

“The sole meaning of life is to serve
humanity.”

Leo Tolstoy



CORPORATE TRAINING PROPOSAL

THE NEW WELLBEING

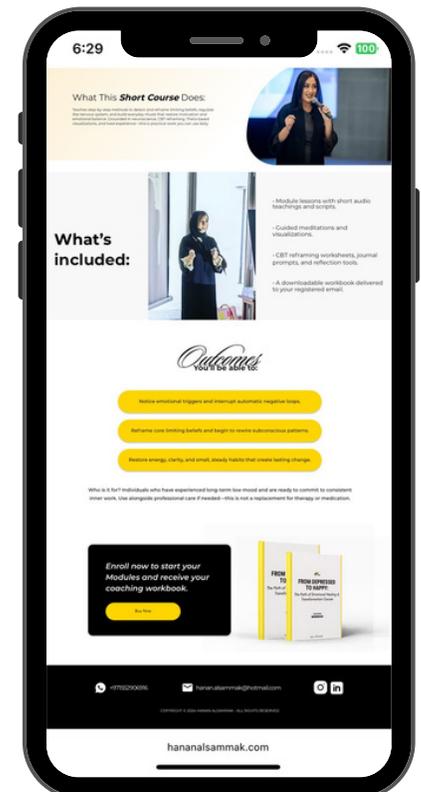
COURSE OVERVIEW



This CPD accredited program is designed for organizations seeking to elevate employee mental well-being, engagement, and sustainable performance through a science-based, human-centered approach.

Grounded in Positive Psychology, the Science of Happiness, and evidence from Gallup, Harvard Business Review, and leading global well-being research, the course equips leaders and employees with practical tools to enhance emotional regulation, intrinsic motivation, resilience, and productivity in the workplace.

At the core of the program is the MEP Well-Being Framework, developed by Hanan Al Sammak – a structured model that integrates Mental clarity, Emotional regulation, and Peak performance to create thriving individuals and high-performing organizations.



LEARNING OBJECTIVES



By the end of this program, participants will be able to:



Understand the science of happiness and well-being and its direct impact on employee engagement and performance



Apply positive psychology principles to enhance motivation, focus, and emotional intelligence at work



Identify key drivers of employee engagement, supported by Gallup & Harvard Business Review research



Develop intrinsic motivation strategies that go beyond rewards and incentives



Cultivate positive emotions and psychologically safe workplace practices that support corporate happiness



Implement stress management and emotional regulation tools to reduce burnout and enhance productivity



Apply mindfulness and self-soothing techniques grounded in neuroscience and positive psychology



Strengthen resilience and coping skills to support long-term mental health and adaptability



Integrate the MEP Well-Being Framework as a practical model for individual and organizational well-being



Translate well-being initiatives into measurable business outcomes such as retention, engagement, and performance

EMPLOYEE WELL-BEING

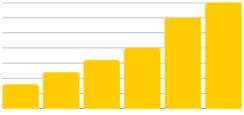
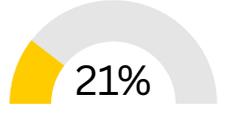
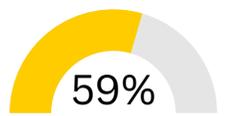
A Strategic Driver of Engagement & Performance

WHY WELL-BEING MATTERS?

When employees thrive emotionally and mentally, they bring higher energy, stronger focus, and deeper engagement to their work-leading to measurable organizational outcomes.



THE BUSINESS CASE FOR WELL-BEING

<p>Higher Engagement</p>  <p>2X More Engaged (Gallup)</p>	<p>Increased Productivity</p> <p>12% - 20%</p> <p>higher productivity (Harvard Business Review)</p>	<p>Higher Profitability</p>  <p>21%</p> <p>higher profitability (Gallup)</p>	<p>Reduced Burnout</p>  <p>Lower stress, anxiety & emotional exhaustion</p>
<p>Reduced Absenteeism</p> <p>Fewer sick days & higher energy levels</p> 	<p>Lower Turnover</p>  <p>59%</p> <p>Up to 59% less attrition</p>		

