A close-up portrait of Mara Lisa Arizaga, a woman with long dark hair, smiling warmly at the camera. She is wearing a small gold hoop 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"



Are we developing future proof organizations able to create value?

It is strategic imperative our investment in mental health & culture of trust, empathy and dynamic adaptability.

Developing new power skills, across generations, enhancing human capability, utilizing the opportunities of new technologies will activate innovation, sharp judgment and life harmony!

*Eftichia Kasselaki
Partner, EY Greece*



“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