



Professor Ghassan Aouad

Chancellor of Abu Dhabi University, Past President ...
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The Culture of Joy: Voices of ADU Staff

Following the successful staff development day organized by our Talent Empowerment and Growth Department, led by our dedicated Director, Allison Hope Hamilton MHRM, SHRM-SCP., a booklet was presented to us about the culture of joy produced by **Tania Stephan**. This booklet contains information about what our staff would like us to do when asked by Tania. I have included a summary in the attached picture of the tree. Tania Stephan, a happiness and well-being coach and founder of Spiritania, shared her expertise on cultivating happiness for both inner and outer growth. This is the second time ADU has benefited from Tania's insights and extensive experience.

Many thanks 🙏 Tania for a fascinating booklet.

**#CultureOfJoy #StaffDevelopment #Happiness #WellBeing
#TalentEmpowerment #InnerGrowth #OuterGrowth #ADU
#TaniaStephan**

**Hamad Odhabi Professor Barry O'Mahony Mohammad Fteiha
Khulud Abdallah Abu Dhabi University**



Collected During Staff Development Day

30 May 2025

"I am here to enhance our culture by..."

