

MEET YOUR SPEAKERS

MIND BODY SPIRIT FEST 2021

TUESDAY, OCTOBER 5 @ 14:10-15:10



Dr. Ifigeneia Tzannou

MD. PC '94

Born and raised in Athens, Ifigeneia is a Hematologist with a focus in Bone Marrow Transplantation. She received her Medical Degree from the Democritus University of Thrace. She completed her Hematology fellowship in Evangelismos General Hospital, and she then travelled to Houston Texas for a 12-month post-doctoral fellowship at the Center for Cell and Gene Therapies, Baylor College of Medicine. Ultimately she spent 5 years there, working as a researcher (Instructor) on cellular therapies for tumors and viruses for stem cell transplant recipients. Coming back to Greece she envisioned applying and further developing the science she had learned in the USA, to the benefit of Greek patients. She joined the BMT Unit at Aghia Sofia Children's Hospital for almost a year, until she started her current appointment as an attending physician at the Hematology Clinic and BMT Unit of Evangelismos General Hospital. She believes in working for Greek patients and supporting the Greek national health system despite the difficult and sometimes frustrating conditions.

WEDNESDAY OCTOBER 6 @ 11:30-12:20



Lucy Konstantinides

*Choreographer, Trainer,
Group Fitness Instructor*

Born in Cyprus and raised in Saudi Arabia and the UK, she has a BA from Laban Center University of London with a specialization in Dance Theater. Lucy is a Master Trainer at Reebok USA specialized in Yoga Vinasse, Hip Hop, Cycling, Body Walk, Slide, Step, Dance Aerobic and Personal Training. She has IDEA member professional Certification and a Diploma in Zumba Dance. In performance and television, Lucy has worked as a choreographer for popular shows including: ERT 2 "Χρώμα και Σώμα", ANTENNA TV "Proinos Kafes", MEGA Channel "Metaxy mas", ALPHA Channel "Roula Koromila", STAR Channel "OLE" and for Greece's participation at Eurovision 2002 Mixalis Rakitzis. Lucy is the founder and organizer of the annual Dance Music Festival and is a professional hiking leader, organizing and leading excursions in Greece. Lucy has been working as a choreographer and fitness instructor at Deree College and Pierce College since 2002.

WEDNESDAY, OCTOBER 6 @ 14:30-15:30

THURSDAY, OCTOBER 7 @ 14:10-15:10

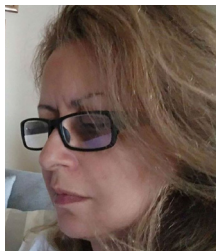


Katerina Psaropoulou

PhD, Psychology Instructor, ACG

Dr. Psaropoulou is a counseling psychologist. She completed her graduate studies in the US, and she focused on working with refugees and migrants, and survivors of sexual trauma. She has a B.A. in Psychology, a M.A. in Clinical Psychology and a Doctorate in Counseling Psychology. She completed her doctorate internship at the University of Texas at Austin. She moved back to Greece in 2016 and provided Mental Health services to refugees and migrants on the islands of Lesbos and Samos, and in Athens. Currently, she works as a part-time instructor at ACG; she holds a private practice and provides supervision and staff support to NGO's who provide services to refugees and migrants.

WEDNESDAY, OCTOBER 6 @ 14:30-15:30



Christina Themelis
DC '87, Professional Translator,
Artist

Born and raised in Amman, Jordan, with a Bachelor of Science in Business Administration from Deree, and a strong professional background in international business, she has been working at commercial and medical companies in Greece and abroad since 1987. Christina went on to receive a Diploma in Interior Design in 1991 and has been actively pursuing her artistic passion for upcycling and repurposing objects, promoting the elimination of waste and the reduction of consumption. The recent refugee crisis motivated her to volunteer first as a translator, and eventually receive the training and education required to become a trainer herself, educating and recruiting field translators. Christina has two children, an insecure dog and a rescue cat. She lives in Greece and speaks Arabic, English, and Greek.

WEDNESDAY OCTOBER 6 @ 18:00-18:50



Andromachi Katsafadou
Strength Coach, Personal
Trainer, Group Fitness Trainer

Born and raised in Greece, she has a BSc in Sport Science and Physical Education from University of Athens and MSc in Strength and Conditioning from University of Edinburgh. Andromachi has been working as a Strength Coach for more than 15 years and as a Personal and Group Fitness Trainer at Deree College since 2008.

THURSDAY, OCTOBER 7 @ 14:10-15:10



Rusul Abdal Qadar
Undergraduate Psychology
Student

Through the Education Unites Program, Rusul is currently a student at ACG pursuing her studies in psychology. She is an active member of the ACG Diversity and Inclusion Club. As a passionate advocate for human rights and a strong believer in diversity for all, Rusul has been working in the humanitarian sector over the past three years. She has big dreams and believes we all can achieve our dreams and goals always with a touch of resilience!

