

Under the Patronage of the Ministry of Public Health

WELLNESS AND MENTAL HEALTH WEEK *BECOMING MY BEST SELF*

From the 4th till 8th of March 2019

Antonine University, Lebanon



Towards a “Culture of Wellness”

As reflected by the United Nations’ “2013-2020 Mental Health Action Plan” and its Sustainable Development Goal #3 to “ensure healthy lives and promote well-being for all at all ages” (2015-2030), establishing mental health practices and creating well-being settings, has become a driving force and foundation for communities who strive for growth and pave the way for people fulfillment; especially in higher education.

Rooted in its values of *excellence*, *dignity* and *diversity*, Antonine University (UA) aims to be a transformation catalyst by supporting individuals and communities to reach their fullest potential, in terms of mental health, well-being and fulfillment of purpose.

Giving shape to this mission, UA introduces the “Wellness and Mental Health Week” as an innovative initiative in the Lebanese academic context; offering a tangible experience of multi-dimensional wellness, targeting particularly, its students, teachers and staff, and open to the community at large.

The event comes, as well, in alignment with UA establishing a mental health strategy, in partnership with the Lebanese Ministry of Health.

To promote a holistic approach for a “healthy university”, the “Wellness and Mental Health Week” will tackle three major objectives:

- Increase mental health awareness and promote resilience to cope with mental health challenges.
- Explore the different dimensions of wellness, as identified in the wellness wheel and apply practical tools to enhance their overall quality of life and resilience, at university and at home.
- Encourage student and staff-lead initiatives that support well-being in the academic community, all year through. Enabling them to act as wellbeing leaders, in the society at large.

Our larger vision is to create a “Culture of Wellness” that starts from the individual to embrace families, communities and the society. At an individual level, we would invite each member of the UA family to explore and grow his/her talents, connect to his/her mission, and expand his/her network to incorporate the Eight Dimensions of Wellness into their lives, as part of a holistic lifestyle.

At a community level, UA members’ will be empowered to collaborate within and outside the university, to increase the number of homes, schools, communities, workplaces and other settings that seek to create conditions to support wellness.

Enjoy this first edition of the “Wellness and Mental Health Week”, which will become part of our yearly traditions.

We wish you an uplifting wellness journey!

Fr. Jean Al Alam, oam

Vice-rector for Integral Human Development

Antonine University

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Monday, March 4

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Friday,
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10:00 a.m. - 11:30 a.m.



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Dr. Dominique Thompson
*When Eating Goes Wrong; understanding
disordered eating and what you can do about it*



Roula Chehab
Creativity, a Pathway to Wellbeing!



Dania Dbaiho Darwish
*The Practicum to Taming
Anxiety and Depression*

2:30 p.m. - 4:00 p.m.



Dr. Jad Wehbe
Quick Stress Detection and Neutralization



Randa Farah
Happiness at Work



Ghida Hussein
The Real Face of Anger!



Sahar Youssef Haidar
*Clock Time or Mental Time:
Which is Your Real Time?*

5:00 p.m. - 6:30 p.m.



Georges Assaf
Value of Fitness Assessments



Fadi El Halabi
"Happily Ever After": Fairy Tale or Reality?



Ziad Moussa
*Be Well and Prosper:
Awakening Your Environmental Wellness*



Michel Labaki
*Are You Aware Enough?
"Substance Abuse Prevention"*

6:30 p.m. - 8:00 p.m.



Pauline P. Sawaya
Triple P Life Potion



Mike Ayvasian
Mindfulness and Emotional Energy Managing



Dr. Zeina Ghossoub El Aswad
*"Know Thyself" Through the Science
of Emotional Intelligence*



Jade W. Dagher
Expand Your Financial Situation

SMART HEALTHCARE FORUM
CAMPUS OF MEJDLAYA - ZGHARTA

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Why Wellness and Mental Health Matters?

