



Ghassan Aouad

Chancellor of Abu Dhabi University, Past President ...
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Workshops on Happiness: A Journey Toward Well-Being

The **Center for Faculty Development and Learning Innovation** at ADU, headed by my esteemed colleague Dr. **Mohammad Fteiha**, organized over the last 2 days three amazing workshops on happiness led by **Tania Stephan**, founder of Spiritania, for colleagues at **Abu Dhabi University** and **Liwa College**. In total, 260 colleagues attended either online or in person.

Ms. Tania Stephan facilitated three very informative workshops over 2 days for our senior leadership team, faculty, and staff, focusing on "The Radiance of Success: The Perfect Harmony Between Life and Work for Sustainable Happiness and Well-Being." The objectives included developing a deeper understanding of happiness, well-being, and sustainable success; identifying key components of life-work harmony; acquiring practical tools to manage stress and improve well-being; fostering positivity and building thriving work environments; and gaining insights into goal-setting and habit formation.

Tania is a transformational happiness and well-being coach, founder of Spiritania, and 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>

#happiness #wellbeing #coaching

The way I see it, if you want the rainbow, you gotta put up with the rain. Dolly Parton

Hamad Odhabi Professor Barry O'Mahony Prof. Mohamed Dhiaf Hany EL KADI Santosh Kumar Ray Faiza Zitouni PhD, FHEA, PFHEA Mayssa El Ahmad Allison Hope Hamilton MHRM, SHRM-SCP. Bassam Mura, MBA Carine Alwane Rizk Noor Al Masri Khulud Abdallah Fatma Al Kaabi Maitha Almansoori Mouza Al Marzouqi Mazen Kashou



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