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New technologies and research-innovation are critical forces in addressing the challenges related to mental health in the workplace.

The development and use of innovative tools, such as mental health support platforms and smart AI assistants, offer access to personalized solutions for managing stress and burnout.

- Zoi Rapti

Deputy Minister, Research & Technology
Ministry of Development

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At the OTE Group we are creating a supportive environment where our people can thrive both personally and professionally.

Technology should not only enhance business growth but also foster a culture of care, ensuring that our people feel balanced, resilient, and valued in the workplace.

- Elena Papadopoulou

Group Chief Human Resources Officer OTE Group





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The European Commission is firmly committed to improve Wellbeing at Work. Feeling good at work is positive both for workers and businesses, and makes any activity more efficient, pleasant and productive. Let's do it together!

- **Stefan Olsson**
- Deputy Director-General «Jobs, Skills, Social Policies»
European Commission

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Many well-intentioned work wellbeing strategies fail to actually improve employee wellbeing.

As indicators of employee stress and burnout continue to rise, it's clear we need a more holistic and evidence-informed approach to affect positive change.

- Sarah Cunningham

Managing Director,
World Wellbeing Movement, Oxford, England, UK

