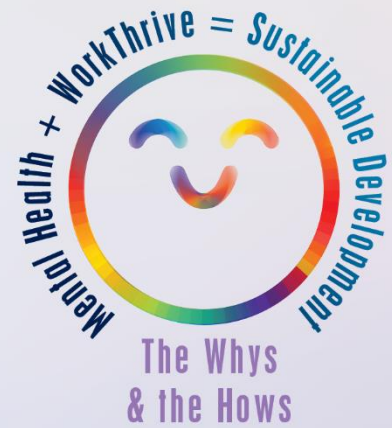


Friday, October 10
Anassa City Events

4th Wellbeingr Forum 2025



GLYKERIA REPPA

Glykeria Reppa, Lecturer in Educational Psychology, Department of Psychology, School of Social Sciences, Arts and Humanities, Neapolis University Pafos
Deputy Coordinator of the MSc in Educational Psychology
Scientific Associate, Wellbeingr

Dr. Glykeria Reppa is a Lecturer in Educational Psychology at the Department of Psychology, School of Social Sciences, Arts and Humanities, Neapolis University Pafos, and Deputy Coordinator of the MSc in Educational Psychology. She holds undergraduate degrees in Psychology (Hons) from the European University Cyprus and in Physical Education and Sport Science from the National and Kapodistrian University of Athens (NKUA). She also holds Master's degrees in Sport Sciences from Loughborough University, in Education Sciences from Roehampton University – ASPAITE, and in Educational Psychology from Neapolis University Pafos. Her PhD, which she completed with a full scholarship from NKUA, focused on creative movement, learning motivation, and self-regulation.

Her research and teaching work focus on the intersection of psychology and education, with an emphasis on Educational and Positive Psychology, Mindfulness in Education, Resilience and Well-being of children and adults, Psychoeducation, creative and therapeutic movement for mental health and well-being, and teachers' professional empowerment. She has published in internationally recognized scientific journals, including *Frontiers in Psychology*, *Journal of Education*, *Journal of Education and Human Development*, and *Creativity Research Journal*, among others. She is co-author of chapters in international (Scopus-indexed) volumes with a focus on mindfulness and resilience in education, and her work has been presented at several distinguished international conferences.

She has co-edited the book *New Trends and Approaches in Psychopathology and Mental Health of Children and Adults*, and is currently completing the editing of the Greek edition of Rechtschaffen, D. *The Mindful Education Workbook: Lessons for Teaching Mindfulness to Students* (W. W. Norton & Company), as well

as the standardization of the *Five Facet Mindfulness Questionnaire* for the Greek population. She is also the author of the monographs *Motivation and Affective Outcomes of Different Styles in Greek Physical Education* and *Mindfulness Method: Learn How to Enjoy Your Life*.

Dr. Reppa's academic and research work has had a strong impact within the Greek-Cypriot educational and community context, as well as internationally. Her work is used in educational seminars and postgraduate courses as part of psychoeducational initiatives, as well as in teacher and parent training seminars in school settings aimed at bullying prevention and improving the school climate.

She also participates in European-funded research projects, including *Face Equality Training: Innovative training in the health, social, and volunteering sectors to empower people with disfigurements to overcome social and psychological challenges in everyday life*, and *Body Image and Inclusive Physical Activity – a psychological, educational and public health perspective for higher education (Erasmus+ Project)*.

In addition, Dr. Reppa has extensive independent teaching experience in Universities and other education institutions, as well as professional clinical experience working with children, adolescents, and adults in both individual and group settings, maintaining a private practice as a psychologist/psychotherapist.