

Anastasia Moira

CAVE Approach®

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Anastasia Moira is a business executive, an independent researcher and a thought leader. She has a 20 years' experience in productivity and performance management projects throughout a wide spectrum of industries, and in soft skills training programs design and delivery for all levels from junior teams to senior executives. Her work has been greatly influenced by the thought of the ancient Greek philosopher Aristotle. She is the founder of the CAVE Approach® for Human Development, an inclusive model of sustainable leadership and sustainable performance management. She is also the founder of the movement World Virtues for World Vitality (WVWV) which aims at leveraging the intangible cultural heritage of world civilizations into the cultivation of a global sustainable culture. She is the owner of the CAVE consulting firm, which

offers training and development services for sustainable leadership to individuals, businesses and organizations. She has been committed to establish Aristotelian virtues as vital parameters of performance, aspiring to cultivate a sustainable culture of Human Development in every context. She promotes sustainable leadership through her workshops and speeches in business/professional, academic and educational settings internationally.

Academic background

B.A. Psychology, Deree-American College of Greece, 1995

Professional Training

1996	Psychology Intern, Medico-pedagogic Centre, Athens
1995-1996	Psychology Intern, Female Juvenile Rehabilitation Institute, Athens
2000-2001	Introductory Seminar in Group Analysis, Open Psychotherapy Centre, Athens

Professional Experience

2014 - present	Strategic Partner, CAVE – Human Development Consultants
2013 - present	Owner & Managing Director, Synapses Ltd, Training & Development Consultants
2003 - 2013	Managing Partner, Synapses Ltd, Training & Development Consultants
2000 - 2003	Product Development Manager, Achieve Global, Training Consultants
1996 - 1999	Project Manager, EXCEM Ltd, Productivity Consultants

Contributions in Professional Learning & Development

Training Programs-Design & Development

- Customer-focused Sales & Service Approach, Synapses, 2004
- Skills and Practices for Professional Trainers, Synapses, 2004
- Introduction to Performance Management, Synapses, 2005
- Professional Skills for Effective Presentations, Synapses, 2005
- Customer Service Skills for Tellers, Synapses, 2005
- How to Manage Performance Dialogues, Synapses, 2006
- Interpersonal Communication Skills, Synapses, 2007
- Managing Sales Dynamics, Synapses, 2007
- "Zulu" Leadership, Synapses, 2007
- Coaching Practices for People Development, Synapses, 2007
- Basic Management Skills, Synapses, 2007
- Leading Change, Synapses, 2008
- Professional Implications in Leading Change, Synapses, 2009
- Mission & Vision, Synapses, 2009
- Account Relationship Management, Synapses, 2010
- Balancing Personal and Professional Life, Synapses, 2010
- The CAVE Approach® for Project Management, CAVE 2017
- The CAVE Approach® for Coaching, CAVE, 2018

Training Programs' Adaptations

- On Thin Ice, TIRIAN, 2006
- Dynamic Interaction, TIRIAN, 2006
- Professional Negotiation Program, SMS, 2006
- DiSC Questionnaire, Peoplekeys, 2006
- Creative Connection, TIRIAN, 2008

Methodologies

- The CAVE (Classical Aristotelian Virtues of Ethics) Approach® for Human Development, 2014
- ESTIA Program for Health Prevention in Organizations, 2013

Classroom Experience

Since 2004, Anastasia is a Master Trainer of her own training programs which are delivered independently by her private business, or in the context of professional programs organized by professional and academic organizations. Since 2021, she serves as an invited lecturer within the Department of Dentistry of the National and Kapodistrian University of Athens, delivering seminars in a comprehensive undergraduate course titled "Application of Humanities and Basic Principles of Coaching in Dentistry."

Conference Presentations and Posters

- Moira A. (2017, August). Using Cultural Heritage to Develop a Universal Human Development Culture; The CAVE Approach® Paradigm. Paper presented at the World Humanities Conference: Challenges and Responsibilities for a Planet in Transition, UNESCO, International Council for Philosophy and Human Sciences (CIPSH) & World Humanities Conference Foundation, Liège, Belgium.
- Moira A. (2017, September). Human Development for Sustainability. Workshop at the 5th Women Empowerment Global Summit, European Sustainability Academy, Chania, Greece
- Moira A., Gkolfi A. (2016, June). The CAVE Approach®: Implementation of the Aristotelian Ethical Theory in Everyday Practice. Paper presented at the 2nd International Congress on Cognitive Behavioral Coaching (ICCBC), Hellenic Institute for Rational-Emotive and Cognitive

Behavior Therapy (HIRECBT), Hellenic Center for Cognitive Behavioral Coaching & International Association of Cognitive Behavioral Coaching (IACBC), Athens, Greece.

- Moira A. (2016, October). The CAVE Approach® for Project Managers' Efficiency & Wellbeing. Workshop at PMI Belgium National Congress; The Delighted Project Manager, PM Belgium Charter, Antwerp, Belgium.

- Kourounakis N., Moira A. (2015, July). Demonstrating Effective Intelligence; Aristotle and the People side of Project Management. Workshop at the 10th International Athens Conference on Project Management: Best Practices Training Forum, Hellenic American University (HAU), Athens, Greece.

Publications

- Moira, A. (2018). Human development tourism: Utilizing cultural heritage to create a universal culture. In *Innovative Approaches to Tourism and Leisure: Fourth International Conference IACuDiT, Athens 2017* (pp. 35-49). Springer International Publishing.

- Moira, A., (2016) The CAVE Approach®: An Application of Aristotelian Ethical Theory through Modern Practices & Tools for Human Development & Wellbeing. Edited by Demetra Sfondoni-Mentzou, World Congress "Aristotle 2400 Years", Interdisciplinary Centre for Aristotle Studies, A.U.Th., Thessaloniki, Greece,, p 747.