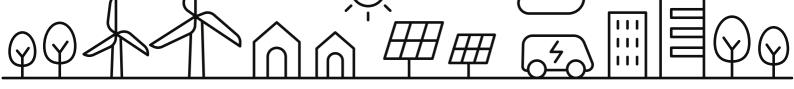


Ajman University Social Impact Training Report

2020-2024





Training Session Title:World Health & Safety Day

Duration: 1 hour

Number of attendees

reached: 25

Audience: Students, Faculty

and Staff Members







Training Session Title:

First Aid Awareness Session - CPR Techniques

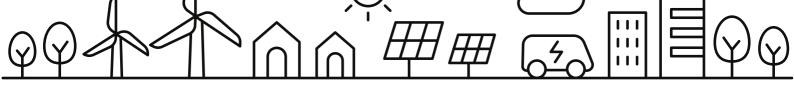
Duration: 2 hours

Number of attendees reached:

29

Audience: Faculty and Staff

Members



Training Session Title:

Emergency Mock Drill Training (Sports Complex)

Duration: 1 hour

Number of attendees

reached: 23

Audience: Students, Faculty

and Staff Members







Training Session Title: Fire Safety Training by Ajman

Civil Defense

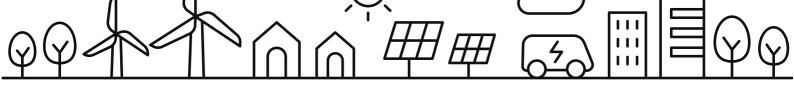
Duration: 2 hours

Number of attendees

reached: 35

Audience: Faculty and Staff

Members



Training Session Title:

Fire Safety at Home Training by Ajman Police

Duration: 1 hour

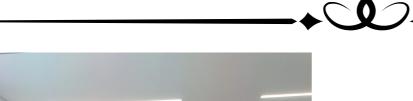
Number of attendees

reached: 30

Audience: Students, Faculty

and Staff Members







Training Session Title:

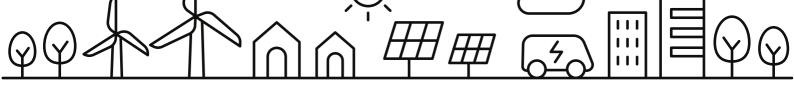
CPR Training

Duration: 2 hours

Number of attendees

reached: 35

Audience: Students, Faculty



Training Session Title:

Emergency Mock Drill Training by Civil Defense (Female Hostel)

Duration: 1 hour and a half

Number of attendees

reached: 55

Audience: Students and Staff

Members







Training Session Title:

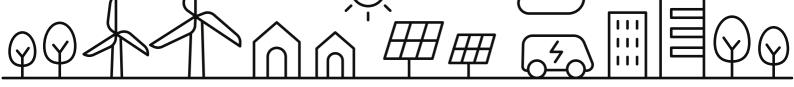
Emergency Mock Drill Training by Civil Defense (SZC)

Duration: 2 hours

Number of attendees

reached: 55

Audience: Students, Faculty



Training Session Title: Incident Investigation Training

Duration: 8 hours

Number of attendees

reached: 15

Audience: Faculty and

Staff Members



As the leader in professional training, we draw on our years of worldwide experience to provide effective learning and development opportunities. We make a difference to individuals, teams and businesses, nurturing talent and enabling continuous organizational progression. Our specialists partner with course participants, identifying improvement objectives and supporting the professional journey.

SGS ACADEMY

INCIDENT INVESTIGATION



all persons who have occupational health and safety responsibilities with a basic understanding of how to identify the root causes(s) of incidents in order to take corrective action and what controls can be implemented to prevent further occurrences of such events.

- investigation
- Discussing the purpose of incident investigation

2. Investigate the causes and consequences of incidents by

- Discussing the causes of incidents
- Examining factors to consider in



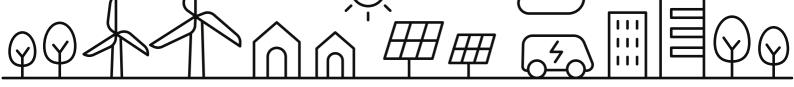


Training Session Title: Sedentary Lifestyle Webinar

Duration: 1 hour

Number of attendees reached: 114

Audience: Students, Faculty and Staff Members, and the General Public



Training Session Title:

Safe Working Systems for Contractors Training

Duration: 1 hour

Number of attendees

reached: 3

Audience: Contractors





Training Session Title:HABC Certified First Aid Training

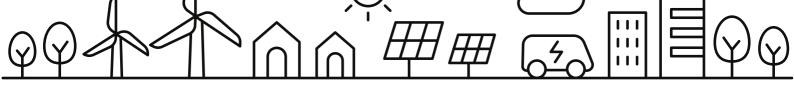
Duration: 6 hours

Number of attendees

reached: 40

Audience: Faculty and Staff

Members



Training Session Title:

HABC Level 2: International Certificate in Risk Assessment

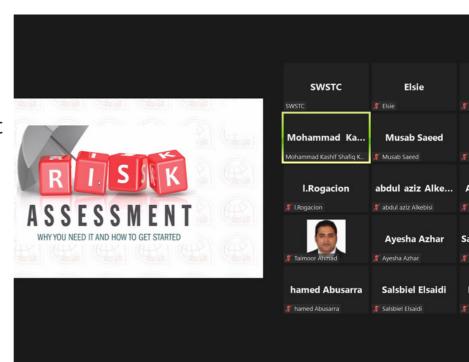
Duration: 6 hours

Number of attendees

reached: 20

Audience: Faculty and Staff

Members







Training Session Title:HABC Certified Fire Safety Training

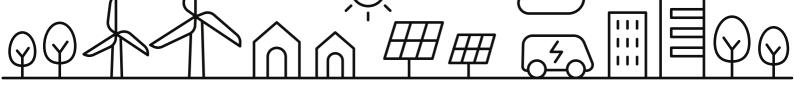
Duration: 6 hours

Number of attendees

reached: 40

Audience: Faculty and Staff

Members



Training Session Title:

First Aid for Burns

Duration: 1 hour

Number of attendees

reached: 45

Audience: Students, Faculty

and Staff Members



The Office of Environmental Health and Safety is pleased to invite you to a first aid webinar

First Aid for Burns



Thursday 29 April, 2021 12:00 PM - 1:00 PM

Speaker: Mrs. Ala'a Al Amiry

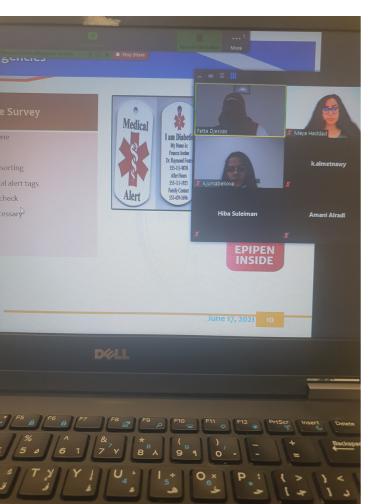
Lecturer at College of Pharmacy and Health Sciences and BLS Instructor



To attend the webinar, please scan the barcode for a quick registratio







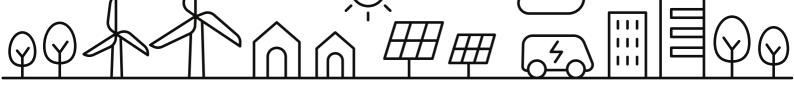
Training Session Title:

Emergency Preparedness Training

Duration: 2 hours

Number of attendees reached: 54

Audience: New Students



Training Session Title:

Safety Measures during Covid-19 Training

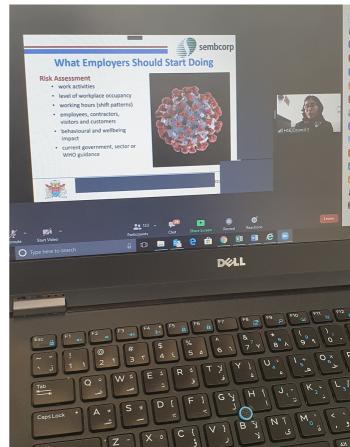
Duration: 2 hours

Number of attendees

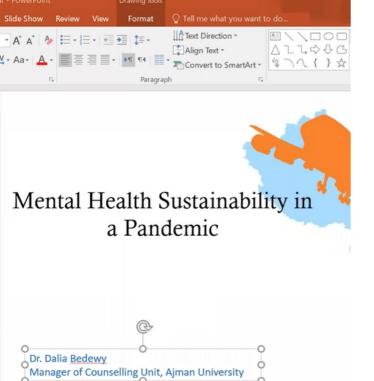
reached: 123

Audience: Students, Faculty and

Staff Members







dd notes

Training Session Title:

Mental Health Sustainability in a Pandemic

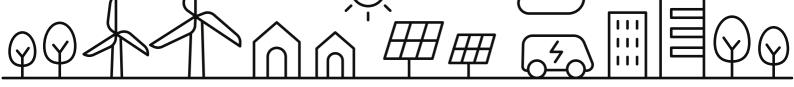
Duration: 1 hour

Number of attendees

reached: 50

Audience: Students, Faculty and

Staff Members



Training Session Title:

Safe Working Systems and Standard Operation Practices Manuals (Risk Assessment)

Duration: 2 hours

Number of attendees

reached: 13

Audience: Faculty and Staff

Members







Training Session Title:

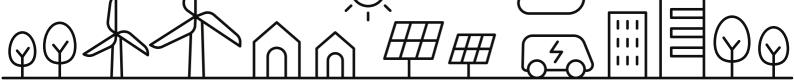
World Day for Safety and Health at Work

Duration: 1 hour

Number of attendees

reached: 7

Audience: Staff Members





Training Session Title:

Anti-Smoking Campaign: Smoking takes your breath away

Duration: 1 hour

Number of attendees

reached: 103

Audience: Students, Faculty and Staff

Members, and the General Public

As part of the Anti-Smoking Campaign, the Office of Environmental Health and Safety and the Office of Medical Services cordially invite you to attend:

TAKES YOUR **BREATH AWAY**











An exciting session featuring:

- Lessons on how to quit smoking through exercise.
- Using the Smokerlyzer to know the Carbon Monoxide levels in your body.
- Announcing the Anti-Smoking poster competition winner.
- Amazing prizes awaits participants.

