



Professor Ghassan Aouad

Chancellor of Abu Dhabi University, Past President ...

2w



Advice from Life and Professional Experiences

During our personal and professional journeys, the lessons we've learned can be invaluable. Here are some key pieces of advice based on my humble experience:

1. **Work Hard but Smart:** Dedicate yourself to your goals and put in the effort needed to achieve them.
2. **Get Paid What You Are Worth:** Understand your value and don't hesitate to negotiate your salary or fees. Accepting less can undermine your worth.
3. **Embrace Lifelong Learning:** Always be curious and open to new knowledge. The world is constantly changing, and staying updated can help you adapt and thrive.
4. **Build a Strong Network:** Cultivate relationships with mentors, peers, and professionals in your field. Networking can open doors to opportunities and provide valuable insights.
5. **Prioritize Mental Health:** Take care of your mental well-being. Practice mindfulness, seek support when needed, and find a balance between work and personal life.
6. **Be Financially Savvy:** Learn about budgeting, saving, and investing. Understanding your finances early can lead to greater stability and freedom in the future. Please do not be stingy.
7. **Stay Resilient:** Failure is a part of life. Learn from your mistakes, and don't be afraid to try again. Resilience will help you overcome challenges.
8. **Be Authentic:** Stay true to yourself and your values. Authenticity can build trust and attract the right people and opportunities into your life.
9. **Give Back:** Engage in your community and help others. Volunteering can provide perspective, build skills, and create a sense of fulfillment.
10. **Stay Informed:** Keep up with current events and social issues. Being informed helps you make better decisions and contribute positively to society.
11. **Take Risks:** Don't be afraid to step out of your comfort zone. Taking calculated risks can lead to personal and professional growth.
12. **Practice Gratitude:** Regularly reflect on what you're thankful for. A positive mindset can improve your overall happiness and outlook on life. It is unfortunate that some people think that when you say "thank you", it is a sign of weakness.

Most importantly be happy if you can.

"Do not be too soft, lest you be squeezed; nor too hard, lest you be broken."- Imam Ali bin Abi Talib

#Advice #LifeLessons #ProfessionalGrowth #WorkHard #MentalHealth #Networking #FinancialLiteracy #Resilience #Authenticity #Community #Gratitude

Abu Dhabi University Mohammad Fteiha Allison Hope Hamilton MHRM, SHRM-SCP. **Khulud Abdallah**

