

A stylized, light gray silhouette of the Dubai skyline, including the Burj Khalifa and other skyscrapers, serves as the background for the slide.

**INVEST IN
WELLBEING.
HARVEST
EXCELLENCE.**

Elite Wellbeing PROGRAMS

At HAC, we design transformative wellbeing programs that empower individuals, strengthen teams, and cultivate thriving organizational cultures. Trusted by global platforms including TEDx, Google, DEWA, ADNOC, Majid Al Futtaim, Museum of the Future, and Qudwa Forum, Hanan delivers experiences that seamlessly blend science, psychology, and storytelling. Each program is crafted for senior leaders and organizations committed to resilience, wellbeing, and peak performance, inspiring lasting impact at every level.

WELLBEING KEYNOTE SPEECHES

(15 – 30 minutes)

Purpose: Inspire, shift perspectives, and create immediate awareness on the power of wellbeing, mental health, and leadership effectiveness.

Format: Short, high-energy, research-backed speeches delivered at conferences, leadership forums, and organizational events.

Sample Topics:

- **Corporate Wellbeing** – Emotional balance and mental resilience for modern leaders.
- **The Science of Happiness** – How positivity drives productivity, creativity, and retention.
- **Mental Health in the Workplace** – Reducing stigma, fostering support, and creating mentally healthy organizations.
- **Conscious Leadership** – Leading with self-awareness, empathy, and influence.



ELITE MASTERCLASSES & ENGAGEMENTS

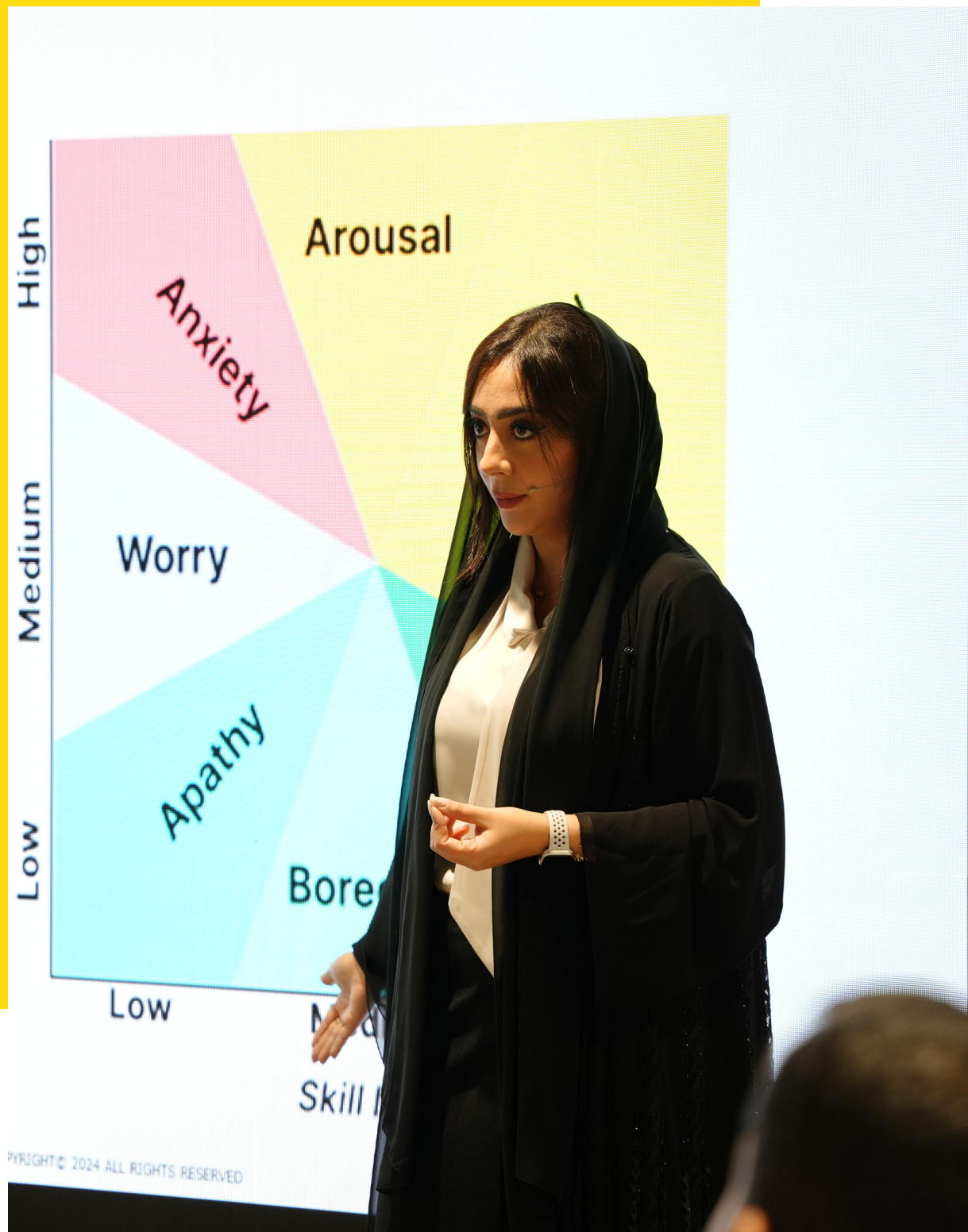
(1 – 3 hours)

