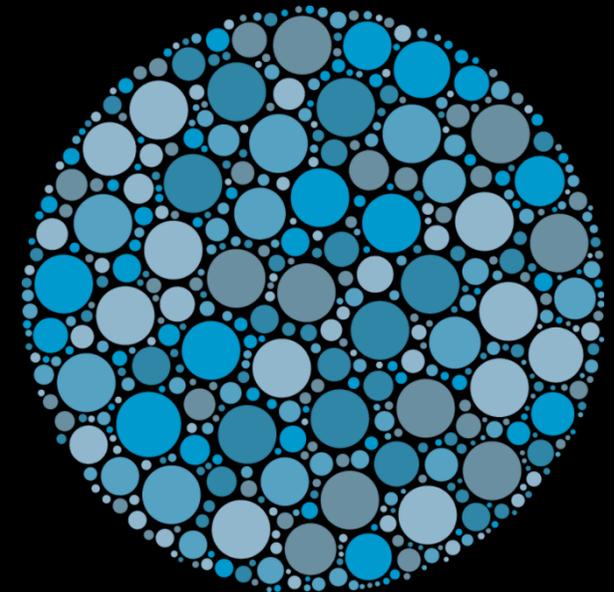


Grow your inner self to improve results

Virtual 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- *As this will be a virtual seminar, you will need to have the following crafting materials: stones, acrylic paints, brushes, cups, dotting tools (more details will be shared upon registration)*



8 December 2023

09:00-13:15 EET

4 CPDs

[Click here to register](#)



English Language



€100 + VAT

*(Deloitte Alumni are entitled
a 30% discount)*



Virtual seminar
Via Zoom

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

Facilitators

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).

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.

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