Training Session Title:

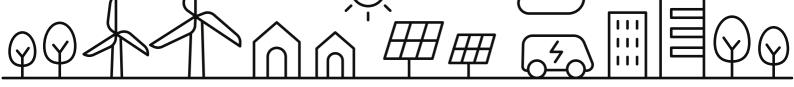
Anti-Smoking Campaign: Main event

Duration: 1 hour

Number of attendees reached: 82

Audience: Students, Faculty and Staff Members, and the General Public





Training Session Title:

Food Safety Internal Audit Training

Duration: 4 hours

Number of attendees

reached: 4

Audience: Staff members







Training Session Title:

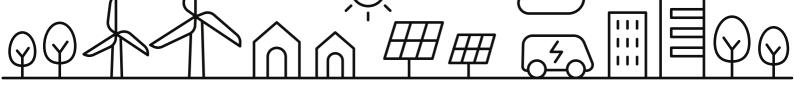
HABC Level 2: International Certificate in Food Safety

Duration: 5 hours

Number of attendees

reached: 6

Audience: Staff Members



Training Session Title:

Role of higher education in building back better from COVID-19 and advancing the 2030 Agenda by UN

Duration: 1 hour 30 minutes

Number of attendees

reached: 90

Audience: Students, Faculty and Staff Members, and the

General Public





HES GLO 6 July



Transformation of higher education post COVID-19

27 APRIL 2022, 09.00 - 10.30 AM (New York time)

Register at: https://sdgs.un.org/HESI





AJMAN UNIVERSITY

The Office of Medical Services & Office of Environmental Health and Safety are pleased to invite you to a webinar.

Stress Management

in Work & Life

MON | JULY | 2:00 DAY | 5TH | PM **Dr. Yasir Ali Malik** (MBBS, MD) Specialist Psychiatrist

Training Session Title:

Stress Management in Work & Life

Duration: 1 hour

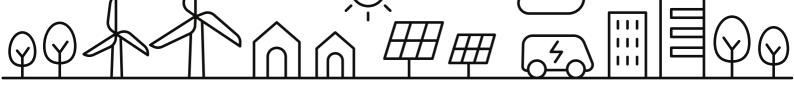
Number of attendees

reached: 40

Audience: Students,

Faculty and Staff Members,

and the General Public



Training Session Title:

Food Safety Management requirements in accordance with International Standard ISO 22000:2018

Duration: 2 hours

Number of attendees

reached: 24

Audience: Students, Faculty and Staff Members, and the

General Public







On the occasion of the International Day of Women and Girls in Science, the Office of Environmental Health and Safety and AU Women Empowerment Council cordially invite you to attend:

Women in Science Drive Sustainable Development

Lessons in climate change, health, safety, and green economies

- Roundtable discussion on sustainable environment, women empowerment, diversity, and emergency preparedness
- 0&A session

Click here to register.

Guest of Honor: Dr. Diana Francis - Atmospheric Scientist, Khalifa University

February 21, 2022 3:00 PM - 4:30 PM



Training Session Title:

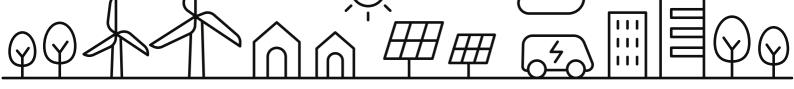
Women in Science Drive Sustainable Development: Lessons in climate change, health, safety, and green economies

Duration: 1 hour 30 minutes

Number of attendees reached: 152

Audience: Students, Faculty and Staff Members, and the General

Public



Training Session Title: Food Safety on Campus

Duration: 1 hour and a half

Number of attendees

reached: 17

Audience: Students, Faculty and Staff Members, and Restaurant Staff members







Training Session Title:Traffic Safety by Ajman Police

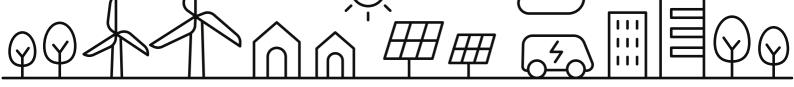
Duration: 2 hours

Number of attendees

reached: 18

Audience: Faculty and Staff

Members





The Office of Medical Services & Office of Environmental Health and Safety are pleased to invite you to a webinar on:

Training Session Title:

Breast Cancer Awareness

Duration: 1 hour

Number of attendees

reached: 41

Audience: Students, Faculty and

Staff Members

Breast Cancer Awareness





12:00 - 1:00 PM



Dr. Amal Hassan (MBBS, MRCOG) Specialist OBG





Raneem Hamoudeh College of Humanities and Science Member of AU Women Empowerment Council INCLUSIVE EDUCATION Ms. Raneem Hamoudeh College of Humanities and Science Member of AU Women Empowerment Council Ms. Raneem Hamoudeh December 7, 2021 17

Training Session Title:

Developing a culture of inclusion: health and safety of persons with disabilities

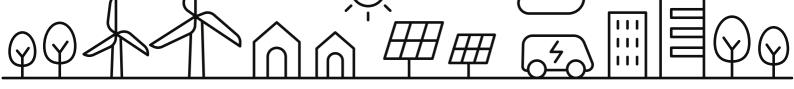
Duration: 1 hour

Number of attendees

reached: 96

Audience: Students, Faculty and Staff Members, and the

General Public



Training Session Title:

First Aid Awareness for Bus Drivers

Duration: 1 hour

Number of attendees

reached: 7

Audience: Staff Members





Training Session Title:

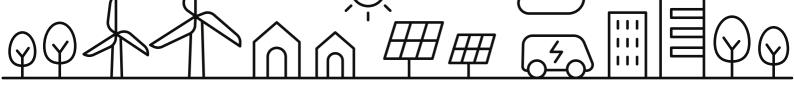
Safety on Campus and Emergency Plans and Procedures Training 2021

Duration: 1 hour

Number of attendees

reached: 55

Audience: New Students



Training Session Title:

Safety & Emergency Preparedness at AU 2022

Duration: 1 hour

Number of attendees

reached: 54

Audience: New Students







Training Session Title:

UN Youth Cafe: SDG

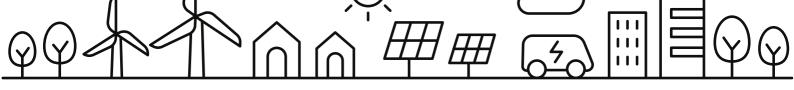
Workshop

Duration: 3 hours

Number of attendees

reached: 32

Audience: Students



Training Session Title:

Emergency Evacuation Mock Drill for Female Hostel Students

Duration: 2 hours

Number of attendees

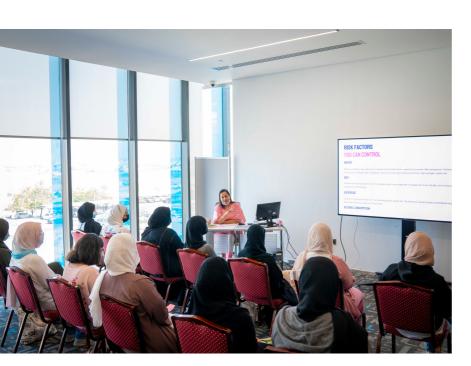
reached: 50

Audience: Students and Staff

Members







Training Session Title:

Early Detection for Our Protection Awareness Day

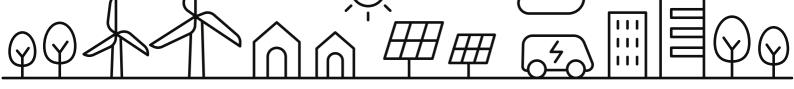
Duration: 2 hours

Number of attendees

reached: 124

Audience: Students,

Faculty and Staff Members



Training Session Title:

Walk Away from Diabetes Awareness Day

Duration: 3 hours

Number of attendees

reached: 52

Audience: Students, Faculty

and Staff Members





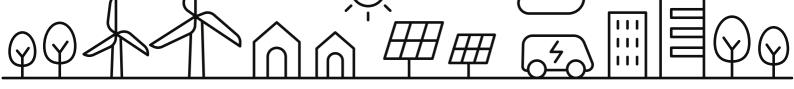
Training Session Title:Summer Without Accidents

Duration: 1 hour

Number of attendees

reached: 35

Audience: Staff Members



Training Session Title:

Basic Life Support Awareness

Duration: 2 hours

Number of attendees

reached: 25

Audience: Students, Faculty

and Staff Members







Training Session Title: Fire Safety Awareness Session (26/11/2019)

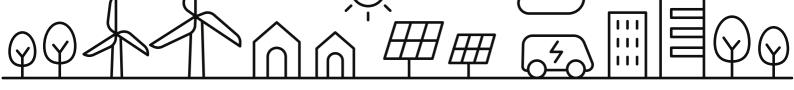
Duration: 2 hours

Number of attendees

reached: 45

Audience: Faculty and Staff

Members



Training Session Title:

Fire Safety Awareness Session (10/12/2019)

Duration: 2 hours

Number of attendees

reached: 47

Audience: Students, Faculty

and Staff Members







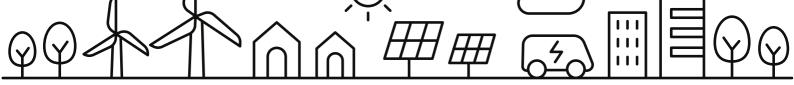
Training Session Title: First Aid Workshop for Chemical Labs

Duration: 6 hours

Number of attendees

reached: 15

Audience: Lab Techicians



Training Session Title:

Pink Window

Duration: 2 hours

Number of attendees

reached: 60

Audience: Students,

Faculty and Staff

Members





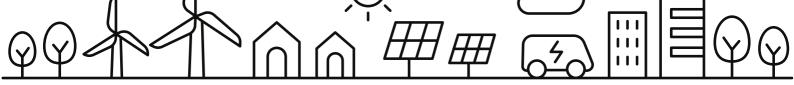
Training Session Title: How to Get A Perfect Body?

