A close-up portrait of a woman with long dark hair, smiling warmly at the camera. She is wearing a blue top and a small gold earring. The background is a soft-focus green, suggesting foliage.

***"Mindfulness strengthens our capacity to listen deeply, reduce reactivity, and make wiser choices. In negotiations and decision-making, it cultivates clarity and empathy - qualities essential for building trust, resolving conflict, and shaping durable solutions."***

**MARA LISA ARIZAGA**

Head of Well-Being, Γραφείο  
Υπατού Αρμοστή για τα  
Ανθρώπινα Δικαιώματα (OHCHR)  
United Nations





***"We start out as egocentric children but must become less self-focused. The trouble today is that we are still too self-focused, so we amplify our problems and lose out on the benefits of connection."***

**BRUCE HOOD**

Professor of Developmental Psychology in Society,  
University of Bristol

Author, "The Science of Happiness – Seven Lessons  
of Living Well"



***“Mental health is a journey, not a destination.***

***On this journey we are not alone — there are companions along the way.***

***And there are always ways to find help: today, tomorrow, always.”***

**ANTONIOS DAKANALIS**

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

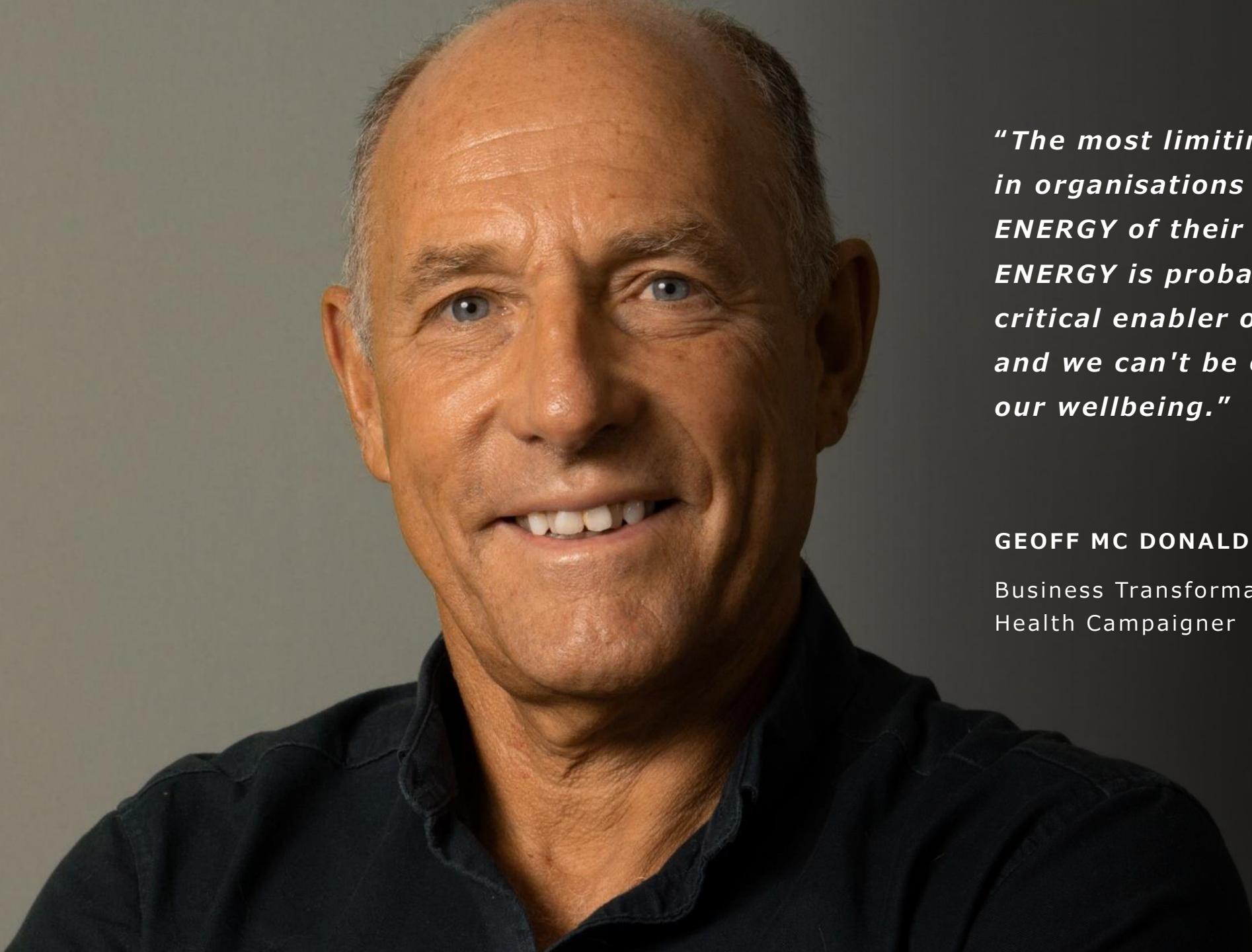


***“It is important to stay close to our “core” — to stand up for who we truly are, regardless of what is happening in our environment. Any form of harassment is a painful and traumatic experience with serious consequences for the psycho-emotional and physical health of the person experiencing it.”***

**ARTEMIS TSITSIKA**

Professor & Representative UNESCO  
GHE/ WHO Collaborating Centre &  
Asoc. Professor of Pediatrics &  
Adolescent Medicine, Medical School,  
University of Athens





*"The most limiting resource I see in organisations today is the **ENERGY** of their people, yet **ENERGY** is probably the most critical enabler of performance, and we can't be energized without our wellbeing."*

**GEOFF MC DONALD**

Business Transformation Advisor & Mental  
Health Campaigner



***“Whatever you have, embrace it”***


**ANGELOS LEVENTIS**

Clinical Social Worker, Psychoterapist

Psychodramatist specialized in Developmental Trauma

Author





*"Aristotle reminds us:  
We are what we repeatedly  
do.*

*When taking care of our  
image becomes an act of self-  
respect, we create a cycle of  
self-confidence that  
accompanies us in every area  
of our lives."*

**MAGDA KAZOLI**

Image Consultant,  
Founder, Visual  
Voice™ System

***"Do what you do in a way  
that will allow you to  
continue to love it, develop  
it, and do it long-term."***

**THEODOROS KARKATSOULIS**

MD, Adult Psychiatrist,  
Psychotherapist and Stress  
Coach







***"Work is not just a source of income – it is a space of meaning, connection, and growth. Supporting mental health at work means supporting what makes us human."***

**NIKOS DROSOS**

Associate Professor of Career Counseling

European University of Cyprus