Since the mid of last century, we have been witnessing a growing global movement to promote wellness on the personal, interpersonal, communities and national levels. This movement is accompanied with a shift from a classical understanding, where health is defined as the; absence of illness to a more holistic approach; where health is multi-dimensional and includes interconnected aspects – body, mind and spirit.

The later approach is dully framed within the recent definition of mental health provided by the World Health Organization “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community” (World Health Organization, 2005).

This definition is distinguished by a positive approach to mental health, in its three components: emotional well-being, psychological well-being and social well-being.

- Emotional well-being includes feelings of happiness, interest in life, and satisfaction. It seeks pleasure attainment and pain avoidance. Some refer to it as hedonic well-being.
- Psychological well-being sets the realization of one’s own potentials and focuses on resources and strengths and on life meaning and authenticity. Some refer to it as eudemonic well-being.
- Social well-being refers to positive functioning and involves having something to contribute to society, belonging to a community and believing that society has potential and can evolve positively.

This approach concerns, as well, people living with mental illness, physical or intellectual disabilities, since health and illness or life challenges may co-exist. In what is specific to higher education, academic life offers transition points which can trigger stress or mental health challenges. While the underlying cause vary from person to person, the academic community needs to acknowledge and cater for this reality by actively supporting students who choose and strive for well-being and see their challenges as an opportunity to grow.

Ultimately, «well» being is not necessarily the strong, the brave, the smart, the beautiful, the wealthy, the whole, or even the illness-free being. It is closer to the acknowledgment of our vulnerability, in order to embrace it, while striving to become the best version of ourselves.

As the slogan selected for this year states it “***Becoming My Best Self***”, wellness is the process of, wherever you stand. It is taking the responsibility of your life, believing in your possibilities to evolve and moving forward in this direction. It is a life-long journey which starts with the choice of loving your whole self, in the sense of appreciating yourself, treating yourself with kindness and allowing yourself to move towards a happier life and better being. It also means being attentive to your relational needs and offering to others quality relations. This inner foundation would reflect in day-to-day decisions and habits that support a more balanced life while growing your resilience to manage stressors and challenging situations, proactively.

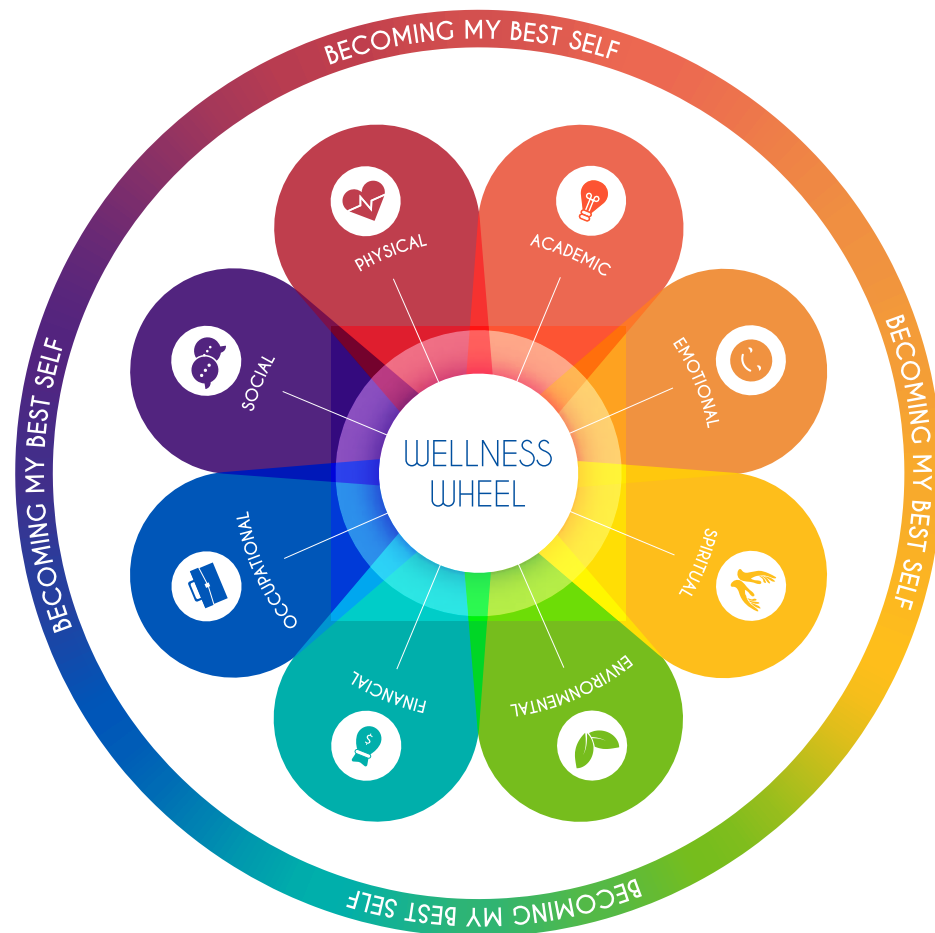
Wellness as a continuous journey is well reflected in the definition of The National Wellness Institute: “***Wellness is an active process through which people become aware of, and make choices toward, a more successful existence.***” (National Wellness Institute, 2019)

