



Mind Body Spirit Fest 2023



**Perceptions
of Perfect**

October 2-7

Organized by:
ACG Health & Wellness Center

Striving for perfection is unhealthy and unrealistic, besides who sets the standards for perfect? Shouldn't we have our own standards? Through workshops, talks, displays, poster exhibits, publications, social media posts, freebies and more the MBS Fest will raise awareness and help us realize that perfection is simply a perception, and that we create our own reality. Our imperfections may in fact be our most beautiful gifts.

MONDAY, OCT. 2

14:30-15:30 **Deep into my journey | A personal story**
Not waiting for the perfect job
Kenza Hassani, Deree Study Abroad Student

Strategies for Success: Navigating the Road to Achievement without Perfect Recipes

There is no such thing as a perfect career plan, leave the door open for opportunities.
Dimitris Megremis, Director Office of Career Services

Center for the Arts Auditorium

TUESDAY, OCT. 3

17:00-17:50 **Pilates Session (all levels)**
Pilates may or may not be the perfect exercise but this session will show you what your body can achieve when your mind believes.
Sophie Themelis, DC '83, Executive Coordinator, Wellness, Pilates Instructor, ACG H&W Center

Studio 3 | Deree Gym

WEDNESDAY, OCT. 4

14:30-15:30 **Perfection: "Who is to tell what Perfection Is: Lessons for Life"**
Inspirational people show the world their true power
Moderator: Gregory Katsas, PhD, Associate Professor of Sociology

Don't | Live Performance

Don't close doors to your flaws
Song & lyrics: Tina Chahda, Deree student

I am Beside You «Είμαι Δίπλα σου» Ιστορίες Video Presentation

Gregory Chrysikos & Spyros Dadanidis, Cool Crips

The Fold as a Movement Practice

Celebrate Life without Waiting for Everything to be Perfect

One of the biggest barriers for disabled people is that society views them as powerless, dependent, static. How do you continue with your life within those barriers?

A personal story and art practice through the perspective of a dancer.

Valasia Simeon, Choreographer

Events Hall

THURSDAY, OCT. 5

14:30-15:30 **What do we mean by perfectionism? And how can perfectionism sabotage our willingness to live a happier life?**
In this interactive session, we will try to understand perfectionism, how it sabotages our happiness, and what we can do about it!
Olivia Kyriakidou, PhD, Assistant professor, Coordinator of the MS in Organizational Psychology, Graduate School, Deree – ACG

Kintsugi Workshop

Learn to appreciate imperfections through a hands-on workshop using Kintsugi, the Japanese art that through repairing broken objects celebrates flaws and highlights unique beauty.

Christina Themelis, DC '87, Professional Translator, Artist

Student Lounge

FRIDAY, OCT. 6

14:30-15:30

Academic Perfectionism

Alternative Paths after Panhellenic Exams:
Redefining Success and Perfectionism
*Konstantina Cheimara, President of Social Issues Club,
General Secretary of Psychology Society, Deree student*

Life Story: Dropping out from Medical School
and Choosing a Different Path: Coping with the Stress
of Shifting Careers
*Alexandros Louloudis, Secretary of Social Issues Club,
External Affairs of Psychology Society, Deree student*

Burnout and Academic Pressure in College Years
*Evgenia (Zenya) Giatzoglou, President of the
Psychology Society, Activities Coordinator,
Deree student*

Center for the Arts Auditorium

SATURDAY, OCT. 7

6:15-11:00

Acropolis Sunrise Meditation: Perceptions of Perfect

Awaken with the sunrise, celebrate the joy of early
rising and be inspired through easy exercises to help
you relate to mother earth, experience nature,
sounds, and scents of Athens. A historical background
of the Acropolis is presented. An exotic cup of tea is
served.

Facilitators:

*Tobias Myers, PhD, Associate Professor of Classics,
Fellow of the Institute for Hellenic Culture and
the Liberal Arts, ACG*

*Sophie Themelis, DC '83, Executive Coordinator,
Wellness, Pilates Instructor, ACG H&W Center*

Meeting point: Acropolis Metro Station (red line)
at 6:15 am Meditation site: "Vrahakia"

All Week

KNOW THE FACTS PUBLICATIONS



Wabi-Sabi: Embracing imperfection



Letting go

*Sophie Themelis, Executive Coordinator, Wellness,
Pilates Instructor, DC '83, ACG H & W Center, ACG*

DISPLAYS | REFLECTIONS | ENGAGEMENTS

- **Attraction of Identity**, *Le Ann Hinds, Deree student, Theodore Kapetanakis, Deree student*
- **Imperfectly Perfect Photo display**, *ACG H&W Center*

FREEBIES

- **Adopt a Plant**
- **Perceptions of Perfect grounding stone and message**
- **Candle**
- **The almost perfect snack**
- **Mandala Coloring Book**

Deree Main Corridor

Attend sessions on two days and enter a lottery to win luxury gifts from Cocoon Urban Spa, luxury spa in Halandri

STUDENT LIFE EXPERIENCE PROGRAMING

How does this work? What will I learn?

To develop transferable skills, list on your Co-Curricular Transcript and qualify for a Certificate of Participation, attend the sessions on at least 3 days. Receive your Certificate of Participation from the Office of Student Affairs.

LEARNING OBJECTIVES:

1. Analyze the meaning of perfectionism and how it can sabotage our ability to live a happy life.
2. Recognize the importance of making life choices that lead to fulfillment rather than waiting for the perfect opportunity.
3. Redefine academic success to limit burnout and self-inflicted pressure.
4. Learn how to bounce back and thrive when life does not go as planned.
5. Cultivate self-confidence by maintaining a healthy lifestyle, incorporating nutritious foods, exercise, stress release, rest, meditation and connecting with nature.
6. Be inspired by how others approach difficulties in their lives.
7. Understand the importance of staying calm and focused despite difficulties, uncertainty, fear, stress, anxiety. Understand there is a way to handle it.
8. Understand the importance of adjusting career paths according to your specific circumstances.
9. Discover Kintsugi the Japanese art of repairing objects and recognize that sometimes in the process of repairing things that have broken, we actually create something that is even more unique and beautiful.
10. Participate in a photo display depicting Perceptions of Perfect

SPECIAL THANKS:

- Deree Media Center, ACG
- Marketing and Communication Office, ACG
- Frances Rich School of Fine and Performing Arts
- Office of Operations, ACG
- Office of Public Affairs, ACG
- Office of Procurement, ACG
- Social Issues Club, ACG
- Student Assistants & Student Volunteers
- Technical Services, ACG

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