

EXECUTIVE COACHING, NETWORKING & WELLNESS EVENT

May 15-16, 2020
Ever Eden Beach Resort Hotel, Anavyssos

Event Agenda



Friday, May 15, 2020

- 10:00** REGISTRATION, Welcome coffee
- 11:00-13.30** **SESSION 1**
- WELCOME "***Concept, Opportunities & Goals of the event***" by Katerina Zafiropoulou, Founder & Managing Director of BLUE BLACK Luxury Travel & Lifestyle Management.
- WORKSHOP: "*Executive Coaching: Building a Coaching Mindset for Life- Work Balance*"** by Konstantina Pandoulia, Life & Career Coach, founder UGrow.gr
- 13.30** LIGHT LUNCH for all guests & participants at "Seasons" Restaurant
- 15.00** **SESSION 2**
- WORKSHOP: "*Down The Rabbit Hole*"- exploring your unknown strengths** by Lefteris Katsimanis, Master Life & Coach & Konstantina Pandoulia, Life & Career Coach
- 18.00-19:30** **SESSION 3**
- YOGA-PILATES** by Nicki Petroulaki
- 21.00** EVENING GATHERING, NETWORKING & VIP DINNER

Saturday, May 16, 2020



08:00-10:00 BREAKFAST

10:30-13.30 **SESSION 3**

WORKSHOP: "Mindfulness & Happiness for Executives: Achievement Through Happiness" by

Dr Eirini Karakasidou, Positive Psychologist

Coffee Break

14.00 LIGHT LUNCH for all guests & participants

15.30-17:00 **SESSION 4**

WORKSHOP: WELLNESS COACHING by Nikos Kafetzopoulos, Clinical Dietitian-Nutritionist & Wellness Expert, Founder of Nutribase

Coffee Break

17:30-18:30 **SESSION 5**

CLOSING COACHING DISCUSSION by Life & Career Coach, Konstantina Pandoulia, founder UGrow

CLOSING by Katerina Zafiropoulou, Founder & Managing Director of BLUE BLACK Luxury Travel & Lifestyle Management.

18:30 **RELAX with Spa, Hammam, Sauna or Massage**

Departure