

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 TEDx 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!



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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.

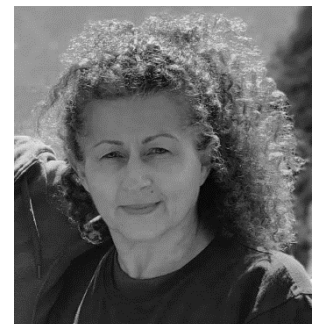
Live simply. Love generously. Care deeply. Speak kindly.



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.



සතුට xywbaxt மகிழ்ச்சி ಅನಂದಂ ความสุข خوشی
 baxt شادی اوشار mutluluk geluk chimwemwe
 farin ciki thabo e farxad furaha idunu injabulo
 kalipay kaligayahan kebahagiaan rasa
Happiness سعادة seneng fahasambarana
 kebahagiaan te oaoa feliĉo kontantman
 beatitudinem lumturi zoriontasuna шчасьце
 sreča шчасьце feliĉitate sreča štěstí lykke
 geluk önn onnellisuus bonheur felicidade
 glück ευτυχία boldogság hamingju sonas
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 šťastie sreča felicidad lycka