

Helen Argyrou

Clinical Leadership

Clinical Psychologist, Transformational Leader, Pioneer 25 yrs
+35799238660 Cyprus / International druminspire@gmail.com
helenaha.com

SPECIALITIES

Peak Performance, Strategic Management, Highly Skilled Organizer, Analytical and Pioneering Thinker, Influencer, Master trainer, Presenter, Conference founder and Speaker Trainer Curator. Musician, Researcher, Artist.

Transcultural Integrative Neuroscientific Solutogenic Innovative

SKILLS

- *Caring,*
- *Creative, Driven,*
- *Knowledgeable,*
- *Hard Working,Professional*
- *English Greek; Dutch, Spanish*

PROJECTS

- **Private Practice** 1999-2005, S.A.; 2005-23 Cyprus and online.
- **Mentor/ Coach:** Changemakers ON, Social Entrepreneurship (Lithuania), Founder Institute, Wellbeing Center, 5 interns and private clients.
- Elevated **170 women to stage** with Integrative Health Focus 2015 -
- Holistic Health Focus Groups with **40 Global Health Experts**, 2023-4.
- Dubai **Health Thought Leadership Awards Ceremony**, 2022-24.
- Revolutionized Future of **Women's Health - Interdisciplinary**, 2022.
- **Conferences** : **Cyprus** Wellbeing and Health, 2023; Professional Growth, 2019; Yinalithea Personal Growth 2015; 2016; **Rotterdam**
- **Ministry of Education endorsed Program/ Project Design**, 2007-13.
- **University Lecturer,** community projects, Sociology, Univ. Stell., 2001.

AWARDS

S.H.E. 2023 Entrepeneurship Award
Womens Economic Forum
2017 Exceptional Women of Excellence
U.N.D.P. Fund U.R.I. Fund 2010
ONEHearbeat + Youth Drum Therapy

VOLUNTEER IN S.A.

Rape Crisis Councillor 1993-1995
Child Oncology 1994

AMBASSADOR

Mental Health, Leadership Entrepreneurship G100 2022-
Female Wave of Change and Health Pillar Team Leader 2020-

SUMMARY

Highly accomplished and visionary clinical leader with a proven track record in peak performance, strategic management, and transcultural expertise. A caring and innovative professional, proficient in influential leadership, training, and pioneering initiatives. Recognized researcher and published author in psychology, neuroscience, women empowerment and leadership. Considered an exceptional mentor, extensively experience in teaching, training, and program development. Educational and clinical focus endorsed by Ministries of Health and Education. Helen, is passionate about driving transformative change in healthcare, interdisciplinary approaches with progressive and strategic objectives. KNown to be a great motivtional force.

LEARNING & DEVELOPMENT

- **Global Training in 14 countries over 25yr :** Teambuilding and Psycho-education, 1999-2023
- **Cambridge Int. Centre :** Venture Café, 2018-20.
- **COVID Wellbeing At Work** Training Program Design, 2021
- Vestergaard **HR Director Mental Health** Training Strategy2022
- **Prison Rehabilitation, Youth, Self Development Projects**

PUBLICATIONS

Book : Anthology 100 global interviews on health and visibility nexus.
The Biggest Lie Women Believe and the Women of Truth (2023)
In Progress : Divine Feminine Leadership; Flow Mojo : The Neuroscience of Peak Performance; Bandwidth for Epic Times'
Articles : The Flow State Scientific Research review (2015)
UQ : Uniqueness Intelligence, IGI, researchers platform (2020)
Co Author : Dared to Be ME Through Cancer (2023)
E Book : Guru Guide: Making Workplaces Female Friendly (2021)
Thesis : Constructing Gender Identity - for Master thesis (1999)

EDUCATION South Africa, Cyprus and Online

- Online Business, Digital Marketing, Business Strategy, 2012-18
- Enneagram Naranjo Institute (2012, 2013, 2014) U.K. & France
- Diplomas in Compassion Key, Massage (2022), Negotiation, Mediation, Conflict Resolution, Content writing (2005-16); Spiral Dyanmics (2015), Sound Therapy (2005); Creative Path of Rhythmic Transformation (2004, 2005, 2006); ; Facilitative Leadership, College of Applied Psychology, (2002); Neuro-linguistic Programming (1998), Univ. of Stell
- Clinical Psychology M.A. (1996-98) Univ. of Stell. S.A.

REFERENCES

Magda Baumann
magda.strong@gmail.com
Military Hospital Supervisor

Sinead Hewson PHD
tpebosuccess@gmail.com
Leadership Chamber Partner