



# AGENDA TIMELINE

17:30 Registration

18:00 Welcome remarks

Helena Athoussaki & Katerina Stathopoulou, Principal Organizers of ESG Shipping Awards  
Yofis Florentin, Founder & CEO, Learning Seaman

18:10 Opening remarks

Manolis Koutoulakis, Secretary General of Ministry of Maritime Affairs and Insular Policy  
Leonidas Dimitriadis-Evgenidis, President of Eugenides Foundation, IMO Ambassador in Greece

## 18:20 Panel 1: The Expert's view

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Introduction:

Dr. Maria Carrera, PhD, MSc, CPsychol, Research Associate, World Maritime University

Panel:

Dr. Kalliopi (Popi) Kalaitzi, MD, MSc, Academic scholar  
Dr. Deepti Mankad, Professional Development Trainer & Consultant – MINDSPEAK  
Dr. Aspasia Pastra, BSc, MBA, MSc, PhD, Post-Doctoral Fellow, Assistant Professor  
Research, Ocean Sustainability Governance & Management, World Maritime University

Topics:

*Ocean Technologies and the Human Element*  
*Addressing the problem of Mental Health & Wellbeing*  
*Mental Health Awareness & Types of Wellness*  
*Lifestyle Medicine & the importance of Sleep and Physical Wellness*

19:00 Fireside chat "Life on board"

Anna-Maria Papakosmopoulou (Cpt Class B), Maran Gas Maritime Inc.  
moderated by Helena Athoussaki, Principal Organizer ESG Shipping Awards

## 19:10 Panel 2: The Industry view

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Panel:

Yofis Florentin, Founder and CEO, Learning Seaman  
Christos Kechris, HSQE Manager, Maran Gas Maritime Inc.  
Cpt Nikolaos Polymeris, Deputy Training Manager, Danaos Shipping Co. Ltd  
Panos Zachariadis, Fleet Technical Director, Atlantic Bulk Carriers Management Ltd.

Topics:

*Gender and Cultural Diversity & Inclusion for the Maritime Industry*  
*Meditation and Music for Mental Health*  
*Supporting Seafarers' Mental Health and Wellness*  
*Seafarers Generation Needs & Expectations*

19:55 Closing remarks

20:00 - 21:00 Cocktails & Network

