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Chancellor of Abu Dhabi University, Past President ...
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Meeting a Happiness Coach

During my Weekend visit to Bahrain, I met my good friend Ms. **Tania Stephan**, who worked with me for four years as Office Director while I was President of **Applied Science University Bahrain**. During this time, I experienced firsthand the importance of loyalty in leadership. Tania exemplified loyalty, dedication, and support. She is now pursuing a career as a happiness and well-being coach, founding Spiritania, and serving as an international speaker. Through coaching, workshops, and retreats, Tania guides people to unlock their full potential and live happier, more fulfilling lives.

<https://spiritania.co>

ADU has already collaborated with Tania on a project to leverage her expertise, as happiness at work leads to improved productivity. The Center for Faculty Development and Learning Innovation at ADU, headed by my esteemed colleague Dr. **Mohammad Fteiha**, organized three amazing workshops on happiness led by Tania for colleagues at Abu Dhabi University and our sister university, Liwa University. In total, 260 colleagues attended either online or in person.

During our meeting, we explored opportunities for future collaboration as we are on a mission to nurture talent at ADU. This is why we renamed the HR Department to the Talent Empowerment and Growth Department, headed by my esteemed colleague Allison Hope Hamilton MHRM, SHRM-SCP. Our future collaboration will focus on faculty, staff, student, and alumni development.

"Count your age by friends, not years. Count your life by smiles, not tears."

— John Lennon

#happiness #wellbeing #coaching

Abu Dhabi University Khulud Abdallah



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