



ARTIST PORTFOLIO

OLGA NIKOLAIDOU

ACTRESS
PSYCHOTHERAPIST

CONTACT

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PERSONAL INFORMATION

Date of birth: 19/6/1969
Nationality: Greek
Height: 1m70
Language: Greek, English,

Member of Hellenic Actors
Union

Member of THEAMA

SKILLS

- responsible
- hardworking
- creative
- focused

EDUCATION

Olga Nikolaidou was born in Athens. Her studies were at the Athens Law School (law department). In 2008 she graduated from the Higher School of Dramatic Art "Delos", receiving the acting diploma recognized by the Ministry of Education.

In July 2014, she completed the 200-hour Yoga training, gaining the ability to teach Hatha Yoga, in beginner classes, specializing in nidra yoga (mindfulness).

In 2023, she completed the course of study at the Greek Society of Group Analysis and Family Psychotherapy.

WORK EXPERIENCE

Through the Society, she had the valuable opportunity within the framework of the "Life Lessons" program, to work voluntarily with groups of teachers and parents. She taught for 2 years at the Open University of the elderly (People Behind) the course "Mental empowerment with Homer as the guide". From this "lesson" emerged a psychotherapeutic group for over 65, which still continues to operate its sessions. Apart from those cases, she is currently working, as a volunteer psychotherapist, with a group of cancer patients at KIPSYAK (Day Center for Psychological Support of Cancer Patients).

She has participated as a lecturer in many seminars and has prepared several papers. * She has attended many literary writing seminars as well as the following Supplementary Education programs at KEDIVIM (Education and Lifelong Learning Center) at the National and Kapodistrian University of Athens:

- Couples and Family Counselling and Therapy
- Social Exclusion: Models-Practices-Institutional Solutions
- Creative Writing: Completing a Creative Project.

She has 30 years of work experience as a journalist, while she worked for 11 years as a Press Officer of PAE Olympiacos, specializing in U.C.L (UEFA Champions League)** As an actress, she has participated in several performances in the theater (directed by St. Tsakiris, K. Kapelonis, R. Moschochoritis, etc.) and collaborations with groups (VAS.AN.KIA, THEAMA - Inclusive Theatre - Playback Ψ group - involving drama therapy - etc.). She has also participated in motion pictures. In recent years, she has been working steadily with the inclusive theater group "THEAMA".

With her research papers, she has participated in collective projects and has written librettos for the operas "Oedipus of Selas - Musical Theater" by G. Papoutsis and "Ioannis Kapodistrias: The Murder of Unfulfilled Love" by Zorzes Katris.

In May 2018, ARMOS published her first novel entitled "Anemos Oreios".***
In August 2021, she completed at the Athens University of Economics and Business the Preparation Program for the Certification of the Educational Competency of Adult Educators for the EOPPEP exams.

She has taught for many years (from 1999-2018) in Schools for Journalism. (Teaching the course "Philosophy of headlines" at the Sports Reporting Center – Private School of Journalism and at I.E.K, City University).
She taught Greek at the Sunday School for Refugees for three years.

***Indicative references:**

- First thesis on Lacan and Art – "A first acquaintance through the mirror of Art" (Jacque Lacan: "A first acquaintance through the mirror of Art")
- Presentation at the GASI international psychoanalytic symposium (Barcelona, 2021) on the topic: The symbolic language of myths as tool of assimilation and incorporation)
- Presentation at the Step-by-Step Erasmus + KA2 Strategic Partnerships VET Exchange of Good Practices (IPSA 2022, Larissa) on the subject: "Words & Diversity on the "Stage" of Society (Language and theater are reflected in Disability and vice versa).
- Dissertation at the Athens School of Law and presentation at a psychoanalytic seminar of EEAO & OPS on the topic: "Female identity and childbearing –motherhood as a choice or compulsion in society and in law / feminism and law"
- Presentation topic of the next EEAO & OPS seminar (June 2025): Transference – Countertransference in literature, poetry, music and theater.

