

Vivi Sarantidou

PhD, Assistant Professor, Marketing Department, School of Business & Economics, ACG

Dr. Sarantidou is a member of the DEREЕ Marketing faculty since 1998 and has taught courses in the area of Marketing Management. She holds a Ph.D. in Marketing from Stirling University, an MBA and a Bs in Business Administration from California State University Long Beach. She has served as the Head of the Marketing Department from 2006 to 2014. Professor Sarantidou is a dynamic professional with extensive

experience and knowledge in the Greek business sector. Before joining ACG she has held several marketing positions in fast-moving consumer goods, and she worked as a consultant in the retail sector. During the last 24 years, she is committed to teaching and helping students understand in a practical way the application of the theories and relate new concepts to daily experiences. Her research interests are in the areas of branding and customer satisfaction. She believes that through hard work you build confidence and admiration in yourself. Her personal motto: "Stay focused on your goals"

Body Positive Vibrant at Every Size

BODY IMAGE AND LOVING WHO WE ARE

March 29-31, 2022



MEET YOUR SPEAKERS

MODERATOR



Christina Drakonakis

Associate Dean of Students, Office of Student Affairs, Head, ACG Health & Wellness 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 labour in her garden and on days when the weather doesn't cooperate, with watercolour painting and a good book.

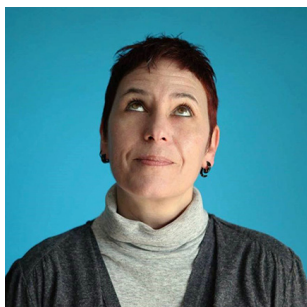
TUESDAY, MARCH 29 @ 14:10-15:10



Demi Papalexi

Psychotherapist/ Mental Health Counsellor

After her BA in Nutrition and Dietetics, at Harokopio University, and her MSc in Weight management, at Robert Gordon University, Demi decided to turn into psychology in order to be able to provide a more holistic approach. She completed her master in Counseling Psychology and Psychotherapy at Deree, and now works as a psychotherapist- mental health counsellor, with a specialty in eating disorders and works with people who need to improve their relationship with food, their body image and their self-esteem. Demi believes that everybody should be treated with respect and care and is trying to help people achieve a more balanced way of eating and of living.



Sophia Dassya

MA Mindfulness & Gestalt Counsellor

Sophia studied Psychology and Communication at the University of Lancaster, UK. She holds a Master's degree in Medical Anthropology from Ruprecht-Karls-Universität Heidelberg, Germany. Sophia has been practicing meditation since the early 1990s. Since 2016, she has become certified as an Interpersonal Mediator, accredited by Ofqual & CIARB UK, and as a Mindfulness Instructor compliant with BAMBA - the British Association of Mindfulness-Based Approaches. She holds a Mindfulness Trainer certification from Timeless Impact Academy (Germany) which enables her to train future trainers. In 2021 she completed her training as a Gestalt Counsellor.

WEDNESDAY, MARCH 30 @ 14:30-15:30



Elena Paravantes

RDN Registered Dietitian Nutritionist, Psychologist and Author

Elena is an award-winning Registered Dietitian Nutritionist and psychologist and a leading expert on the authentic Mediterranean diet. She is the author of the best-selling book *The Mediterranean Diet Cookbook for Beginners* (DK/Penguin Random House) and creator of *olivetomato.com* the first and top online resource for the authentic Mediterranean diet. She has been active as a writer, clinician, consultant, and lecturer for over 20 years. Elena is the past nutrition editor of the Greek editions of *Men's Health* and *Prevention* magazines; she is a former lecturer of nutrition at the American College of Greece and the Health Editor for *Olive Oil Times*. She served as President of the American Overseas Dietetic

Association, Greek delegate for the European Federation of the Association of Dietitians and the International Confederation of Dietetic Associations. Her interviews have appeared in multiple media channels including U.S. News and World Report, CNN, Fox News, Prevention, Shape, NPR, and others. Elena has collaborated with several organizations including Yale University, Loyola University, University of Missouri, Louisiana State University, Lambrakis Foundation, TEDx among others.



Sophie Themelis

DC '83, Wellness Coach, Pilates Instructor, Executive Coordinator, ACG Health & Wellness Center

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, Pranik Healing Light- Greece. She has been a member at IDEA (The Health and Fitness Source) since 1998. Sophie speaks Arabic, English, French and Greek.

THURSDAY, MARCH 31 @ 14:10-15:10



Kyriaki Metinidou

DC '95, Lecturer, HRM Program Coordinator, Department of Management & International Business, School of Business and Economics, ACG

Kyriaki has an MBA from Victoria University Australia and a BSc from The American College of Greece. With over 22 years of teaching experience she has been teaching Management courses in the area of Human Resources Management. Kyriaki is an Associate Lecturer II at the American College of Greece, Deree at the Management and International Business Department and since 2018 is the Coordinator of the Human Resources Management Program, School of Business and Economics, ACG. Kyriaki's biggest accomplishment is her son Alexander. She loves travelling, she is a sea person and the purpose in her life is to put smiles on people's faces. Kyriaki is inspired by "Follow your heart" and her favourite self-love quote is: "To fall in love with yourself is the first step to happiness"