

# MARIA VITORATOS



*'If my journey inspires the youth, then I will continue sharing my story.'*

The start of the summer holidays for those of us working in Education prompts bigger than usual thoughts. We are removed from the routine of working life and plunged into a utopia of relaxation; time to spend with loved ones abroad, read books or guiltlessly binge watch our favourite shows.

This year, however, many of us find ourselves anxious, unable to travel and take advantage of the gift of time that the summer break offers us. There will be good days and there will be bad days. There will be productive days and less productive days and that's okay. Be kind to yourselves.

Maria's summer started off with balancing numerous projects and 'punching it through' as a single mother. Having to keep your kids busy during the holidays is always a hard graft, but a global pandemic thrown into the mix certainly comes with its own challenges. Keeping her 11-year-old son off the iPad with limited options for outdoor activity in the scorching Dubai heat remains a daily battle. "It's the first time we haven't travelled to see our friends and family in Greece and Canada. I miss them. But we are making do with what we have and have to be grateful for that," she acknowledges. She's also been busy putting together her online Career's Education Course which will be available to Career's Educators all over the world. "The aim is to create a more empowered curriculum to ensure that young people are given outstanding provision and guidance to prepare them for the current reality of work. I've been busy curating content for the course with the youth's best interests at heart," she states.



## #STRONG

This month, Maria caught up with Elena from [Episode 23 of #STRONG](#). During the live catch-up, Elena spoke about how she has been coping with unable to work during the Covid-19 pandemic. Elena has been practicing mindfulness and meditation consistently with her time and conducting virtual classes for others to help them find their own sense of balance and peace. The conversation led to Elena candidly sharing her experiences with domestic violence. Elena's appearance on #STRONG was the first time she had shared her story with the wider public – she has vowed that she will no longer wear a mask in life and wants to feel authentic within herself as well as towards others.





**MV GOING LIVE**

DNB: 7:30pm  
 London: 4:30pm  
 Athens: 6:30pm  
 Montreal: 11:30am

Maria catches up  
 with Cortezia from  
 #STRONG Episode 9.  
 Join us LIVE on  
 Thursday!

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A catch-up with Cortezia from [Episode 9 of #STRONG](#) was also long over-due. Cortezia's story stood out for viewers and Maria alike. Her battle with Multiple Sclerosis (MS) has led her to use her pain and learning to serve others and although unable to work full-time, Cortezia does not feel deterred - her purpose is to advocate and raise awareness about MS, particularly in the Middle East. Cortezia is, of course, categorised as more vulnerable during the Covid-19 pandemic and so it has been tough to be on the ground spreading her message. That said, Cortezia has been using her social media channels to continue her mission during the pandemic and is absolutely thriving.

This month also saw the release of Episodes 22-26 of #STRONG. Continuing with an array on inspiring women, [Maria interviewed Asil](#), former CEO of Majid Al Futtaim Fashion. Asil is passionate about mentoring young women who aspire to play a part in the fashion industry. She is now a CEO of an online talk show which discusses retail branding and marketing as a strategy. "This was a different kind of interview for me, I'd never really opened up like this to anyone," Maria reflected. For any young women seeking a career in the fashion industry, make sure you check out [Episode 26 of #STRONG](#) to watch Asil share a wealth of experience and knowledge.



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EPISODE #25  
MEET MIMI

Episode 25 saw Maria chatting with Mimi, a British single mum in Dubai who is on a mission to create more empathy in the workplace. Mimi has travelled around the world as a single woman in a corporate role and has written a book that is set to be published soon. [A great episode to watch](#) for any women thinking about travelling solo!

Maria's guest on [Episode 24](#) was a story of resilience. She spoke with Andrea, a single mum in Dubai who was diagnosed with cancer in her early 30s. Andrea narrated her story of leaving Romania with her then partner and how she is now focusing on re-building her sense of self and purpose.



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EPISODE #26  
MEET ASIL



One of the great things about #STRONG is the global reach that it has managed to gain. In [Episode 23](#), Maria interviewed Fatna who is a lawyer by profession and heads up her own law firm in Zanzibar. She spoke about the challenges she faces as an entrepreneur and as a someone who works independently.

Be sure to check out all of these new episodes of #STRONG and more on Maria's YouTube channel.



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