



She worked for 30 years at the National Bank of Greece, from which she retired in April 2023, having held the position of Director of Organization. She studied Political Science at the National and Kapodistrian University of Athens and holds an MBA from the University of Piraeus. She was an athlete of ZAON KIFISIA Volleyball Club from 1979 to 1993 and a member of the Greek National Women's Team from 1981 to 1983.

In June 2024, she was certified as a Life & Business Coach by the International Society for Coaching Psychology (ISCP) and the International Association of Coaches, Therapists and Mentors (IACTM).

Since October 2024, she has been a member and Special Secretary of the Board of Directors of the Hellenic Volleyball Federation (EOPE).

Since February 2024, she has also been an Honorary Member of the Center for Monitoring Innovation and Developments, Going Forward.

The skills she cultivated through competitive sports—such as teamwork, perseverance, goal orientation, emotional resilience, effective crisis management, empathy, courage, and a passion for continuous growth—greatly supported her professional journey, providing her with all the essential tools to successfully meet the demanding responsibilities of Team Leader, Deputy Director, and eventually the highly demanding role of Director at a major bank. These same skills also fortified her emotionally, enabling her—after this successful path—to consciously choose to shift careers and fully embrace the inspiring field of Life & Business Coaching.