

Friday, October 9
Anassa City Events Venue

5th Wellbeingr Forum 2026



A G E N D A

10:00-10:30 REGISTRATION – COFFEE

Presentation-Forum's Moderation



MARIA LYSANDROU

Journalist, Editor-In-Chief
Healthupdate.gr, "Plan Be" Magazine

10:30-10:50 CONFERENCE OPENING – WELCOME REMARKS



SPYRIDON-ADONIS GEORGIADIS

Minister of Health



Dr GUNDO AUREL WEILER

WHO Representative to Greece
Head, WHO European Office for Quality of Care and Patient Safety in Athens

10:50-11:50 DISCUSSION I ► THE HUMAN BEING IN A CHANGING WORLD: IN SEARCH OF NEW POINTS OF REFERENCE



AKIS SKERTSOS

Minister of State



THEOFANIS PANAGIOTAROPOULOS

Professor of Cognitive Neuroscience, Department of Psychology
NKUA



OLIA LAZARIDOU

Actress-Director



THEOFANIS TASIS

Professor of Philosophy and Digital Humanism
Ionian University

Moderator:



GEORGIOS PAPADIMITRIOU

Managing Partner
EY Greece

11:50-12:00 10' Anti-Stress Break



HELEN PERIVOLAROPOULOU

Founder, Eynoha
Mindfulness Instructor, Life & Wellness Coach

12:00-12:40 DISCUSSION II ►

**THE NEW GENERATION AND THE FUTURE OF WORK:
WHAT SKILLS DO TOMORROW'S CITIZENS NEED?**



OLGA KAFETZOPOULOU

Secretary General for Vocational Education, Training and Lifelong learning
Ministry of Education, Religious Affairs and Sports

Online



ANDREAS SCHLEICHER

Director for Education & Skills
OOΣA, Paris



EFTICHIA KASSELAKI

Partner, Consulting Services & Head of People Advisory Services
EY



ELENI GKIRTZIMANI

Talent Management & Acquisition Manager
Motor Oil Group

Moderator:

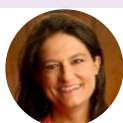


MICHALIS KAKOS

*Associate Professor, Carnegie School of Education, Leeds Beckett University
Director, Center for Interdisciplinary Research on Citizenship, Education and Society (CIRCES);
Member, Expert Group, Wellbeing and Mental Health at School, European Commission*

12:40-12:50 BREAK

12:50-13:00 SPEECH



NIKI KERAMEUS

Minister of Labor and Social Security

13:00-13:40 DISCUSSION III ►

**WORKPLACE TRANSFORMATION WITH MENTAL HEALTH AND WELLBEING
AT ITS CORE: A STRATEGIC CHOICE FOR TODAY'S CORPORATIONS**



CHRIS CUMMINGS

Founder
Wellbeing at Work, United Kingdom



NIKOLAOS DIMITRIADIS

Director, Consulting Services – Head of Applied Neuroscience Lab,
EY Greece



ANASTASIA VORDOU

People & Culture Manager
Coca-Cola HBC



Moderator:

IOANNA FANARIOTI

Head of Talent

EY Greece & South BU Europe Central

13:40-13:50 10' Anti-Stress Break



GEORGE SARROS

Physical Education Professor

Founder, ThriveWell

13:50-14:30

DISCUSSION IV ►

HEALTHY AND ACTIVE AGEING:

MENTAL HEALTH, WELLBEING AND QUALITY OF LIFE



VALDIS ZAGORSKIS

Deputy Head, D2-Social Protection & Demography

DG EMPL-Directorate-General for Employment, Social Affairs and Inclusion, Ευρωπαϊκή Επιτροπή

Online



EFTSTATHIOS GONOS

Director of Institute of Chemical Biology, Research Director

National Research Foundation



ANTIGONE LYBERAKI

Professor of Economics, Department of Economics and Regional Development

Panteion University



Moderator:

PAVLOS SAKKAS

Emeritus Professor of Psychiatry, Medical School

NKUA

14:30-15:00

LUNCH

15:00-17:00

BEST PRACTICES- EXPERIENTIAL & PRACTICAL WAYS TO ENHANCE MENTAL HEALTH AND WELLBEING

LET'S DISMANTLE AGEISM

ELSA PITSAKI

Co-founder

Startagers

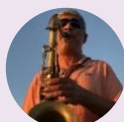


STELLA PSARROU

Συν-ιδρύτρια

Startagers

JOIN OUR RHYTHM!



CHRISTOS KLADAS

Saxophonist-Composer-Music Educator

PEPSAEE

VIDEO DANCE: MOVEMENT.IMAGE.PSYCHOLOGY

ANTONIS BERTOS

Psychologist, PEPSAEE

Founder Dare.Dance.Digitalize



SELF-REGULATION: OBSERVE.ADAPT, RESET.



IRINI LOISIOU

Body Awareness
Founder, Body Intelligence ®

STRESS RELIEF IN PRACTICE: 5 TECHNIQUES FOR WHEN STRESS TAKES OVER

AINOLA TERZOPOULOU

Journalist
NLP Wellbeing Coach



THE POWER OF PLAY: PLAY.CONNECT.RESET.

MARILENA MANTHOULI

Creative Education Advisor
Team bonding Expert



**To Be Confirmed*

17:00 END OF FORUM

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