Duration: 2 hours

Number of attendees reached: 16

Audience: Students,

Faculty and Staff Members



Office of Student Life



مكتب الحياة الطلابية وحدة النشاط الرياضى

Training Session Title:

Tips for a Safe Return to the Public GYM

Duration: 1 hour

Number of attendees

reached: 6

Audience: Students, Faculty

and Staff Members

نصائح لعودة آمنة إلى الصالات الرياضية

Tips for a safe return to the public gym

(Online session)

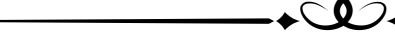
(دورة عن بُعد)

Date: November 30, 2020 Time: 5:00 – 6:00 p.m. التاريخ: ۳۰ نوفمبر ۲۰۲۰

التوقيت: ١٠:٥ – ١٠:٠ مساءً







Deanship of Student Services
Office of Student Life
Unit of Athletics



عمادة شؤون الطلبة مكتب الحياة الطلابية وحدة النشاط الرياضى

نصائح عامة عند الذهاب إلى حمامات السباحة العامة

General Advice when Going to Public Swimming Pools

۷ أبريل ۲،۲۱ ۱۱:۳۰ – ۲:۳۰ بعد الظهر



April 7, 2021

11.30 - 12.30 PN

للتسجيل يرجى الضغط هنا To register, please click here

Training Session Title:

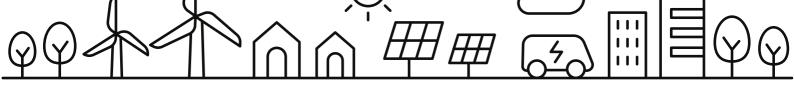
General Advice When Going Public Swimming Pools -Spring 21

Duration: 1 hour

Number of attendees

reached: 13

Audience: Students, Faculty



Deanship of Student Services
Office of Student Life
Unit of Athletics



عمادة شؤون الطلبة مكتب الحياة الطلابية وحدة النشاط الرياضي

Training Session Title:

How to Create Your Best Diet?

Duration: 1 hour

Number of attendees

reached: 15

Audience: Students, Faculty

and Staff Members

How to create your best diet



Salem Ahmed Hassan

Certifications:

- ISSA Elite Trainer
- ISSA Personal Trainer
- ISSA Exercise Therapist
- ISSA Bodybuilding Coach
- ISSA Sports Nutritionist
- IPF Powerlifting Coach & Referee



April 11, 2021 4:00 - 5:00 PM A certificate of participation will be distributed to the participants.





Deanship of Student Services
Office of Student Life
Unit of Athletics



عمادة شؤون الطلبة مكتب الحياة الطلابية وحدة النشاط الرياضي

تنظم وحدة النشاط الرياضي في مكتب الحياة الطلابية بالتعاون مع قسم التثقيف الصحي في منطقة عجمان الطبية جلسة عن بُعد تحت عنوان

The Unit of Athletics in the Office of Student Life, in cooperation with the Health Education Department at Ajman Medical Zone, organizes an online session titled

التغذية في رمضان Nutrition during Ramadan

۱۲ أبريل ۲۰۲۱ ۱۲:۳۰ – ۱۳:۱ بعد الظهر



April 12, 2021 12:30 - 1:30 PM

Training Session Title:Nutrition during Ramadan

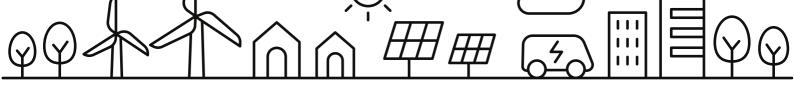
Duration: 1 hour

Number of attendees

reached: 10

Audience: Students, Faculty





Training Session Title: Fight Diabetes with **Sports**

Duration: 1 hour

Number of attendees

reached: 10

Audience: Students,

Faculty and Staff

Members



Office of Student Life

Fight Diabetes

with Sports

Wear blue and join us for a webinar on the importance of exercise when you have diabetes



March 6, 2021



3:00 p.m. – 4:00 p.m.







تنظم وحدة النشاط الرياضي بالتعاون مع قسم التثقيف الصحي في منطقة عجمان الطبية جلسة عن بُعد تحت عنوان

The Unit of Athletics, in cooperation with the Health Education Department at Ajman Medical Zone, organizes an online session titled

السمنة وطرق علاجها **Obesity Management**









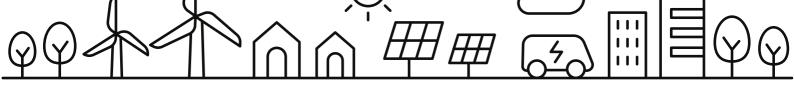


Training Session Title: Obesity Management

Duration: 1 hour

Number of attendees reached: 13

Audience: Students, Faculty





عمادة شؤون الطلبة مكتب الحياة الطالبيـة وحــدة النشــاط الرياضـي

هل ترغب في العودة للنشاط الرياضي ولكن لا تعرف كيف تبدأ؟ انضم إلينا في ورشة افتراضية بعنوان:

كيف تعود لنشاطك الرياضي

مع المدرّب عبد الله على السيد ... مدرب معتمد دولياً في اللياقة البدنية



تُقام الورشة باللغة العربية 30 سبتمبر 2021



🕒 1:30 - 12:30 ظهراً



Training Session Title:

How to Return to your Sporting Activity?

Duration: 1 hour

Number of attendees

reached: 19

Audience: Students, Faculty

and Staff Members

AJMAN UNIVERSITY

هل تعلم أنّ النظام الغذائى الصحى يُعتبر الأساس للحصول علىّ جسم يعمل بشكل جيد وكفؤ؟ لمعرفة المزيد، انضم إلينا في ورشة افتراضية بعنوان:

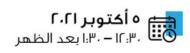


Training Session Title: Healthy Food

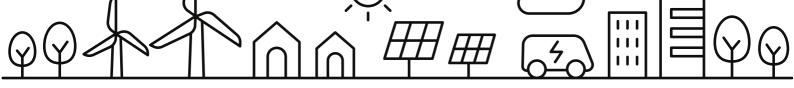
Duration: 1 hour

Number of attendees reached: 22

Audience: Students, Faculty









Deanship of Student Services Office of Student Life Unit of Athletics

Training Session Title:

Pink Window (The Breast Cancer Awareness)

Duration: 1 hour

Number of attendees

reached: 22

Audience: Students, Faculty and

Staff Members

Pink Window

Join us for the Breast Cancer Awareness

Online Session

- Lecture on prevention and treatment
- Creative ideas
- Fitness exercises
- Competitions and awards



October 12, 2021



12:30 PM



Training Session Title:Tips Safe Return Public Gym

Duration: 1 hour

Number of attendees

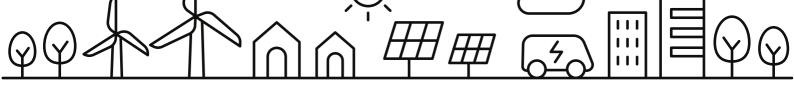
reached: 37

Audience: Students, Faculty and

Staff Members

Tips for a Safe Return to the Public Gym

(Online session)





Deanship of Student Services
Office of Student Life

Training Session Title:

Health Education Event about Diabetes Mellitus

Duration: 1 hour

Number of attendees

reached: 28

Audience: Students, Faculty

and Staff Members

Health Education event about

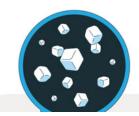
Diabetes Mellitus

November 18, 2021













General Advice When Going to Public Swimming pool

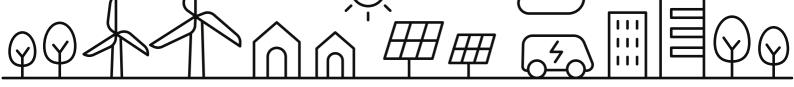
Training Session Title:
General Advice When Going to Public Swimming Pool

Duration: 1 hour

Number of attendees

reached: 12

Audience: Students, Faculty





Deanship of Student services Office of Student Life

Training Session Title:

Your Health in Deep Breathing

Duration: 1 hour

Number of attendees

reached: 29

Audience: Students, Faculty

and Staff Members

صحتك في التنفس العميق

(جلسة عن بعد)

Your health in deep breathing

(Online session)





Deanship of Student services Office of Student Life

Mental Health and Emotional Eating Webinar

Workshop - Sports - Competition





Training Session Title:

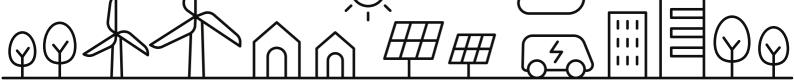
Mental Health and Emotional Eating Webinar

Duration: 1 hour

Number of attendees

reached: 20

Audience: Students, Faculty





عمادة شؤون الطلبة Deanship of Student Services

Training Session Title:

Proper Breathing Brings Better Health

Duration: 1 hour

Number of attendees

reached: 34

Audience: Students, Faculty

and Staff Members

التنفس الصحيح مفتاح صحتك

Proper Breathing Brings Better Health

Date: Jan 7, 2022 Time: 10:00-11:00: a.m.





