



## Eleni Konstantinou

National and Kapodistrian University of Athens  
Received Sylff Fellowship in 2001

My name is Eleni Konstantinou. I come from Greece. I am a psychologist and family therapist.

I received my Sylff Fellowship in 2001, during my postgraduate studies in School Psychology at the National and Kapodistrian University of Athens.

Sylff Fellowship helped me decide how I could become a better leader, so I decided not to work in private practice, but to make a change in the community. I achieved my goal by choosing to work in the public sector, so as to help people in need by providing them high quality mental health services.

Today I am working at the Municipality of Pallini as the Head of the Education, Continuing Education & Culture Section of the Department of Social Policy. Besides counseling, I organize and supervise seminars for parents and teachers, concerning consultation and life-long educational programs. I am also encouraging volunteers so as to enhance solidarity in the local community. In addition, I organize activities to bring social services closer to people's needs and not the other way around. The new challenge I am facing concerns planning and implementing programs that are expected to help migrants and host population to live together in harmony.

Given the present challenges I face in my leadership journey, it has been very helpful for me to participate in a multi-disciplinary leadership workshop with a diverse group of Sylff fellows. It has been a real pleasure to share experiences, work together and collaborate on group projects, concerning food security 2030 from the aspect of mental health.

Before closing my presentation, I'd like to thank Mr Sasakawa in person and Sylff Association

for choosing me and giving me the chance to participate in the first workshop for Sylff fellows in Japan.

Thank you for giving me the opportunity to feel how it is like to be a member of the Sylff family and experience Japanese culture and hospitality.

In the end, I'd like to give my special thanks to the Sylff Stuff for the wonderful work they are doing, making this workshop a big success, and for giving us the chance to form very special friendships.

Thank you all and each one of you separately! It has been a great honor!