



# Resilience NOW!

## Online Workshops Edition

with

Eleni Tzelepi Giannatou, PhD &  
Krysta Tzelepi M.A, PCC



**Are you ready to boost your Resilience in these changing times?  
Are you ready for a practical and interactive, online, Resilience program?**

Resilience NOW offers you:

- 2 workshops with practical tools and scientifically based knowledge
- 1 coaching session to support you on your action plan

**Don't miss it!**

Coaching session to be arranged

### What will I learn?

- The Unique Thinking Style of Resilient People
- Why Resilience does not mean Endurance
- The Key Factors that make you more Resilient
- Detecting and Navigating Thinking Traps
- Focusing on Solutions in the COVID era
- Using & Enhancing Support Networks, Realistic Optimism and much more.

Action Plan: my own steps towards enhanced Resilience

**Dr Eleni Tzelepi-Giannatou** is a seasoned professional, well-known in the field of resilience, with over 25 years of experience in education, stress & resilience. As a Senior Associate of Treasure Lab since 2013, she has designed Resilience & Train The Trainer programs, while regularly facilitating and coaching executives and managers in solution focused coaching and management development programs.

She has conducted extensive research in the field of stress and coping in collaboration with European research institutes, focusing on stress management and resilience in the family and schools and has presented papers in many national and international psychology conferences.

With an MA in Psychology and Education from the University of London, Institute of Education and a PhD in Educational Psychology, investigating the effects of stress in adolescence, she has had an interesting professional journey. Her multifaceted professional experience started from teaching in private schools, serving as a Special Needs Evaluation Counselor at the Pedagogical Institute of the Greek Ministry of Education and moving towards counselling and coaching executives, families and children, while also holding public speeches on Resilience, Stress Management and related topics.

For the last twenty years she has been supporting public and private schools with specialized programs on communication skills, classroom management and stress management. In 2012, she started a project on Raising Resilient Children with great success, organising workshops for parents and teachers, as well as offering relevant workshops/programs for organizations.

She is a member of the International Coaching Federation (ICF), the British Psychological Society (BPS), the Hellenic Psychological Association (ΕΛΨΕ), the International Association of Applied Psychology, the European Society of Developmental Psychology and the Stress and Anxiety Research Society.



**Krysta Tzelepi, M.A., PCC** is a solution focused business coach, team facilitator and the founder, Managing Partner of Treasure Lab Ltd.

Together with her team, she works with large greek and multinational companies in designing & implementing coaching & mgmt development programs. The programs are practical, contain steps, use coaching as a tool for change and bring tangible results.

As an ICF accredited PCC coach, with over 2000 logged in hours, she is one of the pioneers who brought coaching to the Greek market in 2004 and who later introduced solution focused coaching in Greece. Since 2011, she runs the Solution Focused Coaching School, for internal coaches only, in cooperation with SolutionSurfers International, of which she is an International Faculty Member.

Krysta has also been trained as a Certified Professional Co-active Coach, an Authorized Team Facilitator by TCI and in 2019, she became a PCC Assessor, for the ICF.

As a speaker, she has appeared at HR and Management Conferences in Greece, Turkey, Romania etc. as well as TEDx events.

In November 2019, she spoke at the 15th People Management Seminar organized by Boussias, about the Coaching program designed for Leroy Merlin, that received an HR Award.