THE SCIENCE BEHIND ENGAGEMENT & HAPPINESS

- Positive emotions enhance creativity, decision-making, and resilience
- Intrinsic motivation drives sustained performance beyond incentives
- Psychological safety strengthens trust and collaboration
- Emotional regulation improves adaptability and long-term mental health

THE MEP WELL-BEING FRAMEWORK™

M Mindset Mastery

Mental clarity, focus, beliefs, growth-oriented thinking

E Emotional Energy

Emotional regulation, stress management, self-awareness

P Productivity 10X

Sustainable performance, motivation, resilience, high-impact output

Well-being is not a nice-to-have. It is a performance strategy, a retention strategy, and a leadership



 **Course Duration:** 1 Day (5 Hours)

 **Delivery Format:** In Person

 **Language:** English

Commercials

AED 25,000

ATTENDEES WILL RECEIVE

- Surveys, questionnaires, quizzes to enhance their skills.
- A training material (workbook with tools and practical exercises)
- CPD completion certificate
- Certificate of attendance from HAC (Hanan Al Sammak Consultancy LLC)

ABOUT COACH

Hanan AlSammak is a professional speaker and the Founder of HAC – Hanan AlSammak Consultancy, a CPD member organization. She is a Certified Professional Trainer from the Canada Global Center, a Certified Life Coach accredited by the International Coaching Federation (ICF), a ThetaHealer from the Think Institute of Knowledge, a Certified Hypnotherapist from the American Association of Hypnotherapy, and a published author of three self-development books.



With over 10 years of in-depth study and research in communication, wellbeing, corporate happiness, and positive psychology, and as a wellbeing expert and consultant with the Ministry of Happiness, Hanan has trained and coached more than 77,000 employees, managers, and entrepreneurs, supporting them in improving performance, success habits, and achieving balanced mental wellbeing.

As a distinguished keynote speaker, Hanan has spoken across thousands of stages, delivering impactful wellbeing and leadership lectures at prestigious platforms and organizations such as Intersec, TEDx, Role Model Conference (KSA), and Majid Al Futtaim. She is also a seasoned professional emcee who has hosted and presented high-profile corporate and government events, including ADFW, Anwar Gargash Diplomatic Academy, COP28, and Sheikh Manaa Global Palace.

Recognized as one of the most influential personalities and honored as “The Voice of the Community” by His Highness Sheikh Faisal Al Qassimi in 2015, Hanan was later awarded as one of the Top Influential Women of Excellence in 2021. She was also named among the Top 20 Young Achievers Under 35 by the Government Youth Summit as one of the GCC Rising Stars in 2021. Her work and influence have been widely featured in leading newspapers and magazines across the region. Her mission is to inspire individuals and organizations to achieve sustainable success through leadership, empowerment, and holistic wellbeing.

Visit official website to know more www.hananalsammak.com

ABOUT HAC

We are a management consultancy company licensed under Government of Sharjah, Free Zone Authority, dedicated to elevating wellbeing and fostering personal growth. Through tailored consultancy services and comprehensive corporate trainings, we empower individuals and organizations to realize their full potential. With a passion for education and self-development at our core, we strive to be the premier consultancy, guiding clients to become the best versions of themselves resulting in positive work cultures.



OUR CLIENTS



Role
Models



TESTIMONIALS

“

I attended Corporate Wellbeing Course with Hanan in 2016. Her energy is honorable. Her methods are creative & interactive. Super knowledgeable. I recommend her strong capabilities & skills in training.

**H.E Saeed Hareb,
Executive Council Dubai Sports Council**

“

Hanan gave us The New Wellbeing session. I benefited from a lot of information that was presented in a unique way for anyone looking for sincere, authentic, impactful and applied science. Very Influential.

**Sami Abu Hattab,
HR.Director Mubadala**

“

Hanan is a thorough and professional Speaker. She always listens & works closely with the clients to deliver quality work. She is a role model & a change agent creating happiness. wherever she goes.

**Saana Azaam,
Founder of Mena Speakers**

THANK YOU

WE LOOK FORWARD TO WORKING WITH YOU



HANAN ALSAMMAK CONSULTANCY LLC

Shams Business Center, Sharjah
Media City Free Zone, Al
Messaned, Sharjah, UAE