



She was born in Thessaloniki. After Greek nationwide examinations, she was admitted at the Aristotelian University of Thessaloniki (AUTH) at the School of Law with a scholarship since she was among the first 10 students and was also graduated with honours. Additionally she received a master degree in Criminal Law with honours and studied for 2 years at the Faculty of Forensics of the AUTH with honours. In '22 she received a degree in Life Coaching with honours from the Kapodistrian University of Athens.

Journalist of Greek television for 30 years (TV100, ANT1 'GOOD GREECE', ALPHA TV 'PAME PAKETO'), author of two "Well Being" and three Self-improvement books (all best-sellers), creator of the health and wellness site 'Omorfamystika.gr' of the 'PAME ALIOS' podcast at pod.gr, national ambassador of beach volleyball in Greece. She was elected member of the Board of Philanthropy Association 'Kalippatires' and served for 4 years in the Municipal Council of Thessaloniki where she was elected general secretary and Vice President of Social Policy.

Married to Yiannis Akkas and mother of two sons Christos and Orpheus.