



★ PRO SPEAKER

## Naya Antoniou

BUSINESS LEADER · MEDIA PERSONALITY · MENTAL HEALTH ADVOCATE

Career Consulting Expert empowering professionals through coaching and mentorship, specializing in future of work development programs



VISIT NAYA'S WEBSITE

### About:

- **Gender:** Female
- **Nationality:** Greece
- **Languages:** English
- **Travels from:** Greece

### Engagement Types:

- Coaching
- Executive Training

### Topics:

- DEI (Diversity, Equity & Inclusion)
- Employee Experience

## Biography Highlights

- Career Coach in the context of the Project "A step Forward - Accommodation Facility for Women Asylum Seekers at Risk and for Mothers with their Children" - Doctors of the World
- Career Coach in the context of Career Transition Programs for vulnerable social groups - ActionAid Hellas
- Mentor @ Women on Top

## Biography

Naya Antoniou is an accomplished Career Consultant specializing in leadership development, culture change, and evidence-based coaching. With extensive experience across diverse sectors, Naya has collaborated with leading organizations to cultivate high-performance work cultures, enhance employee engagement, and drive transformative change.

As a sought-after speaker, Naya shares her expertise by empowering audiences with valuable insights into leadership, organizational transformation, and the future of work. She also addresses essential mental health issues, including burnout, work-life balance, and well-being,

### Websites:

- [Naya Antoniou | Career, Executive & Business Coaching](#)

### Podcasts:

[Supporting the supporters ft Naya Antoniou](#)

offering holistic solutions and perspectives that promote both professional and personal growth.

She provides comprehensive coaching services tailored to the unique needs of her clients, which include socially vulnerable groups, university graduates, executives, freelancers, organizations, and NGOs. Her approach is deeply rooted in helping clients integrate into the labor market, enhance their core skills, and achieve professional growth. She has been instrumental in designing and delivering a wide array of career-focused initiatives, such as outplacement programs, career transition projects, personal and professional development workshops, group coaching sessions, personal branding and LinkedIn training.

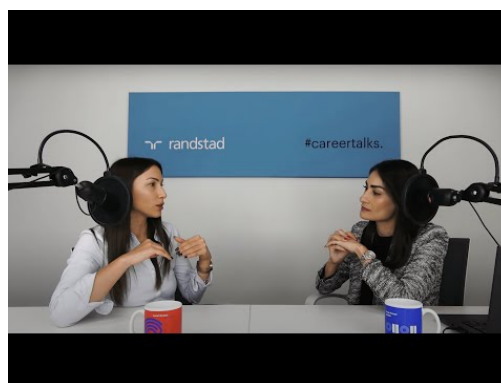
In addition to her work as a career consultant, Naya excels in managing key projects related to employee training and development, organizational culture transformation, leadership advancement and mental health support for executives. She is dedicated to empowering individuals to unlock their potential and achieve their goals through a data-driven, strategic approach.

As a Circle Leader of the Lean In Greece Network she is dedicated to the support of women in the Mental Health & HR sector and as mentor with Women on Top, a feminist organization dedicated to workplace equality, Naya is committed to promoting gender equity and supporting the professional development of women.

Currently, she is also pursuing postgraduate training in Integrative Psychotherapy, further expanding her expertise to better serve her clients. She holds a Postgraduate Degree in Organizational Psychology, in Career, Executive & Business Coaching and a MSc in International Relations.

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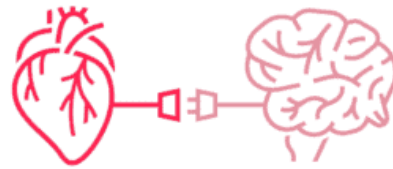
## Videos



## Articles



Generational differences in the workplace



The silent language of our body

## Naya's Topics

### **Adapting to the Future of Work: Key Skills for Tomorrow's Leaders**

Focus on the emerging skills required for leaders and employees to thrive in an evolving workplace shaped by technology, AI, and remote work trends.

**Available:** In person, Virtually

### **Mental Health in Leadership: Creating a Culture of Psychological Safety**

Focus on how leaders can foster a psychologically safe workplace where mental health is prioritized, and open communication is encouraged, offering strategies and solutions for identifying early signs of burnout and creating sustainable systems to support employee well-being.

**Available:** In person, Virtually

### **Burnout and Work Expectations Across Generations**

Examine how generational differences in work expectations contribute to burnout and offer strategies for aligning these expectations to create a healthier, more balanced workplace.

**Available:** In person, Virtually

### **Engaging Gen Z in the Workforce: What Tomorrow's Leaders Want**

Address the differing work expectations and values across generations and offer strategies for aligning company goals with multigenerational employee needs.

**Available:** In person, Virtually

## **Bridging the Generation Gap: Unlocking the Power of Multigenerational Teams**

Strategies for fostering collaboration and understanding between different generations in the workplace, leveraging their strengths to create a more inclusive environment.

**Available:** In person, Virtually

## **Speaker Bureaus And Talent Agencies**

Naya Antoniou is available to book via these agencies

✔ **Recommended**



Speaking Agency