

Thursday, October 10 | Zappeion Megaron

3rd Wellbeing Forum 2024

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



Organizer
wellbeing
the source of life

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**

09:30-10:00 **Opening Remarks-Welcome Addresses**

Niki Kerameus,
Minister of Labour and Social Security*
Dimitris Vartzopoulos
Deputy Minister, Minister of Health
Haris Doukas
Mayor of Athens*

10:00-10:15 **It's time to Prioritize Mental Health in the Workplace**

Gabriel Ivbijaro MBE
Secretary General & CEO, World Federation for Mental Health, UK*

10:15-11:15 **Panel I**
Wellbeing@Work: Global Strategies and Greek Reality

Stefan Olsson
Deputy Director-General, DG for Employment, Social Affairs and Inclusion, European Commission
Nikos Milapidis
Secretary General for Labor, Ministry of Labour and Social Security*
Dr Kalliopi (Popi) Kalaitzi
Physical Medicine & Rehabilitation Physician

Moderator:

Ioanna Fanarioti
HR Director Greece & South CESA Cluster, EY

10' Anti-Stress Break

Nikolaos Unalome
Spiritual Healer, Sound Vibrational Alchemist

11:15-11:35 **WHO 2024 Campaign Slogan**

Joao Breda

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

John Yfantopoulos

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

11:35-11:45 **Break**

11:45-12:10 **Workplace Wellbeing: The Evidence We Cannot Ignore**

Sarah Cunningham

Managing Director, World Wellbeing Movement, Oxford, UK

12:10-13.10 **Panel II**
Innovative Solutions for the Enhancement of Employees' Wellbeing in Driving Forward Enterprise Performance and Social Progress

Joaquim Pintado Nunes

Chief, Labour Administration, Inspection and Occupational Safety and Health Branch
ILO

Lilly Peppou

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

Venia Dimitrakopoulou

Artist, Sculptor

Despoina Samiotaki

Mental Health Counsellor

Wellbeing Officers/Business representatives

10' Anti-Stress Break

Αντιγόννη Λουκά

Life Coach, Theta Healing, Laughter Yoga

13.10-14.10 **Panel III**
"A Healthy Mind in a healthy body" in the Modern Workplace

Dr Anastasia Beneka

Professor, Department of Occupational Therapy, School of Physical Education, Sport Science and Occupational Therapy, Democritus University of Thrace

Patty Petropoulou

Body Intelligence and Self-awareness instructor

Representative from the Athletic Community

Business representatives

Moderator:

Niki Tsironi,

Historian, Mental Health Counsellor

14:10-15:00 **Luncheon – Mindful Eating**

15:00-15:45 **Panel IV**
Achieving Job Satisfaction: The Role of Employee's Community Participation

Alexandra Palli

President, CSR Hellas

Angeliki Kosmopoulou

Executive Director, AC Laskaridis Charitable Foundation

Sotiris Petropoulos

Co-founder, Higgs/Ethelon*

Business representatives

Moderator:

Evangelos-Maximos Skopelitis

Director of Brand, Marketing and Communication, EY Greece

10' Anti-Stress Break

15:45-16:30 **Panel V**
Forging the alliance: Technology, Workforce, and Mental Health

Zoe Rapti

Deputy Minister of Development of Greece

Elena Papadopoulou

Group Chief Human Resources Officer, OTE Group

Irene Panagiotakopoulou

Chief HR Office, Deloitte

Spiros Nikolopoulos

Researcher (Grade B), Centre for Research and Technology of Greece, Information Technologies Institute (CERTH-ITI), Head of the Brain, Health and Virtual Reality (BHV) Research Group*

16:30-17:15 **Panel VI**
Shaping the Active Citizens and Workers of the Future: The role of Education

Kyriakos Pierrakakis

Minister of Education, Religious Affairs and Sport*

Michalis Kakos

Associate Professor, Carnegie School of Education, Leeds Beckett University, Founding Director, Interdisciplinary Research Centre on Citizenship, Education, and Society

Nick Katsoris

Founder, The Loukoumi Make a Difference Foundation

Πλατινένιοι Χορηγοί / Platinum Sponsors



Χρυσός Χορηγός / Gold Sponsor



Αργυρός Χορηγός / Silver Sponsor



Υποστηρικτές / Supporters