Did you know that healthy diet is key to a well-functioning and efficient body?

workshop entitled:

Training Session Title: Your Diet Your Health

Duration: 1 hour

Number of attendees

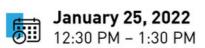
reached: 56

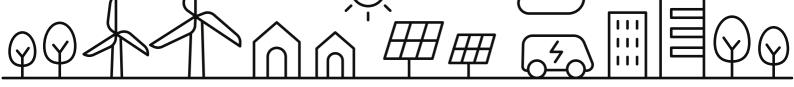
Audience: Students, Faculty

and Staff Members

Your Diet Your Health









Deanship of Student Services Office of Student Life

To learn more, join us for a virtual workshop entitled: **Training Session Title:**

Duration: 1 hour 30 minutes

Diabetes with Lifestyle Changes

Number of attendees reached: 49

Audience: Students, Faculty and Staff Members

Diabetes with Lifestyle

Changes

General tips and advice about diabetes



By

Dr.Ashraf Nazmy





Deanship of Student Services Office of Student Life

General tips and advice on how to maintain a healthy heart To learn more, join us for a virtual workshop entitled:

Heart health with lifestyle changes



Dr. Ashraf Nazmy

Training Session Title: Heart Health with Lifestyle

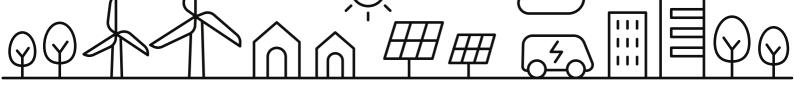
Changes

Duration: 1 hour

Number of attendees

reached: 29

Audience: Students, Faculty





General tips and advice on how to maintain a healthy lifestyle and lose weight To learn more, join us for a virtual workshop entitled:

Your happiness in your Healthy Lifestyle

إرشادات عامة ونصائح عامة عن كيفية المحافظة على الصحة والتخلص من الوزن الزائد انضم إلينا في ورشة افتراضية بعنوان:

سعادتك في نمط حياتك الصحية





Training Session Title:

Your Happiness in Your Healthy lifestyle

Duration: 1 hour 30 minutes

Number of attendees

reached: 52

Audience: Students, Faculty

and Staff Members



Deanship of Student services عمادة شؤون الطلبة Office of Student Life

انضم إلينا في ورشة افتراضية بعنوان:

الوقاية من الاصابات الرياضية

Join us for a virtual workshop entitled:

Sports Injury Prevention

17 مارس 2022 12:30 - 13:30 بعد الظهر



March 17, 2022

12:30 - 1:30 PM

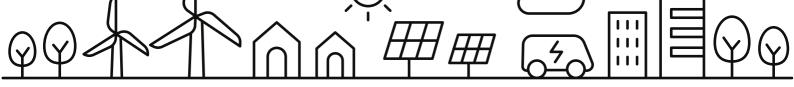
Training Session Title: Sports Injury Prevention

Duration: 1 hour

Number of attendees reached: 23

Audience: Students, Faculty and Staff Members







Deanship of Student services Office of Student Life

Training Session Title:

Healthy Nutrition for Athletes ... Are Anabolic Steroids included?

Duration: 1 hour

Number of attendees

reached: 28

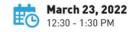
Audience: Students, Faculty and

Staff Members

The Health & Wellness Club in collaboration with the Unit of Athletics invite you to a webinar entitled

Healthy Nutrition for Athletes ... Are Anabolic Steroids included?

- Presentations
- Kahoot Competition
- Certificates for participants







انضم إلينا في ورشة افتراضية بعنوان: Join us for a virtual workshop entitled:

التغذية في رمضان **Nutrition in Ramadan**



11 إبريل 2022 April 11, 2022

TIME 1:00 - 1:45 بعد الظهر 1:00 p.m - 1:45 p.m

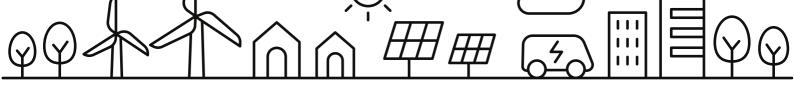


Duration: 45 minutes

Number of attendees reached: 13

Audience: Students, Faculty and Staff Members







Deanship of Student Services Office of Student Life

Training Session Title:

Improve Your Health with Deep Breathing

Duration: 1 hour

Number of attendees

reached: 46

Audience: Students, Faculty

and Staff Members

Improve your Health with Deep Breathing



12:30 PM - 1:30 PM



Student hub - 2nd floor - CCEE Room #1







عمادة شؤون الطلبة مكتب الحياة الطائبية Deanship of Student Services Office of Student Life

Your happiness in your healthy lifestyle سعادتك في نمط حياة صحية



التاريخ 2023 يناير 25 January 25, 2023 TIME الوقية 11:00 صباحاً – 1:30 ظهراً 11:00 AM - 1:30 PM

المجمع الطلابي، قاعات مركز التعليم المستمر، الطابق الثاني ، قاعة رقم 1 Student Hub,2nd Floor,CCEE Halls, Hall 1



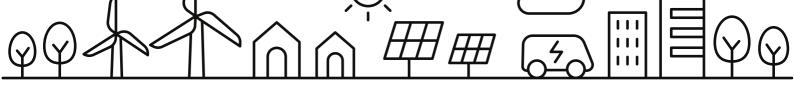
Training Session Title:

Your Happiness in Your Healthy Lifestyle

Duration: 2 hours 30 minutes

Number of attendees reached: 15

Audience: Students, Faculty and Staff Members



Training Session Title: Shine Bright for Pink

Duration: 2 hours

Number of attendees

reached: 45

Audience: Students, Faculty and

Staff Members





Back to Sports after Summer Vacation

September 13, 2023

TIME

1:00 PM - 2:00 PM

PLACE

Student Hub, 2nd Floor, CCEE Halls, Hall 1



Training Session Title:

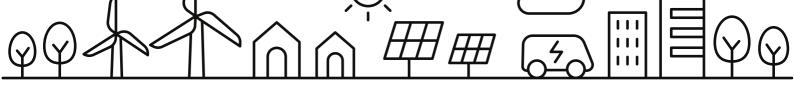
Back to Sports After Summer Vacation

Duration: 1 hour

Number of attendees reached:

41

Audience: Students, Faculty



Training Session Title:

Happiness in Your Healthy Lifestyle

Duration: 1 hour

Number of attendees

reached: 43

Audience: Students, Faculty and

Staff Members



Your Happiness in Your **Healthy Lifestyle**

January 31, 2024

1:00 PM - 2:00 PM

Student Hub, 2nd Floor, CCEE Hallls





Nutrition in Ramadan

March 6, 2024 12:30 PM - 1:30 PM Student Hub, 1st Floor, Student Services Meeting Room



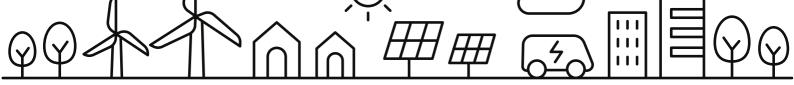
Training Session Title: Nutrition in Ramadan

Duration: 1 hour

Number of attendees

reached: 14

Audience: Students, Faculty





مكتب الحياة الطلابية

Training Session Title: Future Skills Workshop

Duration: 2 hours

Number of attendees

reached: 152

Audience: Students, Faculty and

Staff Members



يدعوكم مكتب الحياة الطلابية لحضور ورشة عمل عن بعد بعنوان

مهارات المستقبل

يقدمها الخبير الدولي في استراتيجيات الابتكار واستشراف المستقبل والباحث فى الذكاء الاصطناعى





The College of Dentistry, the Office of Community Engagement and the Office of Student Life are pleased to invite you to

Cancer Awareness Talks



Dr. Safa Al NaqbiDentist and Human Development
Coach, Brain cancer survivor



Ms. Premi Mathew
Founder of Protect your Mom
Initiative, Cancer survivor



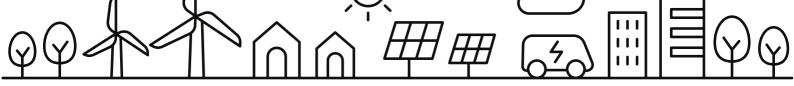
Dr. Deema Sermani General Dentist, Breast cancer survivor

Training Session Title:Breast Cancer Awareness
Campaign

Duration: 2 hours

Number of attendees reached: 68

Audience: Students, Faculty and Staff Members





Deanship of Student Services Office of Student Life

Training Session Title: World Diabetes Day (2021)

Duration: 8 hours

Number of attendees reached: 20

Audience: Students, Faculty and Staff Members

The Dental Anastomosis Club Celebrates

WORLD DIABETES DAY



November 14, 2021



from 9:00 AM onwards



J1 Building - Dental Clinic

- Guest lecture
- Clinic decoration
- Blood sugar checkup for all patients
- Video interviews with students, faculty and patients
- Sport exercises for diabetics





