

Friday, October 10
Anassa City Events

4th Wellbeingr Forum 2025



Agenda

During the Forum, the exhibition “Dingle Dangles**” by visual artist **Alexandra Koraki** will be on display.*

09:30-10:00 **Registration-Welcome Coffee**

Presentation-Forum's Moderation



FOTINI VASILOPOULOU

Journalist, Director
Magazine Vita

10:00-10:10 **Conference opening**



DIMITRIS VARTZOPOULOS

Deputy Minister, Mental Health
Ministry of Health

10:10-10:25 **Global trends and policies driving human progress and social prosperity**



IVAILO KALFIN

Executive Director
European Foundation for the Improvement of Living & Working Conditions (Eurofound),
Brussels

Moderator:



JOHN YFANTOPOULOS

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

10:25-10:40

**Wellbeing Strategies and Mental Resilience in the 21st Century:
Navigating the Path from Crisis to Adaptation**



JOAO BREDa

Head, WHO Athens Quality of Care and Patient Safety Office
WHO Regional Office for Europe

10:40-11:05

Public Support Structures in Greece for wellbeing and inclusion at work



NIKOS DROSOS

Associate Professor of Career Counseling
European University of Cyprus



POLA NIKOLAOU

Social Worker of the supported Employment Department, POKoiSPE
President of the Board of Directors, KoiSPE EVZIN



ELENI DOUNA

Occupational and Environmental Medicine Specialist
Social Medicine and Public Health Specialist

Moderator:

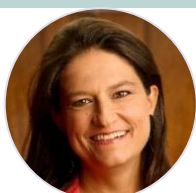


MENELAOS THEODOROUAKIS

Chairman, PEPSAEE

11:05-11:15

Key Address



NIKI KERAMEUS

Minister
Ministry of Labor and Social Security

11:15-12:00

Round Table ► Businesses that care, employees that thrive, societies that advance

The CEOs discuss on the importance of employees' wellbeing



YANNA ANDRONOPOULOU

General Manager Greece, Cyprus, Malta
Microsoft



APOSTOLOS PETALAS

General Manager
Association of Supermarkets in Greece

Moderator



GEORGIOS PAPADIMITRIOU

Managing Director, EY Greece
EY

12:00-12:10

Break

12:10-12:25

The science of happiness: What does the evidence show?



BRUCE HOOD

Professor of Developmental Psychology in Society, University of Bristol
Author, “The Science of Happiness – Seven Lessons of Living Well”

12:25-12:45

Discussion 1:1 ► Employees’ mental health and wellbeing amid global challenges | What research tells us?



EFTICHIA KASELAKI

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



TATIANA TOUNTA

CEO
Hellas EAP

12:45-13:15

Human progress, professional success and social wellbeing



NIKOS MILAPIDIS

Secretary General for Labour
Ministry of Labour and Social Security



ANTONIOS DAKANALIS

Professor and lead researcher in Psychiatry and Psychotherapy
University of Milano, Bicocca

Moderator:



IOANNA FANARIOTI

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

13:15-13:45

Artificial Intelligence and Mental Wellbeing: A Dialog Between Algorithms and Emotions



[ZOI RAPTI](#)

Member of the Hellenic Parliament, New Democracy
f. Deputy Minister of Health and Deputy Minister of Development



[SAVVAS CHATZICHRISTOFIS](#)

Professor of Artificial Intelligence, Department of Computer Science
Vice-Rector for Research and Innovation
Neapolis University, Pafos



[ARTEMIS TSITSIKA](#)

Assistant Professor in Pediatrics-Adolescent Medicine
Scientific Director M.E.Y
National Kapodistrian University of Athens (EKPA)*

Moderator:



[GLYKERIA REPPA](#)

Lecturer in Educational Psychology, Psychology Department, Faculty of Social Sciences, Arts and Humanities
Neapolis University, Pafos
Scientific Associate, Wellbeingr

13:45-14:30

Lunch

14:30-16:30

Best Practices

Experiential and practical ways to enhance mental health and wellbeing

The role of mindfulness in negotiations and decision making



[MARALISA ARIZAGA](#)

Head, Well-Being Unit, United Nations Office of the High Commissioner of Human Rights (OHCHR)
UN

on line

In discussion with:



[CHRIS RUANE](#)

Chair, Mindfulness Initiative Global Network
Former Member, UK Parliament

Purpose and wellbeing as essential components of success in the workplace



Inspirational Speech by

GEOFF MCDONALD

Business Transformation Advisor & Mental Health Campaigner

A Healthy Being, a Confident Image: Why they belong Together



MAGDA KAZOLI

Image Consultant, Founder, Visual Voice™ System

Boundaries without guilt: Practical tips for more calm at work



THEODOROS KARKATSOULIS

MD, Adult Psychiatrist, Psychotherapist and Stress Coach

The Musical Body and Bollywood



NIKI LOULADAKI

Head of the Alternative Rehabilitation Activities Office in Specialized Day Center –
“Social Dialogue Center” of PEPSAEE/Choreographer

From Experience to Action: A Psychodrama Workshop on Integration and Empowerment



ANGELOS LEVENTIS

Clinical Social Worker – Psychoterapist – Psychodramatist specialized in Developmental Trauma

Author, “Seven-Sealed Library”

16:30

End of the 4th Wellbeingr Forum



ALEXANDRA KORAKI

Artist

Η Αλεξάνδρα Κοράκη γεννήθηκε στην Αθήνα, σπούδασε Διεθνείς και Ευρωπαϊκές Σπουδές στο Πάντειο Πανεπιστήμιο και αποφοίτησε με άριστα από το Τμήμα Εικαστικών Τεχνών της Ανωτάτης Σχολής Καλών Τεχνών. Η καλλιπενική της πρακτική εστιάζει στη χρήση φαρμακευτικώνσκευασμάτων ως εικαστικού υλικού, αναδεικνύοντας το ταπεινό και το ευτελές μέσα από μια δημιουργική και αισθητική διαδικασία μετασχηματισμού σε έργο τέχνης.

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E-mail: alejandrakoraki@gmail.com

Έκθεση
Αιωρήματα
της Αλεξάνδρας Κοράκη

Παρασκευή 10 Οκτωβρίου 2025

Στο πλαίσιο του
4ου Διεθνούς Wellbeingr Forum σε
συνεργασία με τη Wellbeingr AMKE



Anassa City Events

Λεωφόρος Παναγιώτη Κανελλόπουλου 4,
(Πάρκο Στρατού - Γουδί), 115 27 Αθήνα

Alexandra Koraki was born in Athens. She studied International and European Studies at Panteion University and graduated with distinction from the Department of Fine Arts at the Athens School of Fine Arts. Her artistic practice focuses on the use of pharmaceutical products as artistic material, highlighting the humble and the mundane through a creative and aesthetic process of transformation into artwork.

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Exhibition
Dingle Dangles
by Alexandra Koraki

Friday, October 10, 2025

As part of the
4th International Wellbeingr Forum in
collaboration with Wellbeingr NGO

4, Panagioti Kanellopoulou Avenue
(Army Park - Goudi), 115 27 Athens

Αλεξάνδρα Κοράκη **Αιωρήματα**



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