Stuttgart. Since her acclaimed debut at the Vienna State Opera as "Lulu", she has been a

permanent guest at the world's most important opera stages, including the Opéra de Paris, the Théâtre de la Monnaie in Brussels, the State Operas in Berlin, Hamburg, Munich and Vienna, the Theater an der Wien, the Metropolitan Opera in New York, the LA Opera, the Chicago Lyric Opera and the Salzburg and Aix-en-Provence Festivals. As a concert singer Marlis Petersen is a guest on all major stages and sang at the opening of the Elbphilharmonie Hamburg. A deep interest in alternative healing always moved alongside with music and inspired her way of singing, thinking and living. After performing 3 operas at Athens Megaron and other Greek festivals, Marlis followed a long-term call and made Greece her home. She is based now in Koroni/ Peloponnese and is a member of the World Human Forum team.

**WEDNESDAY OCTOBER 7 @ 14:30-15:20**



**Ariadne Drakonakis**  
**Kambas,**  
**Yoga Instructor,**  
**Life Coach**

Ariadne is a 500 hour-certified Kripalu yoga teacher and has been teaching yoga since 2003. She is also a licensed massage therapist, occupational therapist and is certified in Kripalu Yoga in the Schools, and Pre/Postnatal Yoga and Massage Therapy. Ariadne

weaves yoga postures, breath-work and meditation into her classes as a means of cultivating presence and

nonjudgmental self-awareness. Her classes remind us to ride the waves of our life with compassion and to allow life to flow through us with ease and grace. Ariadne believes the practice of yoga awakens the natural intelligence of the body-mind-heart-spirit, thereby guiding us toward a more awakened and compassionate engagement with life. Ariadne lives in the beautiful state of Connecticut in the United States with her husband, 3 teenage sons, 2 dogs, 2 cats, a menagerie of neighborhood children and the occasional orphaned bird. She looks forward to visiting her family in Athens and Crete every other summer.

#### THURSDAY, OCTOBER 8 @ 14:10-15:20



**Maria Katsarou-Makin, PsyD, DC '95, CPsychol, HCPC Registered, PCC – Chartered Psychologist**

**– Founder of the Leadership Psychology Institute, UK**

Maria grew up in Lagos, Nigeria. Based in the UK and operating globally, she is the founder of The Leadership Psychology Institute. She has more than 20

years of experience in partnering with senior teams for several organizations. As a Professional in the field of Organizational Development she specializes in Leadership Psychology, Group Dynamics and Executive Coaching.

She has a BA in Management and Organizational Behavior, MA in Human Resources Management and an MSc in Psychology. Her Doctorate in Leadership Psychology gave her the opportunity to specialize further in leadership teams and to break new grounds in measuring trust. She holds the Henley Certificate in Coaching, is a member of the Henley Register of Coaches (UK), and is an accredited professional (PCC) Coach by the International Coaching Federation. She is also accredited by The Kantor Institute (MA, USA) and certified in various psychometric instruments by the British Psychology Society and has also been a tutor in Management courses at The American College of Greece and other academic institutions, and delivers workshops, seminars and training programs to executives since 2002. Co-author of *'Under Pressure – understanding and managing pressure and stress at the workplace'* Author of *'Factions of A Mind - Understanding the physical and psychological effects of caring'*

Blog: <https://drmariakatsarou.blog>



**Gregory Katsas, PhD, Associate Professor, Sociology & Director, Student Academic Support Services**

Gregory is a Sociologist with a PhD from Fordham University in New York and has been teaching at Deree College for 27 years. He is intrigued by the process of change, as it is an integral component of all contemporary societies. His areas of

interest include social inequality and urban sociology, while he is conducting research on the impact of heritage tourism. In addition, he is the Director of

Student Academic Support Services, which provides academic skill development for Deree students. In his leisure time, he enjoys poetry and photography.

#### FRIDAY, OCTOBER 9 @ 12:00-13:00



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

Marina has worked for more than 15 years in managing and developing people at different stages in their lives. She has undertaken different roles such as Executive Search/HR Consultant, HR Assistant Manager and Career Counselor, recruiting and selecting candidates for a plethora

of job roles and industries including senior management positions. In her current role as Senior Manager of the Deree Office of Career Services, she is getting students career-ready for the current and future marketplace; bridging the gap between studies and professional life. She holds a first degree in Psychology (Deree – The American College of Greece) and a Master in HR Management (University of Surrey), is a certified Global Career Development Facilitator – Career Consultant by the US National Board for Certified Counselors (NBCC) and an active member of the Greek People Management Association (GPMA). In her leisure time she enjoys gardening and Pilates/meditation at the ACG Health & Wellness Center

#### FRIDAY, OCTOBER 9 @ 14:30-15:20



**Sophie Themelis, DC '83, Executive Coordinator, Wellness, Pilates Instructor, Life Coach**

Born and raised in Amman/Jordan. With a BA in Dance, and a strong background in exercise, meditation and wellness, she has been working since 1990 at Deree as a group fitness instructor, faculty member, Recreational Sports Coordinator and finally Executive

Coordinator, Wellness. With an expertise in Pilates, personal training and meditation she has worked in spas and sports clubs in Greece and Jordan and had a daily fitness program on Jordanian National Television. She has participated in congresses and seminars in Greece and abroad with the latest being: The Pilates Coach-Germany, The Physicalmind Institute/The Method Pilates -U.S.A, Grounding, Reiki, Biosynthesis, Pranic Healing Light- Greece. She has been a member of IDEA (The Health and Fitness Source) since 1998. Sophie speaks Arabic, English, French, Greek and is married to George Iatraki, has two daughters, Lydia and Ariadne and one dog Xionis