

## Brief CV's

**Semoira Zoula** holds a B.Sc degree in Psychology and Business from Anglia Ruskin University of Cambridge and an M.Sc degree in Applied Psychology from Brunel University of London. She has been trained on Systemic - Dialectical Psychotherapy and Consulting in the Athenian Institute of Anthropos (A.I.A.)

She has been occupied for more than 10 years at middle level management positions in the Human Resources Department for big Multinational and Greek organizations. She possesses significant experience in Employee Selection, Training and Development. During her career as an HR executive, she has been involved in major projects concerning the design of Human Resources Systems and programs regarding Best Practices and the revival of Corporate Values.

Since 2014, she has been a member of A.I.A. group of associates, being a Therapist in Personal Development groups. In parallel, she collaborates with organizations as a freelancer, providing experiential workshops to groups of employees, as well as individual coaching and group coaching during organizational transition periods. She also works as a Career Consultant and a Systemic Psychotherapist.

**Eirini Todoulou** studied Communication & Mass Media in Athens, Greece and then specialized in Organizational and Corporate Communication in Boston, U.S.

She has worked both in private and public organizations, in very distinct sectors holding positions in Communication, Management and Administration.

The emphasis of her work has always been to empower individuals and groups to actualize their personal as well as relational strengths and skills with the ultimate goal to maximize efficiency both on a personal and on a collective level.

She has been trained in the **Athenian Institute of Anthropos** (A.I.A.) on Systemic - Dialectical Psychotherapy and Consulting and is now a member of its network of junior partners.

Since 2015, she has been focusing on shaping a professional identity as a Systemic Group Therapist and Coach which has been combining her greatest passions: love for communication and the patterns of relating, the 'art' of group process and systemic psychotherapy, as well as the challenges that larger systems/organizations or businesses are faced with.