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Chancellor of Abu Dhabi University, Past President ...
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Learning About Happiness from the Expert

Every time I visit Bahrain, I catch up with my good friend and former colleague, Ms. **Tania Stephan**. Tania was my Office Director for four years when I was the President of **Applied Science University Bahrain**. She is now pursuing a career as a happiness coach and has already run two very successful workshops on happiness for our faculty and staff at **Abu Dhabi University** (ADU) and our sister university, **Liwa University**, as we strongly believe that happiness at work leads to improved productivity.

During our meeting yesterday, which my daughter Hannah attended, Tania shared her thoughts on happiness and how we can find it. Our conversation was deep, and Tania believes that happiness is more of a journey than a destination. I hope that one day we can overcome all miseries, especially wars and poverty, so we can all be happy.

Tania is a transformational happiness and well-being coach, an inspiring leader, the founder of Spiritania (<https://spiritania.co>), and an international speaker. Through coaching, workshops, and retreats, she guides people to unlock their full potential and live happier, more fulfilling lives. I highly recommend Tania to organizations seeking to create happy employees, as her expertise in this area is exceptional.

The letters in the word happiness mean to me: Hope, Appreciation, Positivity, Peace, Inspiration, Nurturing, Empathy, Serenity, and Satisfaction.

"Happiness is not something ready-made. It comes from your own actions." - Dalai Lama

#Happiness #Hope #Spiritania #ADU #Bahrain

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