

HELLENIC BANK IN ASSOCIATION
WITH **GLOBALTRAINING** AND
THE **UNIVERSITY OF NICOSIA** PRESENT

LIFE CHANGING
IDEAS

DR LINDA PAPADOPOULOS

PSYCHOLOGIST | AUTHOR | BROADCASTER

Organisers



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11 MAY 2022

18:00-19:00 Networking Cocktail

19:00-20:00 LCI talk

LIVE ON STAGE

University of Nicosia

Open Air Amphitheatre

LIVE ON-LINE

Talk begins

at 19:00

THIS EVENT IS

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LIFE CHANGING
IDEAS

ONE OF THE MOST RECOGNISABLE AND WELL-RESPECTED PSYCHOLOGISTS WORKING IN THE UK TODAY, DR LINDA PAPADOPOULOS HAS BUILT AN OUTSTANDING REPUTATION IN BOTH ACADEMIA AND BROADCASTING. A hugely successful psychologist, author, keynote speaker, columnist, host and broadcaster, Dr Linda's analysis on current affairs, trends and human behaviour is highly sought after and syndicated around the world

MORE ABOUT THE SPEAKER

A Chartered Counselling and Health Psychologist and an Associate Fellow of the British Psychological Society with over 20 years of experience in counselling individuals, couples and families, Dr Linda has worked both in the NHS and within her own private practice in the UK. With an array of credits in broadcast, radio and print media, Dr Linda has fronted shows for channels and networks including the Discovery Channel, National Geographic and TLC and is a regular commentator on Sky News. She has also presented programmes and provided commentary for numerous American and international television and radio networks including CNN, CBS, CNBC, BBC International, VH1 and MTV to name but a few.

Dr Linda has worked with a wide array of brands, corporate and private clients, from pharmaceutical giants to Women's Empowerment Forums and is regularly engaged by large corporations to offer insight into consumer behaviour, conduct research and analyse data and trends.

MORE ABOUT THE TALK: Mental Health at Work

The pandemic, the lockdowns, the halt of economic and social activity, the great resignation and the comeback at work have done nothing less than exacerbate our levels of stress, anxiety and uncertainty. Remote work during covid led to poor communication practices and often a low sense of connection to or support from one's colleagues or manager.

The mental health disruption had a great reflection both on the interpersonal as well as the organisational level. Employers were suddenly faced with employees' burnout, disconnection and low engagement - leading to a lost sense of purpose.

How many employers were able to address the organisational dimension of mental health?

Employers had to shift from seeing mental health as an individual challenge to a collective priority. Given all the workplace factors at play, companies can no longer compartmentalise mental health as an individual's responsibility to address alone through self-care, mental health days, or employee benefits. New practices require a culture change, more sustainable ways of working that embrace flexibility and a deeper connection between managers and employees.

Is your organisation equipped to handle the emerging disruption amid the health crisis - war - inflation, and coming back to the office?

Are your people resilient and adaptable enough to withstand unpredictable threats and change?

RESILIENCE & ADAPTABILITY will be the focus of Dr Linda's talk.



LIFE CHANGING
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DR LINDA'S TALK WILL FOCUS ON:

- How novelty, threat and uncertainty affect individuals and groups
- The psychology that underpins adaptability
- How to cope with change
- How purpose feeds into our identity and work satisfaction
- Mental hacks to deal with stress/anxiety/well-being
- Systemic changes to promote resilience and well-being
- How to thrive rather than just survive change

STAGE TICKET

University of Nicosia Open Air Amphitheatre

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