عمادة شؤون الطلبة مكتب الحياة الطالبية

ينظم مكتب الحياة الطلابية بالتعاون مع جمعية النهضة النسائية في دبي ورشة عمل بعنوان

ثقافة العمل التطوعي

للمحاضر الدكتور/ هاشم الوالى أمين سر جمعية سفراء مجلس الإمارات - مدرب معتمد



4:00 عصراً



30 سبتمبر 2021



سيتم إعطاء شهادات مشاركة

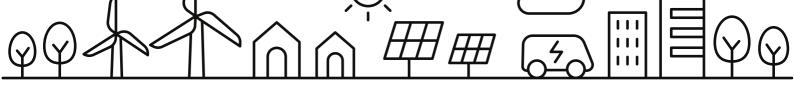


Training Session Title: Volunteering Culture

Duration: 1 hour 30 minutes

Number of attendees reached: 84

Audience: Students, Faculty and **Staff Members**



Training Session Title: Asthma World Day

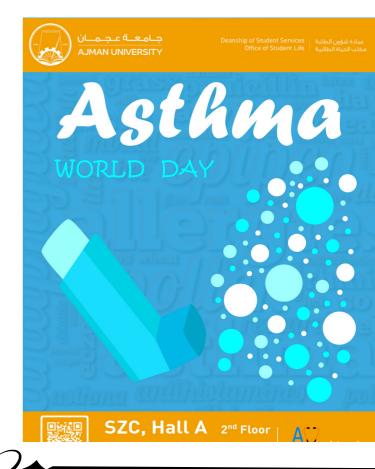
Duration: 8 hours

Number of attendees

reached: 18

Audience: Students, Faculty and

Staff Members





Deanship of Student Services Office of Student Life

The Dental Anastomosis Club Celebrates

WORLD DIABETES DAY



November 17, 2022

from 9:00 AM onwards



J1 Building - Dental Clinic

- Guest lecture
- Clinic decoration
- Blood sugar checkup for all patients
- Video interviews with students, faculty and patients
- Sport exercises for diabetics

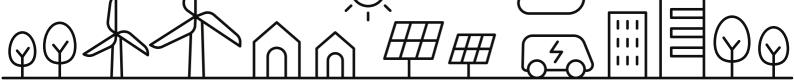
Training Session Title:World Diabetes Day (2022)

Duration: 8 hours

Number of attendees reached: 42

Audience: Students, Faculty







عمادة شؤون الطلبة Deanship of Student Services Office of Student Life Unit of Athletics

مكتب الحياة الطلابية وحدة النشاط الرياضي

Training Session Title: Reduce Your Risk of Diabetes

Duration: 3 hours

Number of attendees reached: 82

Audience: Students, Faculty

and Staff Members



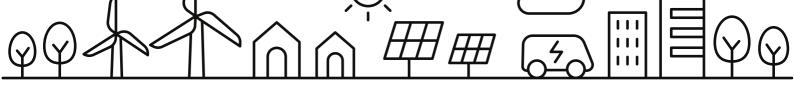
Wednesday, November 23, 2022 الأربعاء، 23 نوفمبر 2022

1:00 PM - 04:00 PM عصرًا 4:00 PM - 4:00 PM

Prize draws, gifts and more Certificates of attendance will be provided Don't miss the event

سحوبات وجوائز شهادات حضور







Training Session Title:

Premarital Screening and Counseling: What You Need to Know

Duration: 1 hour

Number of attendees

reached: 57

Audience: Students, Faculty

and Staff Members



Premarital Screening and Counseling: What You Need to Know



12:00 PM - 1:00 PM



Dr. Nisha Shanta Kumari College of Medicine



Moderator Ms. Ahood Al Rawashdeh

College of Humanities and Sciences



جامعةعجم AJMAN UNIVERSITY

Deanship of Student Services Counseling Unit

Mental Health Issues **Involving Pregnancy Loss**



February 14, 2023

12:00 PM - 1:00 PM



Presenters:

Dr. Jigna Stott

Clinical Assistant Professor, College of Medicine



Dr. Azmat Riaz

Clinical Assistant Professor, College of Medicine



Moderated by:

Ms. Salwa Jamous

A DBA Student at College of Business Administration, and an Office Coordinator at AU-CEIF and AYM Project

Training Session Title:

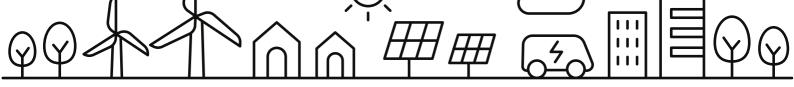
Mental Health Issues **Involving Pregnancy Loss**

Duration: 1 hour

Number of attendees

reached: 17

Audience: Students, Faculty





Workplace Bullying: What If It Happened to You?

Duration: 1 hour

Number of attendees

reached: 23

Audience: Students, Faculty

and Staff Members



Deanship of Student Services Counseling Unit

The Counselling Unit in coordination with the Student Housing Office cordially invites you all to attend the workshop title

Workplace Bullying:

What If It Happened to You?



7:00 PM to 8:00 PM



Dr. Dalia BedewyManager of the Counselling Unit







Deanship of Student Services Counseling Unit

How to Show Self-confidence in a Job Interview



February 28, 2023

01:30 PM - 02:30 PM



Dr. Sanah Hasan

College of Pharmacy and Health Sciences



Training Session Title:

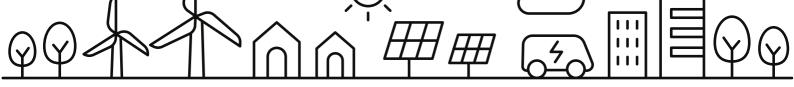
How to Show Self-confidence in a Job Interview?

Duration: 1 hour

Number of attendees

reached: 41

Audience: Students, Faculty





Deanship of Student Services Counseling Unit

Training Session Title:

The Role of the Community Pharmacist in Mental Wellbeing

Duration: 1 hour

Number of attendees

reached: 40

Audience: Students, Faculty

and Staff Members

The Role of the Community Pharmacist in Mental Well-being

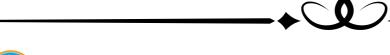


April 26, 2023

1:30 PM - 2:30 PM









مادة شؤون الطلبة | Deanship of Student Services وحدة الإرشاد | Counseling Unit

التكيف النفسي والاجتماعي: المقاربات والتفسيرات

Common Ground for Psychological Adjustment



التاريخ DATE April 13, 2023 13 أبريل 2023

الوقعة 12:00 PM – 1:00 PM 12:00 PM – 1:00 PM أ – 1:00 ظهراً – 1:00



بروفيسور أسماء العرب خلية النسانيات والعلوم 85° Training Session Title:

Common Ground for Psychological Adjustment

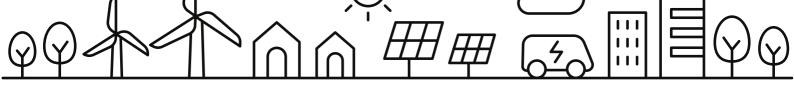
Duration: 1 hour

Number of attendees reached: 37

Audience: Students, Faculty and

Staff Members







Deanship of Student Services Counseling Unit

Training Session Title:

Bullying Behavior and Psychological Health

Duration: 1 hour

Number of attendees

reached: 85

Audience: Students, Faculty and

Staff Members

Bullying Behavior and Psychological Health



3:30 PM - 4:30 PM











The Office Community Engagement and The Counseling Unit are delighted to invite you to celebrate the World Mental Health Day 2022

Make mental health & well-being for all a global priority



October 10, 2022

Time

11:00 a.m. - 5:00 p.m.



PLACE

S.H.Zayed Center for Expedition and Conference

Training Session Title:

Make Mental Health & Wellbeing for all a Global Priority

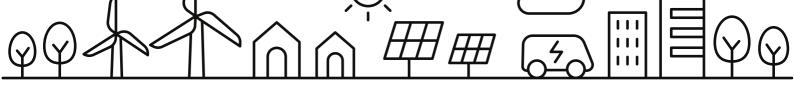
Duration: 6 hours

Number of attendees

reached: 120

Audience: Students, Faculty and Staff Members, and the

General Public





Training Session Title:

Finding Balance in Your Life

Duration: 1 hour

Number of attendees

reached: 84

Audience: Students, Faculty and

Staff Members

كيف تجد التوازن في حياتك

Finding Balance in Your Life



3:00 PM - 4:00 PM 3:00 عصراً – 4:00 عصراً

Student Hub, 2nd Floor, CEC Hall مجمع الطالبي، الطابق الثاني، قاعة مركز التعليم المستمر



Ms. Hala Martini College of Humanities and

أ. هلا مارتينى كلية الإنسانيات والعلوم







خطوات إيجابية لتحقيق حياة أفضل

Positive Steps to Wellbeing



2:00 PM - 3:00 PM 2:00 ظهراً - 3:00 عصراً Student Hub, 2nd Floor, CEC Hall المجمع الطلابي، الطابق الثاني، قاعة مركز التعليم المستمر



Dr. Nisha Kumari

College of Medicine

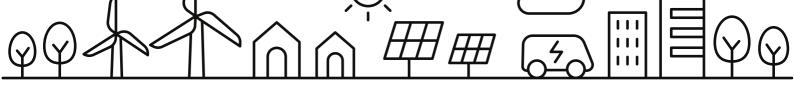


Training Session Title: Positive Steps to Wellbeing

Duration: 1 hour

Number of attendees reached: 79

Audience: Students, Faculty



Training Session Title:World Mental Health Day

Duration: 6 hours

Number of attendees

reached: 124

Audience: Students, Faculty and Staff Members, and the

General Public



Time	Topic Students' Stations Tour Cybersecurity and its Impact on Mental Health Speaker Mr. All Aldarwish Certified Trainer: Cybersecurity Analyst	
10:00 AM - 11:00 AM		
11:00 AM - 12:00 PM		
12:00 PM - 1:00 PM	Mental Health and its Relationship to Social Media	