**** Work experience, as a sports reporter:**

- Sports newspaper "FOS TON SPOR", Subscription sports channel
- SuperSport (pitch reporter and editor-in-chief of the "Flame of Sports"),
- Weekly Sports Magazine "Derby" (editor-in-chief)
- Radio station SportFm (production)
- Radio station Sentra Fm (editing and presenting weekly broadcast of cultural and football content entitled "Goal in the City")
- Music Site Rockme.gr (column entitled "Modus Vivendi")
- Idreamteam (free topics)
- Fosonline (topics about culture and art in the section Plus)
- Head of the Press Office of PAE OLYMPIAKOS (1996-2007)
- Sports seminars: Media – The role of the Press Officer in the UEFA Champions League Games (key speaker: in 1999 in Brussels and in 2002 in Manchester with the organizer UEFA, as well as in 2004 with the organizing authority the University of Piraeus and the General Secretariat of Sports. April 2014, at the Chamber of Industry "All about Sports Media" speaker on topic "Reporters and Press Offices"
- From January 2012 until 2018: Weekly collaboration with the newspaper "FOS TON SPOR" (column-page every Saturday, or interviews).

*****PUBLICATIONS:**

- "Anemos Oreios" – novel – ARMOS publications (2018)
- Participation in the book "Football and Culture" – GOVOSTI, by writing the chapter "Football and Theater" (also translated into English)
- Participation book "Discreet glances at literary expression" with the chapter "Aeschylus- Oresteia"

THEATRE

January - February and September 2023: Ionesco's *The Bald Singer*, at the ISON Theatre, the Rematia Theatre and the Alexis Minotis Theatre, in translation-direction by Sofia Stavrakaki.

June - September 2022: Jean Paul Sartre's *Troy* -adaptation /transcription of Euripides' play, at the Petra Theatre, the Rematia Theatre and the Piraeus Municipal Theatre, translated by E. Daraklitsa and directed by Vassilis Economou and Sophia Stavrakaki/ THEAMA.

February 2020: *White Rose* - adaptation on the text of the six historical proclamations of the emblematic anti-Nazi student organization, at the Glass Music Theatre, directed by Despina Samara.

May 2019: *Studies of enslavement* - adaptation on the play 13 objects of enslavement by Howard Barker, at Faust Theatre, directed by Sotiris Karamesinis and with music by Angeliki Toubanaki.

September - October 2018: *the awakening of memory. Children - refugees of the Greek Civil War*, at the School of Fine Arts, directed by Maria Savva and with music by Angeliki Toubanaki.

June 2016: life narrative, group BAS.AN.AKIA, stories from the experiential seminar of Kristalia Patouli, taught by Vassilis Andreou and Maria Aeginitou

May - June 2016: "In the Mirror", PlayBack Ps group, at the "PALMOS" theatre, with Dimitris Beyoglou as director-coordinator

February-March 2015 and 2016: "Listen little man" - Wilhelm Reich, directed by Despina-Marina Samara, at Fabrica.

May 2014: "8 ½", PlayBack Ψ group, at the "PALMOS" theatre, with director-coordinator, Lambros Giotis.

2012-2013: "Julius Caesar - Scripta Femina" - a female perspective on the story of Julius Caesar, a performance by the group "Anima", based on Shakespeare's text "Gaius Julius Caesar, by Plutarch, Alexandros Dumas, Massimo Manfredi and Thornton Wilder's "The Blood of Caesar", December 2012, January 2013, "Kinitiras" Theatre and in April 2013, at the "Sofouli" Theatre, in Thessaloniki.

2012: "The Tempest", a performance based on the play by William Shakespeare, directed and adapted by Rubini Moschochoriti. "Carpe Diem" group, open-air municipal theatre of the Municipality of Zografou, June, September 2012.

2009: "Job-autobiography", a performance directed by Stavros Tsakiris on the text of the Old Testament, theatre "Theatron", Hellenic Cosmos, 254 Pireos, December 2009.

2009: "Queen Lear", an adaptation on the famous play by Shakespeare, directed by K.Kapeloni, theatre "Delos", January - March 2009.

2009: "Jean d'Arc, a rock oratorio for miracles", by Velisario Capocci, directed by St.Tsakiris, 21 January 2009, "Hall of Friends of Music", Athens Concert Hall.

2008 : "Why 'yes yes'", a performance of F. G. Lorca's The Bloody Marriage and Perliblin and Belisa, directed by Dem. Imellos and Elsa Andrianou, "Delos" theatre.

CINEMA

2009

Casus Belli,

by G. Zois, December 2009. This film participated in the Venice Film Festival and was awarded at the Drama Festival, and won the short film award from the Film Academy.

2015

Interruption,

by G.Zois, July - August 2014.

Door to Door

by Orpheus Peretzis, July 2014.

2017

Other me

By Sotiris Tsafoulias, April 2016

2023

Mrs Nitsa -Ms Nitsa

By Nefeli Rapti, October 2022

2024

"The Trojan Women"

By Vassilis Economou and Sofia Stavrakaki, July 2023

