

Tuesday, October 10 | Zappeion Megaron

2nd Wellbeingr Forum

**Empowering People
Embracing Earth**

Mental Health at the Center of the Ecosystem
that Ensures Planet Sustainability



*Speakers'
Thoughts &
Quotes*



What produces a happy society and a happy life?


“The only goal of public policy should be the wellbeing of the people and especially the reduction of misery. We now have the science to take this ancient goal and make it functional”

Professor Lord Richard Layard

Founder-Director, Centre for Economic Performance

Co-Director, Community Wellbeing Programme,
London School of Economics & Political Science (LSE)

Co-Editor, World Happiness Report



“WOHASU began with an event, The World Happiness Summit, which evolved into a community and now a global movement for sustainable happiness and positive change. Our mission is to elevate wellbeing in all areas of life and cultivate a community of like-minded people who are committed to creating win-win scenarios promoting human sustainability and responsible progress”

Karen Guggenheim

Co-founder

World Happiness Summit




Pavlos Sakkas, M.D.

Emeritus Professor of Psychiatry
Medical School, National and
Kapodistrian University of Athens

“In a rapid changing world, looking the future with a reassuring view leads to a more pleasant present. Wellbeing must first of all relax the anxious modern human being”





“The Centre for Bhutan Studies has been at the forefront in promoting and deepening national and global understanding of Bhutan’s home-grown development philosophy of Gross National Happiness and conducting multidisciplinary research about Bhutan”

Dasho Karma Ura

President

Centre for Bhutan & GNS (Gross National Happiness) Studies




Stavroula Leka

President of the European Academy of
Occupational Health Psychology (EAOHP)
Professor of Organization, Work & Health &
Director, Centre for Organizational Health, and
Wellbeing
Lancaster University

“A healthy psychosocial environment and mental health and wellbeing at work contribute to individual flourishing and organisational and societal sustainability. It is time to turn promises to reality in policy, practice and everyday life”





“An employer value proposition (EVP) is incomplete if there is no clear path to wellbeing as an enabler for employees to thrive and contribute to a better working world”

Ioanna Fanarioti

HR Director

EY Greece & South CESA Cluster





Athena Passiou

President

Organization “Thalpos-Mental
Health

*“Mental health in the workplace can
set a healthy and happy everyday life
for everyone. **Thalpos - Mental
Health** empowers people to build
resilient working cultures”*