Environmental Psychology and Sustainable Development: Expansion, Maturation, and Challenge

October 23, 2023 TIME 10:00 AM - 4:00 PM

Student Hub, 2nd floor, CEC Hall 2

Time Topic

10:00 AM - 11:00 AM Students' Stations

BECOME A LEADER OF CHANGE

11:00 AM - 12:00 PM Speaker: Fatima Hani - Maab Yassir - Nusiba Noreldin - Roaa Samer - Shahad Arif Students from Psychology Department College of Humaniles and Sciences

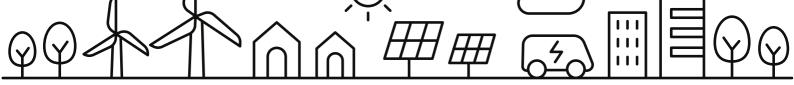
Training Session Title:

Environmental Psychology and Sustainable Development: Expansion, Maturation, and Challenge

Duration: 6 hours

Number of attendees reached: 101

Audience: Students, Faculty and Staff Members, and the General Public



Training Session Title:

Self-Enhancement: Steps to Strengthen Social Relationships

Duration: 1 hour

Number of attendees

reached: 31

Audience: Students, Faculty and

Staff Members



Self-Enhancement: Steps to Strengthen Social Relationships

February 20, 2024

TIME

12:30 PM - 1:30 PM



Dr. Enaam YoussefCollege of Humanities
and Sciences







The Counseling Unit is pleased to invite you to a workshop themed:

تتشرف وحدة الإرشاد بدعوتكم لورشة العمل الهامة بعنوان:

Tolerance and its Impact on Building Relationships

التسامح وأثره فى العلاقات الإنسانية

Presenter: Ms. Sahar Zahran

College of Humanities and Sciences

Training Session Title:

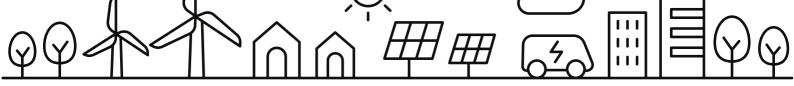
Tolerance and its Impact on Building Relationships

Duration: 1 hour

Number of attendees reached:

45

Audience: Students, Faculty



Training Session Title:

Building Trust in COVID-19 and Seasonal Influenza Shots

Duration: 1 hour

Number of attendees

reached: 15

Audience: Students, Faculty and

Staff Members



The Counseling Unit is pleased to invite you to a workshop themed:

Building Trust in COVID-19 and Seasonal Influenza Shot

Presenter:

- Dr. Gabriel Andrade
 Assistant Professor, College of Medicine
- Dr. Yehia Mohamed
 Associate Professor, College of Medicin





The Counseling Unit is pleased to invite you to a workshop themed:

تتشرف وحدة الإرشاد بدعوتكم لورشة العمل الهامة بعنوان

Discrimination and Hate Versus Equality and Pluralism

> التمييز والكراهية في مقابل المساواة والتعددية

> > Presenter: **Dr. Khaled Aljasmi**College of Law

Training Session Title:

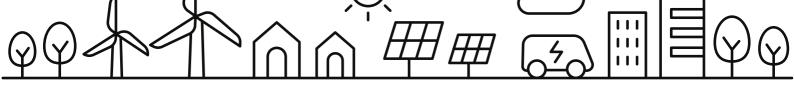
Discrimination and Hate Versus Equality and Pluralism

Duration: 1 hour

Number of attendees reached:

33

Audience: Students, Faculty and Staff Members



Training Session Title:Because You Are life

Duration: 1 hour

Number of attendees

reached: 32

Audience: Students, Faculty and

Staff Members



The Counseling Unit has the honor to invite you to attend an awareness workshop on breast cancer entitled

تتشرف وحدة الإرشاد لدعوتكم لحضور محاضرة توعوية عن سرطان الثدي بعنوان

Because You Are Life



Presenter: Dr. Ibrahim Ahmed

Associate Professor in College of Medicine





Deanship of Student Services Counseling Unit

COVID19- vaccine: What to worry about?



Presenters

Dr. Ahmad Alzubi

Associate Professor, College of Humanities and Sciences, Ajman University

Dr. Ahmed Sallam

Counselor at Disability Resource Center, University of Sharjah





Training Session Title:

COVID-19 vaccine: What to worry about?

Duration: 1 hour

Number of attendees reached:

36

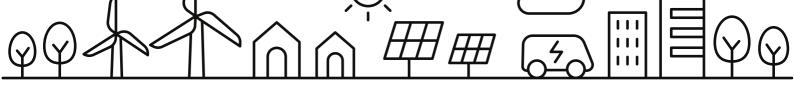
Audience: Students, Faculty

and Staff Members

Moderated by

Dr. Dalia Bedewy

Manager of Counseling Unit, Ajman University





Deanship of Student Services Counseling Unit

Training Session Title:

Message to the Bully: Be My

Friend

Duration: 1 hour

Number of attendees

reached: 27

Audience: Students, Faculty and

Staff Members

Message to the Bully:
Be My Friend

The Counseling Unit is pleased to invite you to a

January 24, 2022 3:00 - 4:00 pm

Ms. Raneem Hamoudeh
Ms. Dyana Tharwat

Ms. Nawaal Attaullah

Moderated by

Ms. Doaa Al Salti





عمادة شؤون الطلبة Deanship of Student Services Counseling Unit

Be My Friend... and Avoid Bullying

كن صديقي... وانبذ التنمر

2022 يناير 19January 19, 2022

11:00 AM - 12:00 PM

Dr. Maha Aboraya
College of Humanities and Sciences

د. مها أبورية كلية الإنسانيات والعلوم **Training Session Title:**

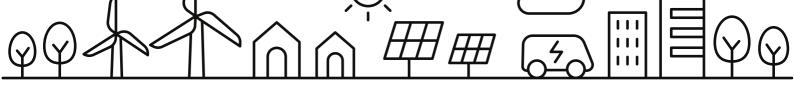
Be My Friend... and Avoid Bullying

Duration: 1 hour

Number of attendees reached:

13

Audience: Students, Faculty



Training Session Title:

Creative Initiatives to Be More Positive

Duration: 1 hour 30 minutes

Number of attendees

reached: 51

Audience: Students, Faculty and

Staff Members



Deanship of Student Services Counseling Unit

المبادرات الإبداعية لتكون أكثر إيجابية Creative Initiatives to Be More Positive







Deanship of Student Services Counseling Unit

Intellectual security between theory and practice

February 22, 2022 11:00 AM - 12:30 PM



Dr. Abdul Rahman Al Azmi
Associate Professor of Psychological Counseling
Naif Arab University for Security Sciences.



Dr. Walaa Elsayed
Assistant Professor of Social Work, Sociology
Department - College of Humanities and Sciences
Ajman University.

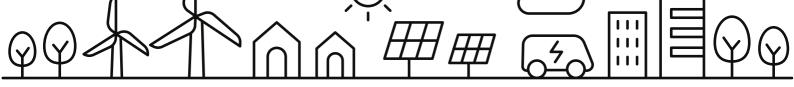
Training Session Title:

Intellectual Security Between Theory and Practice

Duration: 1 hour 30 minutes

Number of attendees reached: 71

Audience: Students, Faculty and Staff Members





Training Session Title:

COVID-19: What You Need to

Know NOW

Duration: 1 hour

Number of attendees

reached: 40

Audience: Students, Faculty and

Staff Members

COVID-19: What You **Need to Know NOW**



April 2022,21

12:00 - 1:00 PM



Dr. Samir Bloukh College of Pharmacy and Health Sciences











Family Happiness Steps

خطوات نحو السعادة الأسرية

28 فبراير 2022 12:00 - 1:00 PM فهرآ



February 28, 2022



د. إنعام يوسف كلية الإنسانيات والعلوم

Dr. Enaam Youssef

College of Humanities and Sciences

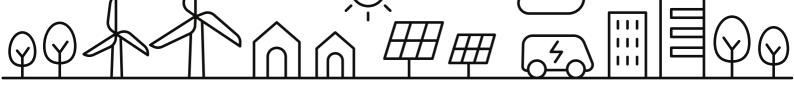
Training Session Title: Family Happiness Steps

Duration: 1 hour

Number of attendees reached:

82

Audience: Students, Faculty





Training Session Title: Mental and Physical Self-Care

Duration: 1 hour

Number of attendees

reached: 122

Audience: Students, Faculty and

Staff Members

Mental and Physical Self-Care



November 7, 2022

2:00 PM - 3:00 PM

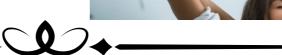


Speaker Prof. Samir Bloukh College of Pharmacy and Health Sciences



Moderator Ms. Ahood Al Rawashdeh College of Humanities and Sciences







Deanship of Student Services Counseling Unit

Graduates to Professional **Executives - Essential** Skills to Bridge the Gap



November 3, 2022

12:00 p.m - 1:00 p.m



Training Session Title:

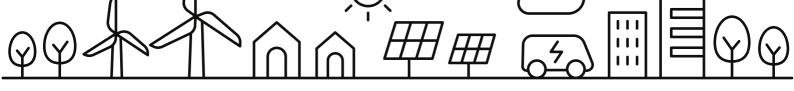
Graduates to Professional Executives -Essential Skills to Bridge the Gap

