



I worked for over 30 years in the private sector, in Human Resources Departments, with my most recent employer being the Athens International Airport, from which I departed as Training Manager in April 2025.

I studied Business Administration at Alba Graduate Business School and attended numerous training programs throughout my career. In my last position, I also took on the role of adult educator.

My long-standing presence in the demanding corporate environment has provided me with valuable skills in achieving goals, understanding human dynamics, as well as appreciating diversity and its value within every natural team.

Empathy and my human-centered approach led me to the field of Life Coaching. I am a certified Life & Business Coach by the Hellenic Society of Recombinant – Selective Counseling (E.E.A.P.S.E.S.), as well as by the International Society for Coaching Psychology (ISCP) and the International Association of Coaches, Therapists and Mentors (IACTM), and I am a member of the HCCMA (Hellenic Counselling Coaching Mentoring Association).