Purpose: Deliver high-impact, interactive learning experiences combining leadership science, wellbeing, and mental health strategies with practical exercises for immediate application.

Format: Designed for executive retreats, leadership summits, and government forums, using case studies, storytelling, and hands-on tools.

Specialized Topics:

- **Positive Psychology in Leadership** – Unlocking happiness and meaning in organizational success.
- **Organizational Behavior & Change Management** – Driving agility and innovation in evolving environments.
- **The Science of Happiness & Mental Health** – Evidence-based practices to improve wellbeing, reduce stress, and enhance performance.
- **Women Empowerment & Leadership** – Building resilience, confidence, and influence at the executive level.



SIGNATURE WELLBEING PROGRAMS

(1 Full day to 5 days – 10+ hours)

Purpose: Drive deep organizational change by embedding wellbeing, mental health, resilience, and happiness science into workplace culture.

Format: Multi-session programs delivered onsite or virtually, tailored to organizational goals and team dynamics. Includes interactive workshops, coaching assessments, and practical toolkits.

Core Focus Areas:

- **Advanced Emotional Intelligence** – Cultivating loyalty, belonging, and emotionally intelligent leadership.
- **Mental Health & Stress Management** – Promoting psychological wellbeing, equipping teams with strategies to manage stress, prevent burnout, and maintain peak performance.
- **Mental Resilience & Productivity** – Strengthening adaptability, focus, and high performance under pressure.
- **Cultural Wellbeing & Excellence** – Embedding values of collaboration, innovation, and psychological safety into daily practice.



WHY CHOOSE HANAN AL SAMMAK?

- **Elite-level engagements trusted by leading global and regional organizations.**
- **Blends science + psychology + real-world experience for measurable results.**
- **Creates transformational audience journeys that elevate both individuals and organizations.**

Credentials & Experience:

- Award-winning international keynote speaker, master trainer, and founder of HAC Consultancy, a CPD-accredited firm specializing in leadership development, wellbeing, and communication.
- Over 10+ years of research and training in wellbeing, leadership, mental health, and advanced emotional intelligence.
- Trained and coached 75,000+ employees, managers, and entrepreneurs across the region.
- Certified Life Coach (ICF), ThetaHealing Practitioner (Think Institute of Knowledge), Clinical Hypnotherapist (American Board of Hypnotherapy).
- Integrates NLP, energy healing, hypnotherapy, and positive psychology to release limiting beliefs and build resilience.
- Expert in designing advanced corporate training programs and bespoke learning experiences to elevate employee wellbeing and organizational performance.
- Featured in national and international platforms: NMDC Group, TEDx, Dubai Police, Google, ADNOC, Ministry of Interior, Ministry of Presidential Affairs, DEWA, SEHA, Nawah, Museum of the Future, Qudwa Forum, Majid Al Futtaim, FAB, Artificial Lift Forum (Oman), COP28 at Expo, Abu Dhabi Economic Forum, & more.



HAC

Founded in 2016, HAC is a purpose-driven consultancy based in the Gulf region, dedicated to helping organizations thrive through a unique blend of wellbeing enhancement and strategic brand communication.

At HAC, we believe that when individuals flourish, businesses grow. That's why we combine the science of emotional wellbeing with impactful speaking corporate training , and marketing strategies to foster empowered cultures and influential brands.

THANK YOU

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