

Tuesday, October 10 | Zappeion Megaron

2nd Wellbeingr Forum

**Empowering People
Embracing Earth**

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



Organizer
wellbeingr
the source of life

AGENDA

10:00-10:30 ● REGISTRATION-WELCOME COFFEE

10:30-10:40 ● WELCOME ADDRESSES

10:40-11:00 ● OPENING REMARKS



Dimitrios Vartzopoulos

Vice-Minister, Ministry of Health



11:00-11:30 ● OPENING ADDRESSES



Margaritis Schinas

Vice-President, Commissioner for the European Way of Life, European Commission



João Breda

Head, WHO Athens Quality of Care and Patients Safety Office and Special Adviser for the Regional Director

11:30-12:30 ● THE POWER OF FAMILY IN HUMAN AND SOCIAL FLOURISHING



Maria-Alexandra Kefala

Deputy Minister, Ministry of Social Cohesion and Family



Milena Apostolaki

Member of the Parliament, PASOK-KINAL



George Chrousos

Professor of Pediatrics and Endocrinology Emeritus, Director, Holder, UNESCO Chair on Adolescent Health Care, Director of the University Research Institute on Maternal and Child Health and Precision Medicine, University of Athens.



Natassa Paschali

Group HRO, Eurobank



Moderator

[Menelaos Theodoroulakis](#)

Chairman, PEPSAEE & Chairman, ARGO

Discussion



10' Anti-Stress Break

[Konstantinos Charantiniotis](#)

Mindset Coach - Well-being Consultant - Mindfulness Teacher

12:30-13:00 ● MAPPING WELLBEING IN GREECE: PRESENTATION OF QUALITATIVE RESEARCH



[Yannis Psycharis](#)

President, Institute of Economic and Regional Development, Panteion University of Social and Political Studies



[Sofia Dassyra](#)

Sociologist-Social Researcher, Consultant Wellbeing

13:00-13:30 ● KEYNOTE ADDRESS & DISCUSSION GLOBAL WELLBEING POLICIES



[Prof Lord Richard Layard](#)

Founder-Director, Centre for Economic Performance &
Co-Director, Community Wellbeing Programme, LSE Co-Editor, World Happiness Report



[John Yfantopoulos](#)

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

13:30-14:30 ● EDUCATION AS A KEY TOOL FOR SHAPING SUSTAINABLE SOCIETIES IN THE FUTURE



[Pericles Mitkas](#)

President, Hellenic Authority for Higher Education



[Jari Gustafsson](#)

Ambassador of Finland in Greece and Albania



[Michalis Kakos](#)

Director of Centre for Interdisciplinary Research in Citizenship, Education and Society (CIRCES),
Reader in Education, Leeds Beckett University (UK) and Visiting Professor, University of Education,
Freiburg (Germany)

Empirical Findings of the Measuring and Mapping Child Well-Being in Greece for 2022-2023: The significance of education



[Eirini Leriou](#)

Adjunct Professor, Regional Development and Regional Inequalities, Hellenic Open University
Scientific Coordinator, Observatory for Child Well-being in Greece, Organization "The Smile of the Child"



Moderator

[Ioannis Kalavrouziotis](#)

Professor, President, Hellenic Open University

Discussion

14:30-15:00 ● LUNCH

15:00-15:30 ● KEYNOTE ADDRESS & DISCUSSION

GLOBAL TRENDS AND INITIATIVES IN MENTAL HEALTH AND WELLBEING



[Karen Guggenheim](#)

Co-founder, World Happiness Summit



[Eftichia Kasselaki](#)

Partner, Consulting & People Advisory Services, EY

15:30-16:30 ● PROMOTING WORKFORCE WELLBEING FOR SUSTAINABLE ECONOMIC GROWTH



[Vivi Charalaboyianni](#)

Deputy Minister, Ministry of Interior



[Vasileios-Petros Spanakis](#)

Deputy Minister, Ministry of Labour and Social Affairs



[Stavroula Lekka](#)

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



[Athena Passiou](#)

President, Organization "Thalpos-Mental Health"



[Voula Dragati](#)

Deputy CEO of Commercial Risk, Retirement and Health Solutions, Aon Greece



Moderator

[Ioanna Fanarioti](#)

HR Director Greece & South CESA Cluster, EY

Discussion



10' Anti-Stress Break

[Konstantinos Charantiniotis](#)

Mindset Coach - Well-being Consultant - Mindfulness Teacher

16:30-17:00 ● KEYNOTE ADDRESS & DISCUSSION

HAPPINESS AND GDP: EXPLORING A CHALLENGING RELATIONSHIP FOR THE BENEFIT OF THE PLANET



[Dasho Karma Ura](#)

President, Centre for Bhutan & GNS (Gross National Happiness) Studies



[John Yfantopoulos](#)

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

17:00-18:00 ● EMPOWERING WELLBEING: A TOOL FOR THE PREVENTION & PROMOTION OF MENTAL HEALTH



[Rania Thraskia](#)

Counselor of Mental Health
Member of Parliament, SYRIZA-Coalition of Radical Left



[Stefan Schreck](#)

Adviser, DG SANTE, European Commission



[Evangelos Fragoulis](#)

General Practitioner/Family Physician, Secretary General at the Hellenic Academy of General Practice/Family Medicine & PHC



[Konstantinos Mefsout](#)

Corporate Affairs & Sustainability Director, DELTA FOODS SA



Moderator

[Pavlos Sakkas](#)

Emeritus Professor of Psychiatry, Medical School, University of Athens

Discussion

18:00-18:15 ● FORUM CONCLUSIONS – END OF FORUM



[John Yfantopoulos](#)

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

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