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Work as Therapy: Finding Joy in Leadership

In my role as chancellor, I often think about the saying, "No rest for the wicked." However, I believe that work can be more than just a job; it can be like therapy when driven by passion.

Every day, I have the chance to engage with ideas that inspire me. This passion makes my work feel important. Helping students learn, encouraging new ideas, and shaping the future of our university is truly fulfilling.

I've realized that leading, mentoring, and creating can be very therapeutic. It allows me to put my energy into something meaningful, giving me a sense of purpose. The challenges we face are not just problems; they are opportunities for growth.

As I navigate my responsibilities, I see my work as a way to make a positive impact. This passion not only enriches my life but also helps our entire community.

While I know I need to rest and reflect, I also celebrate the joy that work brings. Each day is a chance to make a difference. The most important thing is working with a visionary leader, Dr. Ali Bin Harmal Aldhaferi, Ph.D., who values my contributions and gives me the energy to keep going. Every day brings a new connection, a new idea, and a new opportunity for ADU.

To be honest, I never knew how to rest my brain even during breaks, but perhaps the passion I have for my job keeps me going.

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