Duration: 1 hour

Number of attendees reached:

20

Audience: Students



Training Session Title:

Gender Comprehensive Social Protection

Duration: 1 hour

Number of attendees

reached: 20

Audience: Students, Faculty and Staff Members, and the

General Public





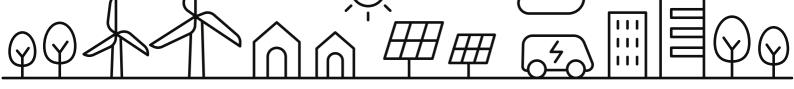
Training Session Title:

Achieving Education for Sustainable Development Competencies

Duration: 20+ minutes

Number of attendees reached: 30+

Audience: Students, Faculty and Staff Members, and the General Public



Training Session Title:

Green Skills for Youth Towards Sustainable Future

Duration: 2 hours

Number of attendees

reached: 100

Audience: Students





Deanship of Student Services



Parents & Educators: Partners in the Special Education Process



Prof. Asma Al Arab

Professor, College of Humanities and Sciences, Ajman University

February 28, 2024 | 2 1:00 PM - 2:00 PM

Sheikh Zayed Center For Conferences & Exhibition

Training Session Title:

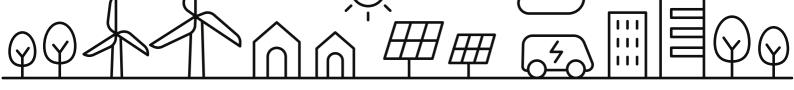
Parents and Educators Parents in Special Education Process

Duration: 1 hour

Number of attendees reached:

50

Audience: Students, Faculty and Staff Members, and the General Public



Training Session Title:

Leadership for Excellence; Short Talk and Moderating Panel Session

Duration: 75 minutes

Number of attendees

reached: 100

Audience: Students, Faculty and Staff Members, and the

General Public

Prof. William Cornwell, Provost, American University in the I

Dr Fazal H. Malik, Pro Vice Chancellor, Amity University, Dub

Q & A

SESSION 2: LEADERSHIP FOR EXCELLENCE

Rapporteur: Mr Sourindra Ghosh, Research Associate, Counc Development, India

Introduction and Opening Remarks by the Moderator

Dr Nessrin Shaya, Assistant Professor, American University

Dubai, UAE







Training Session Title:

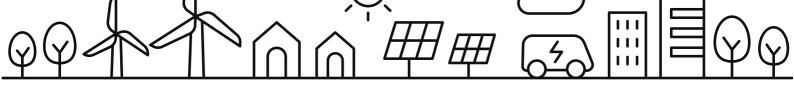
Community Engagement of People Of Determination (POD)

Duration: 2 hours

Number of attendees

reached: 80

Audience: Students, Faculty



Training Session Title:

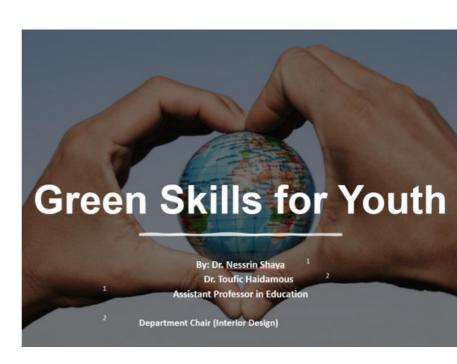
Educating for Greener Future: Green Skills for Youth

Duration: 1 hour

Number of attendees

reached: 20

Audience: Students







Training Session Title:

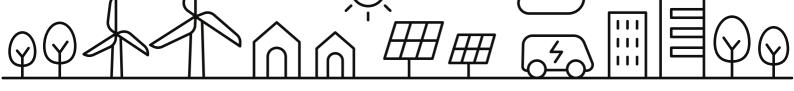
We Will Make it Happen: A Green and Healthy Environment

Duration: 1 hour

Number of attendees

reached: 258

Audience: Students, Faculty



Training Session Title:

Counseling, Guidance & Adjustment in Education

Duration: 75 minutes

Number of attendees

reached: 20

Audience: Students, Faculty

and Staff Members, and the

General Public







Training Session Title:Strategies for Prevention From Violence Against

From Violence Against Women

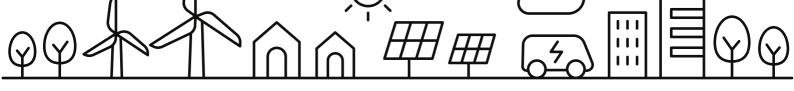
Duration: 1 hour

Number of attendees

reached: 15 minutes

Audience: Students, Faculty and Staff Members, and the

General Public



Training Session Title:

Research Productivity in Higher Education and the Gender Gap

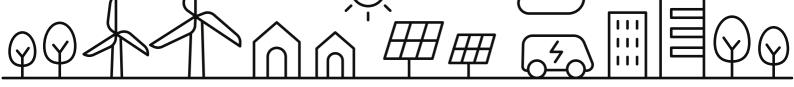
Duration: 1 hour 30 minutes

Number of attendees reached: 60

Audience: Students, Faculty







College of Dentistry

Training Session Title:

Seminar on Health & Safety Protocols for CoD

Duration: 1 hour 15 minutes

Number of attendees

reached: 90

Audience: Students, Faculty

and Staff Members



Certificate of Appreciation

Presented to

DR. MOHAMMAD KASHIF

For delivering a lecture on

"Seminar on Health and Safety Protocols at the COD"

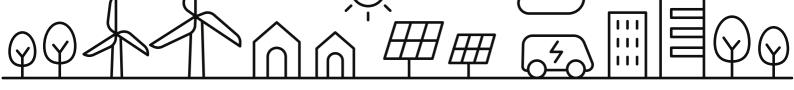
Held in College of Dentistry, Ajman University.

On March 15, 2024

سافي

Prof. Salem Abu Fanas

Dean, College of Dentistry



College of Business Administration

Training Session Title: Finance at Work Webinar

Duration: 2 hours

Number of attendees

reached: 30

Audience: Students





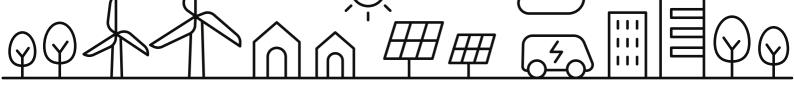
Training Session Title:Sustainability Workshop

Duration: 2 hours

Number of attendees

reached: 50

Audience: Students



College of Business Administration

Training Session Title:

Sustainability for Entrepreneurship & Innovation

Duration: 4 hours

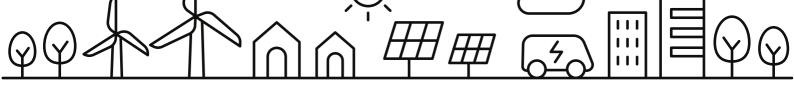
Number of attendees

reached: 50

Audience: Students







College of Humanities and Sciences



Training Session Title:

Life Satisfaction: Keys to

Happiness

Duration: 1 hour

Number of attendees

reached: 15+

Audience: Students, Faculty

and Staff Members

الرضا عن الحياة: مفتاح لباب السعادة

الوقت 12:30 ظهراً – 1:30 ظهراً التاريخ 15 فبراير 2024

أ. نوف النعيمي كلية الإنسانيات والعلوم







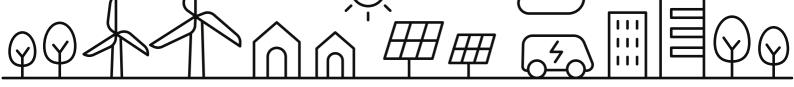
Training Session Title: Happiness Capsule

Duration: 40 minutes

Number of attendees

reached: 10+

Audience: Students, Faculty



College of Humanities and Sciences

Training Session Title:

Body Image Positivity and Selfesteem

Duration: 1 hour

Number of attendees

reached: 20+

Audience: Students, Faculty

and Staff Members



Body Image Positivity & Self-Esteem

October 26, 2023

PLACE

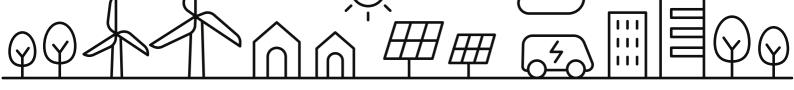
Zoom Meeting

12:30 PM - 1:30 PM

PRESENTER

Ms. Nouf Alnuain
College of Humanities





Training Session Title:

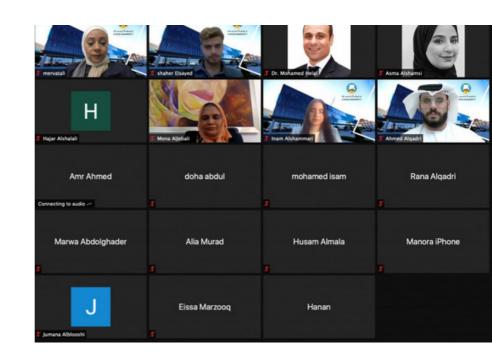
Student Life Partners of Success and Excellence in Academic Life

Duration: 1 hour

Number of attendees

reached: 25

Audience: Students







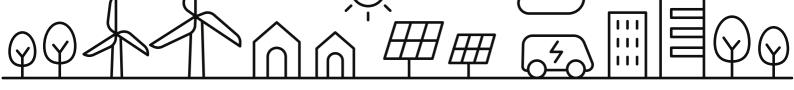
Training Session Title:The Basics of Mental Health

Duration: 2 hours

Number of attendees

reached: 70

Audience: Students, Faculty



Training Session Title:

