

# MARIA TSITSIRIGKOU

## PROFESSIONAL SUMMARY

Experienced maritime leader with strong background in guiding teams, managing complex projects, and achieving strategic objectives. Excels in developing efficient processes, ensuring high standards, and aligning efforts with organizational goals. Known for collaborative approach and commitment to excellence.

## AWARDS

Corporate People Award 2017  
Annual Awarding Programme of HSSQEE Excellence 2023

## WORKING EXPERIENCE

**Marine HR Specialist**, 02/2024 to Current  
**XT Group - Athens**

**Crew Operator**  
**Dynagas Ltd - Glyfada, Greece**

**Crew Operator**  
**Delta Tankers Ltd**

**Crew Officer**  
**Almi Tankers S.A**

**HR Officer**  
**Almi Tankers S.A**

**HR Assistant**  
**Almi Tankers S.A & Fairsky Shipping and Trading S.A.**

**Assistant Researcher**  
**University of the Aegean**

**Admin Assistant to Ops, GM, Crew, Treasury, CFO**  
**Tsakos Shipping and Trading S.A.**

## EDUCATION

Health And Wellness, Expected in 2028  
**HAEC** - US

Master, Shipping, Trade and Transport, 10/2010  
**University of the Aegean** - Chios Island

Bachelor, Maritime Studies, 09/2009  
**University of Piraeus**

## CONTACT

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**Email:**  
maria.tsitsirigkou@gmail.com

## PROFILE

- linkedin.com/in/tsitsirigkou-maria

## SKILLS

- Risk Assessment
- Coaching
- Crew management
- Talent acquisition
- Employee relations
- Recruitment marketing
- Onboarding expertise
- Public speaking
- Data analytics
- Quality management
- Training management
- Quality assurance and control
- Strategic planning
- Multicultural sensitivity
- Crisis management
- Research

## INTERESTS

Basketball, Travelling, Social responsibility

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## OTHER CERTIFICATES

- ECDL Course certificate
  - Certificate in Business Strategy and Planning
  - Toolkit of IIR Management Development Programme
  - Received Almi Tankers 1st Corporate People Award 2017
  - Driving licence B
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## LANGUAGES

English- Proficiency of Michigan

French- Delf I

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## SEMINARS AND TRAININGS

- February 2025 LOSS PREVENTION WEBINAR - Unlocking the Drivers of Seafarer Mental Wellbeing - BRITANIA P&I
  - December 2025 Management and Soft Skills - Green Jakobsen
  - December 2025 Smartphone photography workshop for social media - Michal Derhy Vieman
  - October 2025 - December 2025 Human Performance Webinar Series - Green Jakobsen
  - January 2021 1st module – International Regulation and Collaboration, MARIWEL - World Maritime University
  - March 2019 4th IFOSMA forum- University of Piraeus
  - November 2018 Behaviour Based Safety – DNV-GL
  - May 2018 6th Maritime Trends Conference-Marine Tours
  - March 2018 Introducing Soft Skills -Green-Jakobsen
  - Jan 2018 ISO 9001:2015 & 14001:2015 Internal Management System Audit Training for Ship Operators – LR
  - Nov 2017 "Is this world changing" 4th Athens Triennial Meeting-Cass
  - Nov 2015 STCW Convention Workshop- DNV-GL
  - June 2015 Vessel Response Plan -O'Briens
  - June 2015 First Aid – Almi Tankers/Occupational Doctor
  - March 2015 Facilitation Training -Kommunikationslotsen
  - Oct 2014 OHSAS 18001:2007 Appreciation and Interpretation – LR
  - Oct 2013 Emergency Preparedness and Response- Almi Tankers
  - Sept 2013 Excel Advanced- Infolab
  - May,2013 Seminar in Crew Management- Hellenic Management Centre
  - March 2013 10 Days of Coaching Training- Coaching Bedford
  - Dec 2012 National Labour - Insurance matters - Future Business School
  - Nov 2012 Balanced Scorecard BootCamp - Palladium Kaplan Norton at Doha
  - July 2012 ILO-MLC – LR
  - April 2012 Business Strategy and Planning Toolkit - IIR
  - Dec 2009 Ships and their commercial employment, Financial Terms of Charter Parties-Hellenic Management Centre
  - April 2008 Port Agency - Hellenic Management Centre
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