#### Thursday, October 10 @ 13:45

## Nancy Mallerou, PhD Coach, Author, Speaker Life Clinic Group Founder & CEO Life Coach

Dr. Nancy Mallerou is one of the leading Coaches and sought-after motivational speakers in Greece. She is a skilled coaching expert that



works with multinational corporations with delivering creative and pioneering solutions and upgrading productivity and profitability. Dr. Mallerou holds a PhD in Competitive Strategy, an MBA and a BA in French Literature and has served as an Adjunct Professor & Researcher for over a decade at Panteion University of Athens. She is a Professional Certified Coach (ICF), a Certified Master Intelligent Leadership Executive Coach from John Mattone University. She is founding member and ex-President of International Coach Federation -Greece, a TEDex speaker, Speakers' Coach at TEDxAthens & TedxThessaloniki. She is the author of the coaching diary "It Can Get Better" 2015-2019. She has coined the terms "Esocentrism" & "esocentric" which is the basis of her approach. Dr. Mallerou is the founder and CEO of Life Clinic Group S.A. a pioneering School & Clinic for personal and business evolution. She believes that love, progress and contribution are what make life worth living.

Her personal moto: It Can Get Better!

### Thursday, October 10 @ 13:45

## **ELENI TSIARA, MSc**

# Midwife / Mental Health Counselor

Eleni Tsiara holds a Bachelor's degree in Midwifery from University of West Attica, Diploma in Mental Health Counseling and a Master's Degree in Advanced and



Evidence-Based Midwifery Care from University of West Attica. She is a member of the Athens Midwifery Society, Greek Counseling Society and nursing and Midwifery Council (NMC). She has 15 years of experience in the Private Health Care sector, working for the major hospitals as Hygeia, Mitera, Iaso.

#### Friday, October 11 @ 15:00

# Maria Laiou, PC '95, Free Spirit in Pursuit of Happiness

Following a career in higher education, Maria has decided to focus her efforts on building a family, decluttering her life and home, and retaining her title (as awarded by her nephew Pete)



of "Best Theia (aunt) in the Universe". And although her degree in Communication from Baldwin Wallace University and graduate work in higher education at Capella University proved invaluable in developing her work life, it was meeting her significant other that set her compass in the direction of happiness. We all know how to be happy, we just have to be brave enough to get there.

Live simply. Love generously. Care deeply. Speak kindly.

### Saturday, October 12 @ 6:00 (morning)

## Sophie Themelis DC '83, Wellness Coordinator, 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 Wellness Coordinator. 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 and has two daughters, Lydia and Ariadne.

lumturi zoriontasuna шчасце sreća щастие felicitate sreća štěstí lykke geluk õnn onnellisuus Happiness مسعادة bonheur felicidade glück ευτυχία boldogság hamingju sonas felicità laime cpeka kuntentizza lykke szczeście felicidade fericire счастье срећа sreča felicidad lvcka шастя hapusrwydd גליק tnowlunuainiu xosbəxtlik সুখ 幸福 幸福 ბედნიერება hạnh phúc obi ụtọ kev zoo siab **Happiness** سعادة laimė सूप्प ख़ुशी 幸福 ಸಂತೋಷ бақыт សុភមង្គល 행복 ຄວາມສກ സന്തോഷо आनंद аз жаргал ပြေрရှငျမူ आनन्द සතුට хушбахт மகுழ்ச்சி ఆనందం ความสุข خوشي baxt מונט אושר mutluluk geluk chimwemwe farin ciki thabo e farxad furaha idunu injabulo kalipay **Happiness** سعادة kaligayahan kebahagiaan rasa seneng fahasambarana kebahagiaan te oaoa feliĉo kontantman beatitudinem zoriontasuna шчасце sreća щастие felicitate sreća štěstí lykke geluk õnn onnellisuus **Happiness** سعادة bonheur felicidade qlück ευτυχία boldogság hamingju sonas felicità laime cpeka kuntentizza lykke szczęście felicidade fericire счастье срећа šťastie felicidad sreča lycka шастя hapusrwydd גליק երջակկություն xoşbəxtlik সুখ 幸福 幸福 ბედნიერება hạnh phúc obi utọ kev zoo siab **Happiness** سعادة laimė सुप ख़ुशीक 福 ಸಂತೋಷ бақыт សុភមង្គល സന്തോഷം आनंद аз жаргал ပြောရှငျမှ आनन्द සතට xyшбахт மகுழ்ச்சி ಅನಂದಂ ความสข خوشي baxt شادى אושר mutluluk geluk chimwemwe farin ciki thabo e farxad furaha idunu injabulo kaligayahan kebahagiaan Happiness سعادة seneng fahasambarana kebahagiaan te oaoa feliĉo kontantman beatitudinem lumturi zoriontasuna шчасце sreća щастие felicitate sreća štěstí lykke geluk õnn onnellisuus bonheur felicidade glück ευτυχία boldogság hamingju sonas felicità laime cpeka kuntentizza lykke szczęście felicidade fericire счастье šťastie sreča felicidad lycka

### Tuesday, October 8 @ 13:45

## Eva Alevra, Holistic Psychologist

Eva Alevra was born in 1995 and raised in Athens. She is a holistic psychologist, her approach tackles viewing the mind-body-spirit connection as integral part for understanding who we are, and seeing the person as a

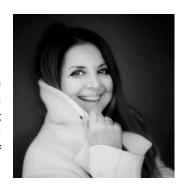


whole. Education: Lycée Franco-Hellénique Eugene Delacroix (2013) | National Kapodistrian University of Athens, Department of Psychology (2018) INLPTA | Dynamic Equilibrium System | NLP\* Practitioner Certification \*(Neuro-Linguistic Programming). Eva created "Holistic Way", a physical and digital location to address holistic psychology, wellbeing, conscious, eco living, creativity & arts. Aside from being a psychologist Eva loves the arts, especially photography and dance.

## Tuesday, October 8 @ 13:45

# Isavella Vlasiadou Actress, Mother, (Life)Lover

Born and raised in Thessaloniki, Isavella studied French Literature at the Aristotle University and Drama at the School of National Theatre of Northern Greece. She worked as an



actress in Theatre and Television. She played at the National Theatre of Greece (Eklisiazouses, Fafsta,) as well as in central theatres all over Athens and Greece. Isavella starred in a number of television series such as Aftheretoi, Vassiliades, Konstantinou kai Elenis. and was a presenter of Alla Kolpa, Blind Date and others. She also worked as a broadcaster at Corfu radio station, and a scriptwriter; Ston asterismo tis Gravatas, Endimotatoi keratades etc.. She is married and has a son.