



W4C GR CYBERSECURITY WOMAN PROFILE OF THE MONTH

INTERVIEW WITH GEORGIA!

Name: Georgia Anastasiou

Job Position: Cyber and Information Security Director

Current Employer: Allwyn Hellas

Cybersecurity areas of expertise: Cloud, application and network security, security

architecture, threat intelligence, ect.

Previous career(s): IT Auditor

Educational background: MSc

Other interests/hobbies (if you want to share): Travelling

Favourite quote: Be kind whenever possible. It is always possible – Dalai Lama

Intro & Inspirational

1. Which values are guiding your life and work?

The values that guide both my life and my work are teamwork, love for whatever I do, and confidence.

Teamwork is essential to me—I truly believe that the best results come when people collaborate, support each other, and bring their strengths together. I'm also driven by love for my work; putting passion into what I do keeps me motivated, resilient, and committed to excellence. Finally, confidence plays a central role in my journey. It helps me navigate challenges, trust my decisions, and inspire others to believe in their own abilities as well.

2. What's the most important life lesson you've learned?

The most important life lesson I have learned is that we need to remain humane in everything we do if we want to truly achieve our goals. Our health is, of course, the most valuable asset we have, and protecting it should always come first. But beyond that, people matter—deeply. The relationships we build, the respect we show, and the empathy we extend play a defining role in both our personal fulfillment and our professional success. Achievements become meaningful when we stay grounded, kind, and connected to the people around us.

3. How do you define success? And what's the best advice that you can give about success?

For me, success means having a clear purpose in life and staying dedicated to it. When we are truly focused on our goals and love what we do, we naturally give our best and grow through the process. Success isn't just about the outcome—it's about the commitment, passion, and consistency we bring to our chosen path. Loving our purpose keeps us motivated, while staying concentrated on it allows us to achieve it with excellence.

I always encourage people to love what they do and to find a purpose that is truly meaningful to them—not something chosen to satisfy others' expectations. When we connect with a purpose that feels authentic and personal, our motivation becomes stronger, our commitment becomes deeper, and our work naturally becomes better. Loving our own path and staying aligned with what genuinely inspires us is the foundation of lasting success and fulfillment.

4. Do you think your job makes a difference? How?

My job truly makes a difference because, is about protecting people. Working in cybersecurity means creating an environment where others can feel safe, supported, and confident in the systems they rely on. Knowing that my work helps people go about their lives and jobs with a sense of security is deeply fulfilling. There is a unique kind of happiness that comes from safeguarding others and contributing to their peace of mind.

5. What is the best and the worst piece of advice you received? (+How did you unlearn the latter or use it to your favour?)

The best advice I ever received was to always support, empower, and positively influence my team. This mindset has shaped the way I lead and collaborate every day. On the other hand, the worst advice I heard was: “Don’t care about others—your career depends only on your own choices.” I chose to do the exact opposite. I believe deeply in the strength of teamwork, mutual respect, and shared success. Supporting my people, standing by them, and feeling part of the team is not only my leadership philosophy—it’s at the core of who I am.

6. Can you name a book that has influenced your journey?

*A book that has deeply influenced my journey is *The Alchemist* by Paulo Coelho. Its central message—following one’s dreams to discover one’s true purpose—resonated profoundly with me. The idea that every person has a “personal legend” to pursue inspired me to trust my path, listen to my intuition, and stay committed to what feels meaningful and authentic. It reminded me that the pursuit of purpose is not always straightforward, but it is always worth it, and that the courage to follow one’s dreams can transform both our life and who we become along the way.*

Cybersecurity General

8. How can someone stand out in a competitive cybersecurity job market?

I believe that strong work ethic combined with continuous, recurring learning is one of the most powerful skill sets we can develop to stay competitive. In a field that evolves as rapidly as ours, dedication to hard work builds resilience and reliability, while constant learning ensures we remain adaptable, informed, and ready to face new challenges. This combination not only strengthens our expertise but also enables us to grow, innovate, and excel in any environment.

8. What trends in the technology & cybersecurity industry are you keeping an eye on for the future?

One of the key trends I closely follow is the rapid, AI-driven convergence of offensive and defensive cybersecurity capabilities. As artificial intelligence evolves, it is simultaneously empowering threat actors with more sophisticated attack techniques while also transforming the tools and strategies we use to defend organizations. This dual acceleration creates both new challenges and new opportunities—pushing us to innovate continuously, anticipate emerging threats, and build smarter, more adaptive security frameworks for the future.

