

Program in English

“Wellness Day” for Greek Women Dentists

Title: *Wellness & Strength: Empowerment for the Greek Woman Dentist*

Date: May 10, 2025

Duration: 7 hours (including breaks)

Venue: School of Dentistry, Athens

Organizer: Center for Lifelong Learning (KEDIVIM), National and Kapodistrian University of Athens

Program Series Title: *Seminars in Dental Professional Practice*

Program

09:00 – 09:30: Welcome & Registration
Participant registration and opening remarks.

09:30 – 10:00: *Keynote Speech: “Wellness: What it Means and How to Build it in Dentistry - Female Entrepreneurship and Professionalism vs Wellness”*

Discussion on the role of women dentists in Greece and the need to promote entrepreneurship and professionalism.

Speaker: Maria Antoniadou

An introduction to the importance of wellness and its connection to both professional and personal life.

10:00 – 10:30: *Empathy & NLP: The Art of Conscious Communication*

Speaker: Alexandra Efthymiadou

Workshop on understanding and enhancing empathy through NLP techniques.

10:30 – 10:50: *Break*

10:50 – 11:20: *Self-Care and Managing Secondary Traumatic Stress for Dentists*

Speaker: Polyxeni Maggoulia

Introduction to secondary traumatic stress and the importance of self-care.

11:20 – 11:50: *Communicating Needs & Overcoming Perfectionism*

Speaker: Valentina Kordi

Practical advice and techniques to manage perfectionism while effectively expressing your needs.

11:50 – 12:20: *Physical Exercise for Female Healthcare Professionals*

Speaker: Anastasia Beneka

Guidance on simple and practical forms of exercise that can easily fit into a busy daily routine.

12:20 – 12:40: Break

12:40 – 13:10: *Healthy Living Aligned with the Body's Biological Clock: Boosting the Brain, Mood, and Physical Well-Being - An Ally for Anti-Aging and Resilience*

Speaker: Theodora Kalogerakou

Tips for balanced nutrition to support energy and health in a demanding professional environment.

13:10 – 13:40: *Self-Care and Relaxation through Sound Therapy and Music*

Speaker: Christina Antoniadou

A self-care workshop focusing on stress management through sound-centered relaxation.

13:40 – 14:10: *Empowerment through Leadership Skills*

Speaker: Anastasia Moira

Learning core principles of leadership and sustainable leadership for professional and personal growth.

14:10 – 14:30: Break

14:30 – 15:00: *Thriving Under Pressure: Managing Stress and Anxiety for Working Mothers and Menopausal Women in Dentistry*

Speaker: Jackie Cooper (Guest Speaker from the UK)

15:00 – 15:30: *Resilience for Women in Healthcare*

Speaker: Alessandra Satta (Guest Speaker from Belgium)

15:30 – 16:00: *Closing Session*

Summary of the day, positive messages, and proposals for future actions.

Panel coordination by Maria Antoniadou

Purpose of the “Women’s Dental Wellness” Day

The goal of this event is to offer Greek women dentists a unique opportunity to dedicate time to their personal wellness and development. The demanding nature of the dental profession, requiring high levels of focus, precision, perfectionism, and constant patient interaction, often leaves little room for self-care and introspection.

The Wellness Day aims to:

1. Raise awareness about the importance of wellness and how it can impact professional success and personal satisfaction.
2. Equip participants with practical techniques and tools for their daily lives.
3. Inspire sustainable changes to improve their quality of life.

4. Empower attendees to face work challenges with confidence and a leadership mindset.

Benefits for participants

Attendees will gain:

1. **Understanding of wellness:** Learn how wellness encompasses not only physical health but also emotional and mental balance.
2. **Tools to improve daily life:** Practical workshops to integrate self-care, relaxation, empathy, and leadership techniques into their routines.
3. **Work-life balance:** Strategies to manage stress, communicate needs, and recognize the limits of perfectionism.
4. **Guidance on nutrition and physical exercise:** Realistic strategies that fit easily into the demands of their profession.
5. **Confidence and inspiration:** Empowerment to manage relationships with patients, teams, and themselves.
6. **Support network:** The chance to meet fellow women dentists, exchange experiences, and build new professional and personal connections.

In summary, the Wellness Day seeks to provide knowledge, inspiration, and practical tools to help women dentists lead more balanced and fulfilling lives. It's time to start somewhere!

Participants will receive a Certificate of Attendance from the Center for Lifelong Learning (KEDIVIM) of the National and Kapodistrian University of Athens.

Female colleagues who are staff members of the Department of Dentistry, at the National and Kapodistrian University of Athens (NKUA), can attend the Wellness Day for FREE after registering on the Dentist Edu list, on a first-come, first-served basis.

Brief biographies of the speakers

Maria Antoniadou

Maria Antoniadou is an Associate Professor at the School of Dentistry, National and Kapodistrian University of Athens. Her research focuses on coaching and patient management, particularly for geriatric and vulnerable groups, dental management and marketing, and sustainability in dental and healthcare professions.

Alexandra Efthymiadou

Founder and head of nlpgreece® since 1998, Alexandra Efthymiadou is an expert in Neurolinguistic Programming (NLP) and the creator of the "Holistic® Approach to Human Resource Development" model.

Polyxeni Maggoulia

Assistant Professor of Psychiatric Nursing and Psychopharmacology, Polyxeni Maggoulia, is an expert in secondary traumatic stress and cognitive behavioral therapy, dedicated to promoting self-care in healthcare professionals.

Valentina Kordi

Valentina Kordi, an organizational psychologist and TEDx speaker, specializes in developing high-performance mindsets for executives and entrepreneurs.

Anastasia Beneka

Anastasia Beneka, Professor of Physical Rehabilitation at Democritus University, focuses on workplace exercise programs and ergonomic solutions for healthcare professionals.

Theodora Kalogerakou

Theodora Kalogerakou, a postdoctoral researcher at the University of Athens Dental School, specializes in well-being and resilience for Greek dentists.

Christina Antoniadou

Christina Antoniadou is a professional musician and sound therapist, blending music with therapeutic practices to promote relaxation and stress relief.

Anastasia Moira

Anastasia Moira is a thought leader and founder of the CAVE Approach® for sustainable leadership and performance management.

Jackie Cooper

Jackie Cooper is a Cognitive Hypnotherapist and NLP Master Practitioner with extensive experience in the dental field, specializing in stress and trauma management.

Alessandra Satta

Alessandra Satta is an educator and coach specializing in generative change, with expertise in female leadership in science, technology, and innovation.

This Wellness Day is a unique event that promises to be a transformative experience for all attendees.



**ΚΕΝΤΡΟ ΕΠΙΜΟΡΦΩΣΗΣ
ΚΑΙ ΔΙΑ ΒΙΟΥ ΜΑΘΗΣΗΣ**

ΕΘΝΙΚΟ ΚΑΙ ΚΑΠΟΔΙΣΤΡΙΑΚΟ ΠΑΝΕΠΙΣΤΗΜΙΟ ΑΘΗΝΩΝ