

Grow your inner self to improve results

Face to Face seminar invitation

Seminar Structure

- Reflection session: Who are you and how do others perceive you
- Success: How to become successful - tried and tested tips on how to become the professional you always wanted to be
- Digital Detox through mindfulness (exercising, breathwork, journaling)
- Mandala Crafts workshop

Option 1



14 December 2023

14:00-18:15 EET

4 CPDs

[Click here to register](#)

Option 2

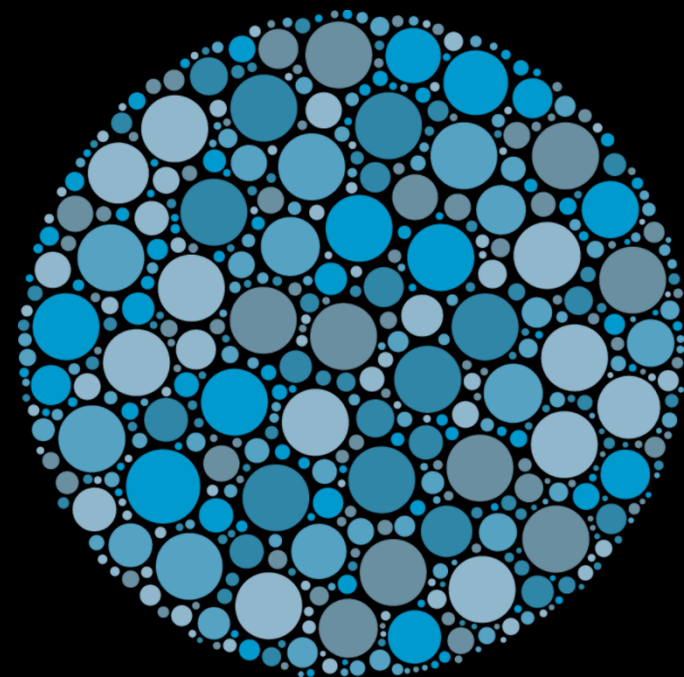


18 December 2023

09:00-13:15 EET

4 CPDs

[Click here to register](#)



Greek Language



€120 + VAT
(*Deloitte Alumni are entitled
a 30% discount*)



Deloitte Offices
24 Spyrou Kyprianou Avenue,
1075, Nicosia, Cyprus

More information: [Deloitte Academy website](#) or cyacademy@deloitte.com

Facilitators

Christina Themistocleous

Director, Head of Deloitte Academy

Christina is the Head of the Deloitte Academy and has been part of Deloitte for more than 14 years. Her vision is to offer impactful seminars with a view to support professionals grow their careers and organisations engage in meaning professional development. She is in charge for the learning strategy and business operations of the Academy. Concurrently she delivers a number of seminars on leadership, communication, presentation skills, time and stress management and other technical subjects in Cyprus, Europe and the Middle East region. Christina is also part of the faculty team of the Deloitte University in Brussels and an HRDA-approved facilitator (Human Resources Development Authority in Cyprus). She is a Chartered Certified Accountant (ACCA) and a Certified Information Privacy Professional/Europe (CIPP/E).



Polina Stavrou

Director of Research and Development, CentreDot

Polina is the Director of Research and Development at CentreDot and is a Certified Adults' Trainer empowering individuals to set personal goals through mindfulness and expressive arts. Her personal journey in search of life balance inspired her to follow her Ikigai and guide others to create the best version of themselves. Polina's work experience also includes being an Art Facilitator at Deputy Ministry of Tourism and a KA2 Program Officer Erasmus+, TCA Officer, Former eTwinning NSS at the Foundation for the management of European lifelong Learning programmes (NACY01). She holds a BA in Political Science and Public Administration, and MA in International Relations and European Studies and an MA in Continuous Education and Life Long Learning.



Tatiana Loutsiou

Senior Manager, Deloitte Academy

Tatiana is the program coordinator, designer and facilitator for several courses at Deloitte Academy. She has been part of the firm for more than 10 years and specializes in learning & development. With her current role she coordinates, designs and delivers impactful seminars in Cyprus, Europe and Middle East with a mission to upskill and reskill professionals of all levels and industries. She is also part of the faculty team of the Deloitte University in Brussels and an HRDA-approved facilitator (Human Resources Development Authority in Cyprus). She is a Chartered Accountant (ACA) and a Certified Internal Auditor (CIA).



Deloitte
Academy