9. What is the most common mistake someone could make when applying for a role in the cybersecurity industry? What do you believe makes a successful candidate/application?

One common mistake people make when applying for a role in cybersecurity is believing it's an industry you simply "pick," rather than one you truly love and feel committed to. Cybersecurity requires passion, resilience, and the willingness to deal with demanding, high-pressure situations. For me, a successful candidate is someone who has invested in developing a balanced set of skills—technical expertise, strong soft skills, and effective communication. This combination shows not only competence, but also the maturity and mindset needed to thrive in a constantly evolving and often stressful environment.

10. Do you believe that there are misconceptions people make about working in the cybersecurity industry?

Yes, there are several misconceptions about working in the cybersecurity industry that can mislead newcomers and create unrealistic expectations. Many people see it as a high-demand, high-paying field—which it can be—but often imagine it as a "Hollywood-style" world of constant dramatic hacking battles. Cybersecurity is a complex, demanding, and highly collaborative profession that requires continuous learning, patience, and resilience rather than action-movie scenarios.

11. Which concrete recommendations would you give to women who want to change career and join cybersecurity?

For me, it doesn't matter whether you are a woman or a man—what truly matters is loving your job, believing in yourself, and giving yourself the opportunity to start a career in cybersecurity. Passion, confidence, and dedication are far more important than gender. My advice to any woman considering this field is: never approach your work with the mindset "I am a woman and they are men." If you feel this way, others will feel it too. In the workplace, what counts is your skills, your attitude, and the value you bring. When you stand strong in your abilities and trust your path, you create your own space and inspire others to do the same.

12. And any tips for those who are still very young and might be considering it? Can they start “preparing” somehow from early on?

Young people should give themselves the opportunity to explore cybersecurity—it might turn out to be something they truly enjoy, and if not, that’s perfectly fine. Life is full of risks, and sometimes we need to take them to discover what truly fits us. Trying, experimenting, and being open to new paths is part of growing. Cybersecurity can be a challenging but also exciting and rewarding field, and the only way to know if it’s right for you is to take that first step and give it a chance.

13. What skills do you think are not “most important”, as this is very limiting, but skills that are key for a career in cybersecurity no matter the specific profile?

All skills are important in cybersecurity, and it’s essential to work on every area. We don’t need to be equally strong in everything from the beginning, and it’s perfectly fine not to excel at all skills right away. What truly matters is recognizing where we need to grow and committing to work harder in those areas. Continuous improvement is part of the journey, and embracing that mindset helps us develop into well-rounded and resilient professionals.

14. Do you (or did you) have a mentor or someone who guided you? What is your opinion on mentoring as well as on getting a start via an internship/traineeship? Are you planning to mentor or coach others in the future, or have you been mentoring already?

I don’t have a specific mentor guiding me, but I always listen carefully to the people around me and learn from experienced professionals. Throughout my career, I’ve made a conscious effort to absorb the best advice, observe what truly works in practice, and apply those lessons to grow both personally and professionally. I also attend mentoring sessions to continuously improve myself, gain new perspectives, and become better and better. Staying open-minded and learning from others’ experiences has been one of the most valuable forms of guidance for me.

You & Your job

15. What was your childhood dream job (and why you liked it)?

My childhood dream job was to become a journalist, because tv always looked absolutely stunning and captivating to me. I was fascinated by the world of storytelling, communication, and the energy of broadcasting. Even though my career path eventually led me to cybersecurity, that early dream sparked my love for expressing ideas and connecting with people—something that still influences the way I communicate and lead today.

16. Did you face any challenges related to your gender, race, visual appearance, or background, or any stereotypical biases? How have you overcome these?

Trends and external pressure may influence someone to look toward the cybersecurity sector, but for me, there were many deeper factors that shaped my choice. While the industry's growth and visibility certainly played a role, what truly guided me was the combination of challenge, purpose, and the opportunity to contribute to something meaningful. Cybersecurity aligned with my values, my drive to protect people, and my passion for continuous learning. So even though trends may open the door, it was the substance behind the field that ultimately inspired me to pursue it.

17. Do (did) you ever experience imposter syndrome and self-doubt about your career and skills?

I have never felt that I made the wrong decision about my career. Choosing cybersecurity was entirely my personal choice, one that I strongly believed in from the beginning. It was a path that both my family and I supported wholeheartedly, and that support has reinforced my confidence every step of the way. Looking back, I feel grateful for trusting my instincts and choosing a profession that aligns with my values, passion, and purpose.

