



theHappyLab

**CO-CREATING**  
THRIVING WORKPLACES

# THE BUSINESS CASE

*The Top 100 'happiest' companies outperform S&P 500 & Dow Jones by 20% since 2021.*

Wellbeing Research Centre | University of Oxford and Harvard University

*Organizations supporting employee health & wellbeing are 3.5 times more creative and innovative.*

World Economic Forum

—  
IMAGINE  
EVERY  
THING  
—

# OUR **UNIQUE** APPROACH

We empower our Clients to build a thriving workplace of **high engagement, performance, learning, and well-being.**

We draw upon **organizational, cognitive, and social psychology** to bring you 100% science-backed interventions for positive change on 4 intertwined levels:

- #1 CULTURE**
- #2 LEADERSHIP**
- #3 TEAM**
- #4 INDIVIDUAL**

We deliver experiential workshops and individual & group coaching sessions, powered by insights from sophisticated surveys on advanced technology platforms.

By working together, we support organizations address vital challenges, attract and retain top talent, while fulfilling their socially responsible role.



# CO-CREATING A THRIVING WORKPLACE

Together we lay the foundations of a brighter and more sustainable future, by enhancing:



# OUR TEAM

Our Team's strength lies in a unique blend of solid business experience with deep psychological expertise.



**Alexandra Lekkou**

Co-founder  
Consultant-Facilitator-Coach



**Vicky Grigoriadou**

Co-founder  
Consultant-Facilitator-Lecturer



**Charis Perdikari**

Learner Experience Advisor  
Facilitator-Trainer



**Valia Karatosidi**

Scientific Advisor  
Neuropsychologist - Psychotherapist



# WHY OUR CLIENTS CHOOSE US

**We stand out for combining the business approach with the human "touch".**

We all share the same passion for helping people and organizations realize their potential, while bringing complementary skillsets.

We draw upon experiences ranging from long corporate careers and senior roles in business and people management, to professional training and facilitation, as well as psychotherapeutic practice.

Our Team members hold post-graduate degrees in Psychology and are Certified Trainers, Facilitators, and Coaches.

*"...supported us in bringing our corporate values to life. Their contribution was vital."*

Manolis Theodorakis, Head of People, Talent & Organization at KOSMOCAR/KARENTA

*"...exploring ways to enhance the positive impact we have on our teams."*

Dimitris Andriotis, CEO at BOX NOW

*"...unique and exciting... discover more inspiration in ourselves and in each other!"*

Ioanna Beriou, General Manager at ONSIDE

*"...further enable us to face challenges together, as a fully aligned global HR Team."*

Nikolas Boudouras, HR Director Greece at E-TRAVELI GROUP

*"...helped us build together a better tomorrow!"*

Matthieu Gardaire, Managing Partner at JUST ONE

*"...a workshop to improve ourselves and boost team performance, engagement."*


Maria Xytaki, Group Corporate Affairs, Comms & ESG Senior Manager at SARACAKIS GROUP OF COMPANIES


# GET **IN TOUCH**

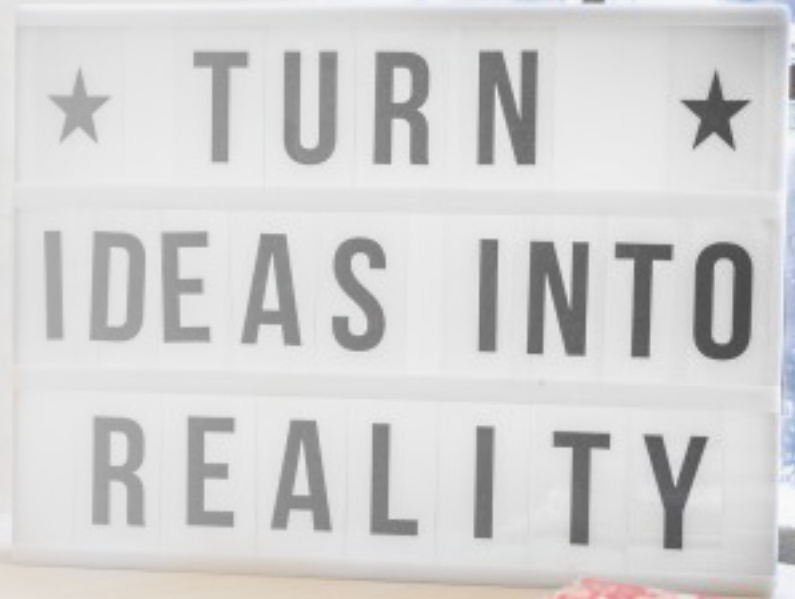
We'd love to hear from you!

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