

Maria Antoniadou PhD.

Coaching Spirit Gallery

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Dr. Maria Antoniadou holds the position of Assistant Professor in the Department of Dentistry within the School of Health Sciences at the National and Kapodistrian University of Athens (NKUA). She is recognized as an Associate Certified Coach (ACC) and completed her coaching training through the HRE certified Program of the International Coach Federation (ICF), holding an Accredited Coach Specific Training Hours (ACSTH) designation. Dr. Antoniadou has undergone certified systemic analysis training as part of the CSAP mastering program at the University of Piraeus. Since 2020, she serves as the founder and director of the Coaching Spirit Gallery, an initiative aimed at providing an alternative perspective on the professional practice of healthcare providers. Driven by the motto "*Good, better, best, never let it rest, till your good is better and your better is best,*" she is dedicated to advancing the field through her academic contributions and coaching expertise.

Academic specialization

Dr. Maria Antoniadou, a distinguished alumna of the School of Dentistry at the National and Kapodistrian University of Athens, holds an impressive academic record, culminating in the completion of her MSc and PhD degrees within the same institution. Building on this foundation, she expanded her academic horizons as an associate at the School of Dentistry, Albert-Ludwigs University, located in Freiburg, Germany. Dr. Antoniadou's commitment to continuous learning is evident in her additional training across various domains, including Medical Psychology, Positive Psychology, Branding, Management in Health Services, Business Coaching, and Systemic Management. Notably, she has acquired coaching qualifications through the completion of the Accredited Coach Specific Training Hours (ACSTH) program by the International Coach Federation (ICF) and holds the esteemed Accredited Coach (AC) designation.

Since 2016, Dr. Antoniadou has served as an Assistant Professor at the Department of Dentistry at NKUA, making substantial contributions to academic research and education. Concurrently, her active involvement in the field of Dentistry and Health Sciences extends to providing professional educational programs through the Centre of Continuing Education and Lifelong Learning at NKUA. Leveraging her expertise, she actively participates in the management and marketing aspects of the healthcare business sector. Dr. Maria Antoniadou's multifaceted engagement underscores her dedication to advancing both the academic and practical dimensions of dentistry and healthcare management, exemplifying a holistic approach to education and professional practice.

More specifically, at the University of Athens Center for Continuing Education and Lifelong Learning (KEDIVIM), Dr. Maria Antoniadou has spearheaded the organization of online training programs focused on dental management and sustainable leadership in healthcare. Simultaneously, she serves as the academic and scientific coordinator for the training program designed for dental auxiliary staff at the Department of Dentistry. Dr. Antoniadou also plays an active role in the Postgraduate Program on "Ethics and Ethics in Biomedical Sciences," conducted collaboratively by the Department of Medicine and the Department of Nursing at the University of Thessaly, Greece. Her extensive contributions extend to the realm of literature, where her textbooks, titled "Application of the Humanities and Basic Principles of Coaching in Health Sciences" and "Quality Management in Health Services: The Dental Model of Quality_Materiam Superabat Opus," (Tsotras Eds: www.ekdoseis-tsotras.gr) aim to enhance the overall efficiency, productivity, and job satisfaction of healthcare providers.

Experience

Dr. Maria Antoniadou boasts an illustrious career in dentistry, accumulating 25 years of dedicated service in a private dental practice. In 2020, she took a pioneering step by founding the Coaching Spirit Gallery, an innovative initiative redefining the landscape of health structure management. Driven by the vision to enhance the quality of services and the overall health of both patients and providers, the Coaching Spirit Gallery represents a commitment to progressive and alternative business management practices.

As testament to her commitment to education and knowledge dissemination, Dr. Maria Antoniadou actively engages with undergraduate and postgraduate students at the Department of Dentistry, offering insightful seminars. She extends her influence on scientific associations across the country, contributing valuable expertise and insights to the broader dental community. Recognizing the need for effective time management and strategic organization in health businesses, Dr. Antoniadou launched the Timebooster program, specifically tailored for time management, targeting individuals navigating the demanding challenges of healthcare responsibilities. This initiative, specifically designed for dentists and other healthcare professionals, combines time management strategies with dental marketing principles, empowering practitioners to prioritize and strategically organize their health businesses for optimal success (<https://youngspirit-gallery.com/timebooster/>).