From Training to Employment

Duration: 2 hours

Number of attendees

reached: 60

Audience: Students





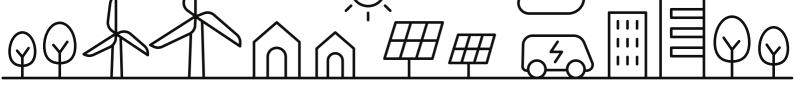
Training Session Title:

Together Towards a Bright Future for Adolescents

Duration: 3 hours

Number of attendees reached: 70

Audience: Students, Faculty and Staff Members, and the General Public



Training Session Title:

Strategies of Self-Management and Professional Life Workshop

Duration: 1 hour 30

minutes

Number of attendees

reached: 40

Audience: Students, Faculty and Staff

Members







Training Session Title:

Job Market Challenges Facing Mass Communication Graduates

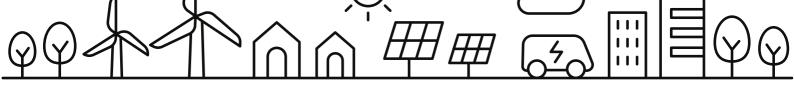
Duration: 1 hour 30

minutes

Number of attendees

reached: 30

Audience: Students



Training Session Title:

Cultural Forum: Our Richness in Diversity

Duration: 1 day

Number of attendees

reached: 50

Audience: Students, Faculty and Staff

Members, and the General

Public







Training Session Title:

The Second Cultural Forum: Our Richness in Our Diversity

Duration: 1 day

Number of attendees

reached: 60

Audience: Students, Faculty and Staff Members, and the

General Public

Office of HR

Training Session Title	Duration	Number of attendees reached	Audience
Balancing Work and Life	35 Minutes	1	Faculty and Staff Members
Balancing Work and Life as a Work-from-Home Parent	28 Minutes	2	Faculty and Staff Members
Basic Life Support	8 Hours	37	Faculty and Staff Members
Being Positive at Work	33 Minutes	3	Faculty and Staff Members
Build a Career for Positive Social Impact	27 Minutes	2	Faculty and Staff Members
Building Better Routines	44 Minutes	2	Faculty and Staff Members
Managing Stress	21 Minutes	1	Faculty and Staff Members

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Office of HR

Training Session Title	Duration	Number of attendees reached	Audience
Building Resilience	34 Minutes	1	Faculty and Staff Members
Building Self-Confidence	18 Minutes	2	Faculty and Staff Members
Building Trust	54 Minutes	1	Faculty and Staff Members
Business Ethics	53 Minutes	1	Faculty and Staff Members
Career Wellness Nano Tips with Shadé Zahrai	3 Minutes	1	Faculty and Staff Members
Coaching Employees through Difficult Situations	47 Minutes	1	Faculty and Staff Members

Training Session Title	Duration	Number of attendees reached	Audience
Communicating with Confidence	1 Hour 16 Minutes	3	Faculty and Staff Members
Communicating with Emotional Intelligence	43 Minutes	1	Faculty and Staff Members
Construction Management: Safety & Health (2017)	1 Hour 12 Minutes	2	Faculty and Staff Members
Creating a Positive and Healthy Work Environment	57 Minutes	1	Faculty and Staff Members
Creating Success from Failures	43 Minutes	1	Faculty and Staff Members
Culture of Kaizen	1 Hour 34 Minutes	9	Faculty and Staff Members

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Training Session Title	Duration	Number of attendees reached	Audience
Customer Service: Handling Abusive Customers	36 Minutes	1	Faculty and Staff Members
Developing Your Emotional Intelligence (2017)	1 Hour	5	Faculty and Staff Members
Facilities Management: Social Distancing and PPE	1 Hour 37 Minutes	1	Faculty and Staff Members
Diversity, Inclusion, and Belonging	35 Minutes	1	Faculty and Staff Members
Emotional Intelligence Basics	1 Hour 4 Minutes	1	Faculty and Staff Members
Enhancing Resilience	51 Minutes	1	Faculty and Staff Members

Training Session Title	Duration	Number of attendees reached	Audience
Diversity Across Generations: Supporting Workplace Inclusion	1 Hour 3 Minutes	23	Faculty and Staff Members
Implementing a Privacy, Risk, and Assurance Program (2019)	2 Hours 4 Minutes	1	Faculty and Staff Members
Improving Emotional Intelligence with Mindfulness	35 Minutes	1	Faculty and Staff Members
Improving the Value of Your Time	28 Minutes	1	Faculty and Staff Members
Managing Innovation	58 Minutes	1	Faculty and Staff Members

Training Session Title	Duration	Number of attendees reached	Audience
How to Handle Conflict and Toxicity for Happier Workdays	21 Minutes	2	Faculty and Staff Members
How to Listen and How to Be Heard (getAbstract Summary)	12 Minutes	1	Faculty and Staff Members
How to Organize Your Time and Your Life	23 Minutes	1	Faculty and Staff Members
How to Regain Control of Your Time, Energy, and Priorities	30 Minutes	1	Faculty and Staff Members
Overcome Overthinking	36 Minutes	1	Faculty and Staff Members

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Training Session Title	Duration	Number of attendees reached	Audience
How to Speak with Effortless Confidence	25 Minutes	1	Faculty and Staff Members
How to Talk to Anyone (Blinkist Summary)	25 Minutes	1	Faculty and Staff Members
Igniting Emotional Engagement	46 Minutes	1	Faculty and Staff Members
Leading with Emotional Intelligence	1 Hour 15 Minutes	1	Faculty and Staff Members
Leading with Fearless Mindfulness	53 Minutes	1	Faculty and Staff Members
Success Habits	3 Hours 18 Minutes	1	Faculty and Staff Members

Training Session Title	Duration	Number of attendees reached	Audience
Learn Emotional Intelligence, the Key Determiner of Success	32 Minutes	3	Faculty and Staff Members
Managing Depression in the Workplace	1 Hour 3 Minutes	1	Faculty and Staff Members
Managing Your Emotions at Work	50 Minutes	1	Faculty and Staff Members
Managing Your Mental Health in Your First Corporate Job Nano Tips with Julian Sarafian	6 Minutes	2	Faculty and Staff Members
Mastering the Skill of Confidence	25 Minutes	1	Faculty and Staff Members

Training Session Title	Duration	Number of attendees reached	Audience
Mindset (Blinkist Summary)	14 Minutes	1	Faculty and Staff Members
Nano Tips to Stop Overthinking with Shadé Zahrai	7 Minutes	2	Faculty and Staff Members
Navigating Environmental Sustainability: A Guide for Leaders	16 Minutes	1	Faculty and Staff Members
Navigating Fear of Missing Out (FOMO) at Work	32 Minutes	1	Faculty and Staff Members
Occupational Safety and Health: Blood-Borne Pathogens	32 Minutes	3	Faculty and Staff Members

Training Session Title	Duration	Number of attendees reached	Audience
Occupational Safety and Health: Hazard Communication	49 Minutes	6	Faculty and Staff Members
Occupational Safety and Health: Slips, Trips, and Falls	44 Minutes	2	Faculty and Staff Members
One-Minute Habits for Success	40 Minutes	1	Faculty and Staff Members
Operational Excellence Work-Out and Kaizen Facilitator	1 Hour 10 Minutes	1	Faculty and Staff Members
Overcoming Your Fear of Public Speaking	19 Minutes	1	Faculty and Staff Members

Training Session Title	Duration	Number of attendees reached	Audience
People of Determinations	8 Hours	28	Faculty and Staff Members
Pool Lifeguard and CPR	35 Hours	1	Staff Members
Productivity Principles to Make Time for What's Important	23 Minutes	1	Faculty and Staff Members
Recharge Your Energy for Peak Performance	51 Minutes	1	Faculty and Staff Members
Reduce Tension with Breathwork	33 Minutes	1	Faculty and Staff Members
Speaking Confidently and Effectively	22 Minutes	2	Faculty and Staff Members

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Training Session Title	Duration	Number of attendees reached	Audience
Safeguarding Training	8 Hours	15	Faculty and Staff Members
Sustainability as an Innovation Opportunity	55 Minutes	1	Faculty and Staff Members
The Good Life: Lessons from the Longest Study on Happiness (Book Bite)	9 Minutes	1	Faculty and Staff Members
The Miracle Morning (Blinkist Summary)	19 Minutes	1	Faculty and Staff Members
The Neuroscience of Emotional Intelligence and Self-Awareness	7 Minutes	1	Faculty and Staff Members

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Training Session Title	Duration	Number of attendees reached	Audience
Technology and Design Ethics	1 Hour 33 Minutes	1	Faculty and Staff Members
Ten Habits of Mentally Strong People	39 Minutes	1	Faculty and Staff Members
Speaking Up At Work	22 Minutes	1	Faculty and Staff Members
The Procrastination Cure (Blinkist Summary)	22 Minutes	1	Faculty and Staff Members
Three Steps to Mental Well Being at Work	54 Minutes	1	Faculty and Staff Members
Thrive at Work from Anywhere	47 Minutes	1	Faculty and Staff Members

Training Session Title	Duration	Number of attendees reached	Audience
Unconscious Bias	39 Minutes	3	Faculty and Staff Members
Understanding Personal Protective Equipment (PPE)	1 Hour 5 Minutes	3	Faculty and Staff Members
Use an Entrepreneurial Mindset to Find Success and Fulfillment at Work	48 Minutes	3	Faculty and Staff Members
Values and Ethics: Case Studies in Action	42 Minutes	18	Faculty and Staff Members
What To Do When You Are Bullied at Work	57 Minutes	1	Faculty and Staff Members