



Oct 10, 2016

AAU organizes a workshop entitled “Success among mind versus Emotion”

The Deanship of Student Affairs at Al Ain University of Science and Technology -Abu Dhabi Campus- organized a workshop entitled “Success among mind versus Emotion” in cooperation with Modern Academy Training and Consultants and presented by Dr. Hasan Al Mozayin –Expert in Human and Self-development- in the presence of a group of academic staff and students.

Dr. Al Mozayin talked about the emotional behavior of humans indicating on how the mood of the humans and feelings can be changed within seconds and how it affects our reactions and our personalities, he also explained how our brain's response towards the things around us, at the end, Dr. Al Mozayin showed some exercises which can control our responses and make our lives better.

[Press Release Link](#)