

MEET YOUR SPEAKERS

MIND BODY SPIRIT FEST 2023

MONDAY, OCTOBER 2 @ 14:30-15:30



Kenza Hassani
Deree Study Abroad Student

Kenza is an IT student with a passion for fitness. She had the amazing opportunity to be a study abroad student at ACG during the summer of 2023, and loved every moment of it. Throughout her journey, she has faced challenges and hardships, but her love for IT and dedication to her workouts have been her guiding lights. She will be sharing her experiences hoping to inspire students to overcome obstacles in their life journeys.



Dimitris Megremis
Director, Office of career Services

Dimitris Megremis holds an MBA for Experienced Professionals in Telecommunications from the University of La Verne and a Bachelor degree in Business Administration from the American College of Greece, Deree College. He has extensive experience in Human Resources Management, especially in human resources development and talent management. He worked many years as a Business Consultant and Project Manager in human resources training and development projects. He is also an expert in distance learning design and implementation, career development, change management and personnel evaluation systems. Specialties: executive search and recruitment, talent management, development, planning, implementation, and evaluation of professional training programs, training needs analysis, distance learning systems, change management and personnel evaluation

TUESDAY, OCTOBER 3 @ 17:00-17:50

SATURDAY, OCTOBER 7 @ 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. Her expertise in group fitness and personal training enabled her to work 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 and Greek.



Tina Chahda
Deree Student

Making the most out of her college experience, ambitious 20-year old Tina is a Graphic Design major, an Entrepreneurship Management minor, and an Honors Program student. She is the creator and owner of Tinartsy, a small Art & Design business, through which she mostly makes and sells cards and journals. Her biggest passion and favorite hobby is singing — she released her first song “Don’t” a few months ago and wishes to put more of her own music out there. Her involvement in campus life has mostly been in student clubs and in the Graphic Design Society, but a big part of her happiness and passion is directed towards the Wellness Center. Whether it’s the Mind Body Spirit Fest, the International Food Festival, the Sounio Sunset, the Acropolis Sunrise or a simple cup of tea at the office, the happiness is there. Wherever she goes, Tina aims to spread positivity, creativity and love, through art, music, and random acts of kindness.



Gregory Katsas
*PhD, Associate Professor
of Sociology*

Degrees: BA (Behavioral Sciences, Drew University), MA (Sociology, Fordham University), Ph.D. (Sociology, Fordham University) Dr. Katsas has been a member of the Sociology Department since 1993 at ACG. He has also taught in the United States and the Hellenic School of Military Medicine. His current teaching involves such courses as food and culture, environmental sociology and sociology of tourism. His research interests include heritage tourism and food and social inequality. He is the Director of Student Academic Support Services, which provides academic skill development for Deree students. Also, he serves as advisor to the “Art Through the Lens” club. In his leisure time, he enjoys photography and reading literary works.



Valasia Simeon,

Valasia is a dance artist, choreographer and movement educator for people with and without disabilities who lives and works in Thessaloniki. She is a graduate from the State School of Dance in Athens (2009) and the Mechanical Engineering School of the Technological University of Central Macedonia in Serres (2004). In 2009, as a Scholar of the Greek foundation ‘Koula Pratsika ’, she attended the Master’s of Choreography Program at Artez University of the Arts in the Netherlands, where she researched the relation of body with object in choreography and the latter’s potential transformations (bodylandscapes) through the use of design and visual practices. Her work has been presented at and supported by different venues, institutions and festivals including Artez University of Arts, Dansateliers Rotterdam, Punch Festival, Amsterdam, Greek Choreographers Festival in Athens and Ernst Busch Academy of Dramatic Arts, Berlin. As a result of a health problem her full range of mobility has been affected. As such, she investigates a memorial object through developing a range of sensorial practices, that aim to unfold the movement possibilities in disability and in particular her personal experience of disability. In the framework of this research she created the solo performance “Ephemeral Body’ with the support of Onasis Stegi and she designs and delivers workshops for people with all abilities.

THURSDAY, OCTOBER 5 @ 14:30-15:30



Olivia Kyriakidou
PhD, Assistant Professor
of Psychology

Coordinator of the MS in Organizational Psychology

Dr. Olivia Kyriakidou is an Assistant Professor in Psychology and coordinator of the MS in Organizational Psychology at the Graduate School, Deree-ACG. Olivia is also the co-founder of CEFI, the Centre for Inclusion at Work offering consulting and training services to organizations on issues of diversity, equity, and inclusion at work. Her current research interests are focused on the field of diversity, equity, and inclusion in the workplace with a special interest in the impact of artificial intelligence and automation processes on employees and their employment. Olivia specializes in gender issues, organizes training programs and offers consulting services to HR professionals for the development of diversity, equity, and inclusion in their organizations.



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.

FRIDAY, OCTOBER 6 @14:30



Konstantina Cheimara
Deree student

Konstantina is born and raised in Athens and speaks 3 languages (Greek, English and French). She is majoring in Psychology and pursues a minor in Anthropology at The American College of Greece. She is the Founder and President of the Social Issues Club at Deree and

General Secretary of the Psychology Society, Sustainability Leader and Campus Director of the Millennium Fellowship Program by United Nations and MCN. Konstantina is always striving to bring change first in the student community and then in the workforce, creating a healthy professional environment.



Evgenia (Zenia) Giatzoglou
Deree student

Zenia's curiosity and love for people encouraged her to pursue her studies in the field of psychology; while being a senior student at Deree, she is also serving as President of Psychology Society and Vice President of the Social Issues Club.

She is currently completing her internship at NGO Anelixa, where she helps high-school and college students acquire valuable soft and hard skills for their future career paths. Zenya loves yoga, theater, and overall having an active lifestyle, but mostly, she enjoys being exposed to new ideas that challenge her to always have an open mind.



Alexandros Louloudis

Deree student

Alexandros is a second-year student of psychology with a minor in anthropology. Alongside his academic pursuits, he is also a founding member and currently serving as the secretary of the Social Issues Club. Alexandros is also an external affairs officer for the

Psychology Society.

SATURDAY, OCTOBER 7 @ 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. He joined the Deree faculty in 2021. As a longtime 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.