18. What has been your most exciting role to date?

The most exciting role I have held is the one I have today, because it offers countless challenges and keeps me constantly growing. The industry I work in is powerful, dynamic, and uniquely demanding, which makes every day meaningful and full of purpose. Being part of such an evolving and impactful field motivates me, pushes me to improve continuously, and makes my current role truly the most inspiring one in my career so far.

19. What is the best and worst experience you have had in your career?

The worst experience I have had in my career was working in a very toxic environment during a particularly sensitive period of my life, which made the situation even more challenging. In contrast, one of my best experiences has been the genuine warmth and support I received from my colleagues in my current role—they welcomed me with open arms, made me feel part of the team immediately, and showed me that a healthy, collaborative environment can truly make a difference. Feeling accepted and valued from the very first moment has been one of the most meaningful highlights of my professional journey.

20. Do you enjoy your work, and why? What's your favourite and least favourite part of your job?

I really enjoy my work because every day brings new opportunities to learn and grow. I see my team evolving, becoming stronger and more confident day by day, and that makes me incredibly proud. At the same time, it's deeply rewarding to witness how the entire organization is becoming increasingly aware of the importance of security. Knowing that my efforts—and my team's efforts—contribute to building a safer, more resilient environment gives me a strong sense of purpose and fulfillment.

21. What role has networking played in your skill development?

Networking has played a meaningful role in my skill development by giving me access to valuable insights, diverse perspectives, and real-world experiences shared by others. It has helped me learn faster, broaden my understanding of the field, and continuously benchmark my professional growth. Beyond technical knowledge, networking has strengthened essential soft skills like communication and collaboration, turning career development from an individual effort into a shared, empowering journey.

22. What's the next big milestone you're working towards (if you can and want to share)?

My next big milestone is to become more actively involved in group and global projects. I am eager to contribute to broader initiatives, collaborate with diverse teams, and gain exposure to international perspectives. Engaging in global projects will not only strengthen my professional growth but also allow me to bring greater value back to my team and organization.

23. Do you have any passion or side-projects you're focusing on?

I have a wonderful family, and they will always be my first priority. We truly enjoy spending time together, and one of our greatest passions is traveling. Exploring new places and creating memories as a family gives me energy, balance, and happiness. They inspire me every day and make me even more passionate and focused in my work, reminding me of what truly matters in life and motivating me to give my best in everything I do.

24. How do you handle criticism?

Criticism can be either good or bad, but in both cases it can help us grow. I believe we should listen to others with an open mind and use their feedback to become better versions of ourselves—either by improving something we can do better or by avoiding behaviors that don't align with who we are as individuals. Constructive criticism helps us evolve, while even negative criticism can guide us toward greater self-awareness and personal growth when approached with the right mindset.

25. How do you manage stress?

I am constantly trying to understand what truly matters in our lives and what is worth our energy—not everything should make us stressed. Finding personal balance and learning from past experiences has helped me manage stress more effectively over time. By focusing on what is genuinely important and treating every challenge as a lesson, I am able to stay grounded, maintain clarity, and navigate demanding situations with greater confidence and calmness.

26. Cybersecurity is considered a very demanding and “intrusive” career in someone’s life (takes a lot of hours, lots of learning constantly, you are “seeing” cybersecurity triggers everywhere even outside of work). How do you balance work and personal life?

Cybersecurity is certainly an intrusive and demanding career, but having the right people in our lives to support us makes all the difference. My personal life is not always perfectly balanced—and that's completely acceptable. We need to remember that we cannot be perfect all the time, and that's okay. What matters is having a strong support system, recognizing our limits, and giving ourselves permission to be human while navigating such a challenging profession.

27. What do you do to prevent burnout in such a demanding line of work?

The best way to prevent burnout is to set clear priorities and try to stay focused on what truly matters. It's not always easy—life and work can become overwhelming at times—but we need to keep trying and remain mindful of our limits. By organizing our responsibilities, protecting our energy, and continuously redirecting our attention to what is essential, we can reduce stress and protect ourselves from reaching a burnout. Consistency and self-awareness are key to maintaining balance in a demanding field like cybersecurity.

28. How do you set boundaries in the workplace?

I am trying to set boundaries based on my priorities, ensuring that I stay focused on what truly matters. For me, setting boundaries in the workplace means clearly defining and communicating my limits regarding time, workload, communication, and personal space so that I can maintain a sustainable, productive, and healthy environment. Effective boundaries act as essential “guardrails” that prevent burnout, improve focus, and protect my mental well-being. They help me stay grounded, balanced, and aligned with my priorities, even in a demanding field like cybersecurity.