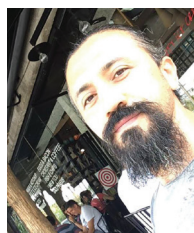
THURSDAY, OCTOBER 7 @ 14:10-15:10



Fraimy Athanassopoulou
Undergraduate Communication
Student

Fraimy was born in 1999 in Athens and raised in Eretria, Evia. She was a reserved child, strongly connected to her amazing godmother who has been a positive role model for her. She first visited Deree in 2012 during her godmother's graduation and was literally thrilled. Her first thought was "I want to toss my grad cap too!". Then came the plan, "how can I study there having no educational funds?" This goal motivated her to focus on a better future in spite of her unsupportive family environment. Five years later, she was awarded a full-tuition scholarship, and is now a Deree student. Resilience to her is enjoying the beautiful campus despite adult life challenges. Favorite quote: "The best way to make your dreams come true is to wake up." – Paul Valéry.

THURSDAY, OCTOBER 7 @ 14:10-15:10



Hasan Oksuz
DC '21, staff, ACG Housing

Born and raised in Antioch, Turkey, the multiethnic and multicultural city shaped his perception and recognition of the diversity of others developing his empathy, sympathy and solidarity with others. This way of thinking developed into a deeper understanding of not only human beings but also for all forms of life: animals, plants. This belief of the unity of the universe, has given him an endless source of energy in the struggle against the injustices and the unfair treatments that he has experienced and witnessed. Due to these efforts, he was forced to leave his homeland and build a new life in Athens since 2015. Through the Education Unites Program, he pursued his studies in sociology at ACG. Hasan graduated in April 2021 and is pursuing a Masters' degree in Strategic Communication and Public Relations at ACG. He is currently working as a staff member at ACG Housing.

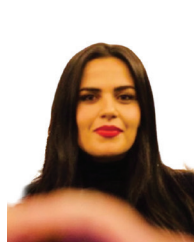
THURSDAY, OCTOBER 7 @ 14:10-15:10



Lillian Psylla
DC '19, PR Professional, Ogilvy

Having "Inspired-by-the-fear-of- being-average" as her life motto, Lillian is a proud Deree alumna with a BSc. in Marketing ('19) and a MSc. in Strategic Marketing Management from Aston University. She is a passionate T-shaped marketer who loves to lead teams and creative marketing projects, as well as talk to large crowds about life and career choices. She has ten years of diverse professional experience in foreign languages education, marketing communications as well as export strategy. She is the co-founder of GRtraveller magazine, former Head of Speakers & performers at TEDxAstonUniversity, and she has also worked with many multinationals such as BDO, Nestlé Suisse and Metaloumin providing her marketing expertise. In parallel, she was an independent pro bono consultant to various SME's for marketing strategy and branding matters. Currently, Lillian is a PR Professional at Ogilvy Greece.

THURSDAY, OCTOBER 7 @ 14:10-15:10



Nourhan Shahin
DC '19, Communication
Free-lancer. Free Spirit

Born and raised in Cairo, Egypt, with a Bachelor degree in Communication from Deree - The American College of Greece, She is the founder of her blog, Life of Nouu (@lifeofnouu) where she pours her heart and thoughts into writings and pretty designs. Following a career in the Cosmetics world as a Communication manager - mid Covid, Nourhan decided to focus on her health, wellness and overall wellbeing. With the world shifting and taking unexpected turns she knew that a break is what she needed. Nourhan knew it deep down that to recharge, it is best to pause. This year has been a journey of self-discovery, self-love and self-worth. Her heart lead her to the right place - she just had to trust the process. Her moto: Everything happens for a good reason!

FRIDAY OCTOBER 8 @ 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 BA in Psychology (Deree) and an MA 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 Wellness Center.

FRIDAY, OCTOBER 8 @ 14:30-15:20

SATURDAY, OCTOBER 9 @ 6:00-10:00



Sophie Themelis

*DC '83, Wellness Coach,
Pilates Instructor*

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 has two daughters and a dog.

SATURDAY, OCTOBER 9 @ 6:00-10:00



Tobias Myers

PhD, Scholar-Teacher

Tobias Myers is a classicist specializing in Homer, and is interested more broadly in ancient poetry, magic, religion, and the history of ideas. He received his PhD in Classics from Columbia University, and is the author of *Homer's Divine Audience* (Oxford 2019). His current research includes

work on a new book about self-knowledge in the *Odyssey*. Tobias taught for eight years at Connecticut College as an Assistant and then Associate Professor, where he received in 2019 the King Award for Excellence in Teaching. In 2021 he joined the Deree faculty and became Associate Director of ACG's new Institute for Hellenic Culture and the Liberal Arts. As a long time meditator, and certified yoga teacher, Tobias is delighted to be participating in the Mind Body Spirit Fest.

MODERATOR



Christina Drakonakis

*Associate Dean of Students,
Office of Student Affairs, Head,
ACG H&W Center*

Christina has over 25 years of administrative experience in higher education and the healthcare field. She was born and raised in the United States. She has a BS in Biology from the University of Connecticut, an

MA in Medical Science from Boston University School of Medicine, an MA in Public Health from Boston University School of Public Health, a Professional Certificate to teach Biology in secondary education from Fairfield University and an Emergency Medical Technician Certification from Gateway College. Christina is currently the Associate Dean of Students at Deree and the head of the ACG Health and Wellness Center. She balances life's challenges on sunny days with hard labor in her garden and on days when the weather doesn't cooperate, with watercolor painting and a good book.