



Expert in moderne Leadership & Growth Mindset

## Zoe Fragou

Zoe Fragou: "The balance in people`s inner identities fight toxic work cultures."  
Zoe Fragou is an organisational psychologist with an MSc in Human Resources Management. She is a licensed clinical psychologist, holds a diploma in business coaching and mentoring, and has a certificate in agile leadership. She is currently pursuing her Ph.D. at the EU Business School as part of a prestigious fellowship; her research focuses on the impact of AI in the workplace on our mental health and behavior within organizations. Zoe Fragou is an award-winning business coach and leads global projects in cultural transformation, employee training and public...

### Topics

- Burnout / Resilience / Mental Health
- Change Management
- Crisis Management
- Diversity & Inclusion
- Leadership 4.0
- Lifestyle
- Motivation / Strategy
- Society

### Languages

- English
- Greek

### Details & contact information

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