

Thursday, October 10 | Zappeion Megaron
3rd Wellbeingr Forum 2024

Empowering Mental Health and Wellbeing at Work for Sustainable Companies and Thriving Societies



UNDER THE AUSPICES OF THE MINISTRY OF MENTAL HEALTH

“It's time to Prioritize Mental Health in the Workplace”

World Federation for Mental Health
2024 Theme

DRAFT AGENDA

09:00-09:30 **Registration-Welcome Coffee**

09:30-09:35 **Presentation- Forum's Moderation**



MAGDA TSEGOU

Journalist, Presenter

09:35-09:45 **Opening Remarks-Welcome Addresses**



NIKI KERAMEUS

Minister
Ministry of Labour and Social Security

video



DIMITRIS VARTZOPOULOS

Deputy Minister of Mental Health
Ministry of Health

09:45-10:10 **Keynote Address & Discussion**
It's time to Prioritize Mental Health in the Workplace



GABRIEL IVBIJARO MBE

Secretary General & CEO, World Federation for Mental Health, UK
Founder, World Dignity Project
Visiting Professor of Population Mental Health, NOVA University, Lisbon, Portugal
Honorary Visiting Fellow, Bradford University School of Management, UK
Medical Director, The Wood Street Health Centre, London, UK

online



JOHN YFANTOPOULOS

Professor of Health Economics, Director of MBA, University of Athens, Health Management

Member, Scientific Committee, Wellbeingr AMKE

10:10-11:10

Roundtable Discussion I
Wellbeing@Work: Global Strategies and Greek Reality



ZINTA PODNIECE

Policy Analyst, Health and Safety at Work, DG Employment, Social Affairs and Inclusion, European Commission, Brussels, Belgium

online



NIKOS MILAPIDIS

Secretary General for Labor
Ministry of Labour and Social Security



KALLIOPI (POPI KALAITZI)

Physical Medicine & Rehabilitation Physician, Lifestyle Medicine
Founder and Chief Medical Officer, The Longevity & Wellbeing Clinic

online



Moderator:

IOANNA FANARIOTI

HR Director, EY Greece
Head of Talent, EY Greece & South CESA Cluster



10' Anti-Stress Break

NIKOLAOS UNALOME

Spiritual Healer
Sound Vibrational Alchemist

11:10-11:35

Keynote Address & Discussion
Mental Health at Work



JENNIFER HALL

Technical Officer-Mental Health
WHO Athens Quality of Care and Patient Safety Office/WHO EURO Mental Health
Flagship team
Division of Country Health Policies and Systems, WHO Greece



JOHN YFANTOPOULOS

Professor of Health Economics, Director of MBA,
University of Athens, Health Management
Member, Scientific Committee, Wellbeingr AMKE

11:35-11:45

Break

11:45-12:20

Keynote Address & Discussion
Workplace Wellbeing: The Evidence We Cannot Ignore



SARAH CUNNINGHAM

Managing Director
World Wellbeing Movement, Oxford, UK



EFTICHIA KASSELAKI

Partner, EY
Consulting Services, Head of Private and People Advisory Services, EY Greece

12:20-13:15

Roundtable Discussion II
The Role of the Enhancement of Employees' Wellbeing in Driving Forward Enterprise Performance and Social Progress – Innovative Solutions



JOAQUIM PINTADO NUNES

Chief, Occupational Safety and Health and Working Environment (OSHE)
ILO, Geneva, Switzerland

online



LILLY PEPOU

Scientific Advisor, Breathe Hellas
Scientific Coordinator, Unit of Social Psychiatry and Psychosocial Care at the UMHRI
“Costas Stefanis”



VENIA DIMITRAKOPOULOU

Artist, Sculptor



MARIA STELLA HILADAKIS

Founder, Annassa Experience | Wellbeing Orchestrations

Moderator:



MENELAOS THEODOROULAKIS

Chairman, PEPSAEE
Chairman, ARGO Federation



10' Anti-Stress Break

ANTIGONI LOUKA

Life Coach, Theta Healing
Laughter Yoga

13:15-13.25

Initiatives for the Development of Well-being in the Public Workplace



VIVI CHARALABOYANNI

Deputy Minister, Ministry of Interior

13.30-14.25

Roundtable Discussion III

“A Healthy Mind in a healthy body” in the Modern Workplace



ANASTASIA BENEKA

Full Professor, Physical Rehabilitation & Vice President of the Department of Occupational Therapy, School of Physical Education & Sports Science
Democritus University of Thrace



THEODOROS PAPALOUKAS

CEO

Eurohoops Academy



CHRYSOYLA KOLETSSOU

Talent Acquisition & Employment Branding Specialist
ERGO Hellas



Speaker and Moderator:

NIKI TSIRONI

Historian

Counselor of Mental Health



10' Anti-Stress Break

PATTY PETROPOULOU

Body Intelligence and Self Awareness Instructor

14:25- 15:00

Luncheon – Mindful Eating

15:00-15:50

Roundtable Discussion IV

Achieving Job Satisfaction: The Role of Employee’s Community Participation



ALEXANDRA PALLI-GIANNAKOPOULOS

President

CSR Hellas



ANGELIKI KOSMOPOULOU

Story Stategist

Founder, *Storymentor*



SOTIRIS PETROPOULOS

Co-founder
Higgs/Ethelon

online



Moderator:

EVANGELOS MAXIMOS A. SKOPELITIS

EY Greece Brand, Marketing and Communication (BMC) Director and EY CESA
South Cluster BMC Leader



10' Anti-Stress Break

PATTY PETROPOULOU

Body Intelligence and Self Awareness Instructor

15:50-16:40

Roundtable Discussion V

Forging the alliance: Technology-Workforce-Mental Health



ZOI RAPTI

Deputy Minister of Development
Ministry of Development



ELENA PAPADOPOULOU

Chief Human Resources Officer
OTE Group



IRENE PANAGIATAKOPOULOU

Chief Human Resources Officer
Deloitte Greece



LAMPROS MPALTADOROS

Research Assistant, Information Technologies Institute
Centre for Research & Technology, Hellas



Moderator:

PAVLOS SAKKAS

Emeritus Professor of Psychiatry, Medical School, National & Kapodistrian
University of Athens
Member, Scientific Committee, Wellbeingr AMKE

16:40-16:50

Break

16:50-17:10

Keynote Address

The Power of Words: Driving Wellbeing Forward in Organizations



STEVEN MACGREGOR

Global Chief Wellbeing Officer, International Speaker, Bestselling Author

17:10-17:50

Shaping the Active Citizens and Workers of the Future: The role of Education

Presentation

Wellbeing@Schools: EE Guidelines



MICHALIS KAKOS

Member, Expert Group Wellbeing at Schools, EE
Associate Professor, Carnegie School of Education, Leeds Beckett University (UK)
Visiting Professor, University of Education, Freiburg, Germany,
Founding Director, Centre for Interdisciplinary Research in Citizenship, Education and Society (CIRCES)

Discussion



HARRY THEOHARIS

Member of Parliament, New Democracy, f. Minister



RANIA THRASKIA

Member of Parliament, Syriza



NADIA GIANNAKOPOULOU

Member of Parliament, Pasok

17:50-18:10

From Theory to Practice

The Good Deed Bus comes to Athens



NICK KATSORIS

Founder
The Loukoumi Make a Difference Foundation, U.S.

Children and youth share feelings and lived experiences.

18:10

End of 3rd Wellbeing Forum

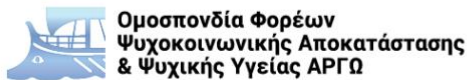
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