جامعة العين
AL AIN UNIVERSITY

Nov 19, 2024

A Workshop Titled "Journey to Success"

The Deanship of Student Affairs at Al Ain University (Abu Dhabi campus) organized a workshop titled "Journey to Success," presented by certified trainer Zainab Abdulrahman, with the participation of a group of students under the supervision of Dr. Nahla Al-Shalabi.

The workshop focused on setting personal goals and effectively achieving them. Emphasis was placed on ensuring that goals are "SMART" – Specific, Measurable, Achievable, Relevant, and Time-bound. The workshop also introduced the concept of the awareness map for goals and discussed methods to enhance personal understanding of objectives and progress toward them.

After the workshop, the significance of motivation and continuous support was highlighted as essential elements for achieving goals, reinforcing individuals' ability to stay committed to their journey towards success and realizing their aspirations.

Press Release Link