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Reflecting on an Inspiring Staff Development Day

Yesterday, I had the pleasure of attending a truly enjoyable four-hour staff development day organized by our **Talent Empowerment and Growth Department - Abu Dhabi University**, led by our dedicated Director Allison Hope Hamilton MHRM, SHRM-SCP. Over 150 colleagues participated, creating an engaging and collaborative atmosphere.

I had the honor of delivering a welcoming speech titled "Leadership and Ownership: Service Improvement Sprints – Small Changes, Big Impact – Being a Change Champion in Your Team." This set the stage for a series of insightful presentations that followed.

First, my good friend **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 vast experience. Next, Dr. Hasan Johnson from **New York University** presented on the vital topic of "Personal to Professional Growth: Working Across Cultures," emphasizing the importance of fostering belonging, inclusion, and professionalism in a global workplace. Lastly, **Neli Merris** from Inner Seed discussed essential strategies for "Mental Health: Managing Your Own Wellbeing While Supporting Others," providing valuable insights into self-care and support.

Our Master of Ceremonies, the esteemed **Jennifer Teena Samson** kept the energy high with entertaining games and innovative ideas that brought us all together.

I would like to extend my heartfelt thanks to our Director of the Talent Empowerment and Growth Department, Ms Allison Hope Hamilton MHRM, SHRM-SCP., and her team for orchestrating such an excellent staff development day. It was an inspiring opportunity for growth and connection.

Henry Ford – "Coming together is a beginning, staying together is progress, and working together is success."

Helen Keller – "Alone we can do so little; together we can do so much."

#Leadership #TeamGrowth #StaffDevelopment #Happiness #Wellbeing #MentalHealth #DiversityAndInclusion #ChangeChampions #ProfessionalDevelopment #Empowerment

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283 · 17 Comments