Drawing on her active clinical role, academic prowess, and extensive experience in the dental profession, Dr. Antoniadou has emerged as a valuable resource in the realm of coaching services. Her unique blend of hands-on experience, academic acumen, and deep understanding of the intricacies of the dental field, positions her as a trusted guide for fellow healthcare practitioners seeking to navigate the challenges of their profession while optimizing their business practices.

Academic projects

Dr. Maria Antoniadou plays a pivotal role in academia, contributing significantly to the Department of Dentistry at NKUA. She oversees the elective course "Application of humanities and basic principles of coaching in Dentistry" in the 8th semester, offering students a unique blend of humanities and coaching principles. Additionally, she guides students through the intricacies of "Management and organization of dental practice" in the 10th semester, fostering their understanding of the business aspects of dentistry.

As the academic and scientific coordinator at the Centre of Continuing Education and Lifelong Learning at NKUA, Dr. Antoniadou takes charge of dental programs focusing on the auxiliary dental staff, endorsed by the Department of Dentistry. Her leadership extends to the "Dental Management" program, conducted in Greek, providing essential insights into effective dental practice organization (<https://www.dentist-edu.cce.uoa.gr/>). Moreover, she spearheads the coordination of two transformative online courses, namely the "Aristotelian Anthropocentric Model for Sustainable Leadership in Healthcare" and "Resilience: A Comprehensive Program for Professional Women in Healthcare" conducted in English (<https://www.leader-edu.cce.uoa.gr/>).

The 8-month Aristotelian leadership program delves into the profound realms of Aristotelian ethics, offering worldwide healthcare professionals a comprehensive understanding of sustainable leadership principles. Simultaneously, the 3-month resilience program focuses on empowering women in healthcare, addressing the unique challenges they face. Both courses draw from diverse perspectives, including Aristotelian ethics, to equip participants with practical skills and insights for navigating the intricate landscape of the healthcare industry.

Beyond academia, Dr. Antoniadou serves as the scientific coordinator of the EU RETREAT Project, a weekly retreat in Central Greece dedicated to enhancing the holistic well-being of healthcare professionals worldwide. This initiative, under the theme of Eudaimonia Retreat (exclusively for healthcare professionals), aims to create a scientific perspective on the health of providers and establish a global community of health professionals with a holistic outlook (<https://youngspirit-gallery.com/ey-retreat/>).

Her Vision

Her vision is to foster a community of healthcare professionals committed to the principles of Eudaimonia Retreat, prioritizing self-care as a foundational practice to enhance the quality of services provided. Within this community, members will have the opportunity to cultivate leadership and management skills while embracing a spiritual foundation in their professional duties. She aims to create an environment where ethical considerations guide our actions, resilience is nurtured, and a commitment to self-awareness fuels continuous personal and professional development. Through this shared commitment, her vision is to empower healthcare individuals to become their best selves, exploring and honing their unique skills for the betterment of both them and the collective community.

Authorship, publications

Dr. Maria Antoniadou, a distinguished figure in academia and healthcare, has authored significant works that contribute to the advancement of health sciences. Her book "Application of humanities and basic principles of coaching in health sciences" (Tsotras Publications, Athens 2022) stands as a testament to her dedication to integrating humanities and coaching principles into the realm of health sciences. This publication serves as a valuable resource, reflecting Dr. Antoniadou's commitment to providing a holistic approach to healthcare education.

In addition to her notable contributions, Dr. Antoniadou is also the author of the book "Quality management in health services. The dental model of quality_Materiam superabat opus," published by Tsotras Publications (www.ekdoseis-tsotras.gr). This work further underscores her expertise in quality management within the healthcare sector, specifically focusing on a dental model of quality. Her dual authorship of these books exemplifies her comprehensive understanding of various facets of healthcare, from soft skills development to quality management, making her a distinguished and well-rounded professional. For a more in-depth exploration of Dr. Antoniadou's professional journey, detailed CVs, and a wealth of scientific publications, interested readers can refer to the following link, where her extensive body of work and contributions to academia are thoroughly documented.

<http://en.dent.uoa.gr/faculty-and-staff/dental-faculty/antoniadou-maria.html>