

## AAU Promotes the concepts of Self-esteem, Happiness and Tolerance



As an healthy self-esteem is essential for growth and achieving success, the Deanship of Student Affairs in Al Ain University of Science and Technology organized a healthy event about the Psychological health on the occasion of World Health Day. The event contained a workshop entitled “How can you appreciate yourself?” presented by trainer Hazem Hussain from the Continuing Education Center, in the presence of Prof. Ghaleb El Refae –AAU President, Prof. Abdulhafid Belarbi –AAU Vice President (Al Ain Campus), Dr. Ibtehal Aburezeq –Dean of Student Affairs, academic and administrative staffs and AAU’s students.

The workshop dealt with the basic stages for self-esteem, which was divided by trainer Hazem into three parts: self-assessment, self-acceptance and self-esteem, he also discovered some techniques that can dramatically change how the person feels about himself, and how he can approach the world to get the things that he wants. Mr. Hazem emphasized on the importance of self-esteem by saying “Of all the judgments you make in life, none is as important as the one you make about yourself. Without some measure of self-worth, life can be painful and unrelenting”.

Commenting on the workshop, Prof. El Refae stressed on the importance of self-development to reach a sense of happiness and the personal development enables the person to face the difficulties and situations that may face in his life, Advising students to develop their abilities and personalities so they can face the job market in the future.

Dr. Ibtehal Aburezeq appreciated trainer Hazem’s efforts for presenting this workshop which has been very successful and provided special thanks for the Continuing Education Center for their cooperation.

On the other hand, the event contained an exhibition about happiness and tolerance presented by students from the department of Humanities and social sciences, in addition to folklore shows presented by students from Al Nahyaneia school.

**Press Release Link:** <https://goo.gl/QHBr85>