Key facets of wellness are captured within the below scheme:

- **Wellness is a conscious choice** – a decision you make to move toward optimal quality of life.
- **Wellness is an encompassing lifestyle** – a lifestyle you design as being your very own way to wellness and which takes shape through consistent every day healthy habits.
- **Wellness is an evolving process** – a journey where you mature your understanding of wellness, stay aware of your changing needs, continuously draw and re-adjust a path and, ultimately, achieve your highest potential.
- **Wellness is multidimensional** – integration of body, mind, emotions, and spirit—the appreciation that everything you do, and think, and feel, and believe, has an impact on your state of health and the health of the world.
- **Wellness is inclusive** – it is accessible and achievable for each person and accepts diversity of possibilities and talents.

The Wellness Wheel

What is a Wellness Wheel?



The wellness wheel is a tool to help you assess, set goals and take action towards taking your overall well-being to the next level. It visualizes the different wellness dimensions and helps you position yourself, today in your life, as related to each area covered.

Among the various interpretations and models of the wellness wheel, Antonine University selected eight dimensions to focus on: physical, emotional, intellectual, social, occupational, spiritual, environmental and financial.

Those dimensions are interconnected and dynamically affect each other. Their balance makes the wellness wheel run smoother. However, an imbalance in

an area might drag some others down. On the long run, they impact your well-being – meaning how long you live (longevity) and how well you live (quality of life).

While striving to reach and sustain a well-rounded and well-balanced wheel, consider that your wellness is correlated to your personal needs, experiences, values and circumstances. Accordingly, your definition of wellness is a copyrighted creation; it is your personal wellness blue print.

As life is not a quiet river, every now and then, obstacles and challenges will imbalance one or several dimensions of your wellness wheel. As you grow, you would need to:

- Identify your priorities – e.g. if I am a student, I might be financially dependent but might cope with it temporarily, as my focus is on my academics. Ask yourself “Today, which dimension would authentically bring more harmony to my life?”
- Nurture and value what you have while seeking to achieve what you miss – e.g. If I do not have for now a satisfactory intimate relationship while the other aspects of my life are working well, I can be grateful for what I have while developing my possibilities to flourish my love life.
- Take the means to develop your internal sensors, to identify faster, what is happening, as opposed to being in a denial attitude or victim position. And then expand your ability to actively intervene and connect to internal and external resources.

Given our human condition, how realistic and achievable is a vision of a “perfect” or continuous equilibrium, between the various areas of our lives? The wellness wheel is not another idealistic invitation to perfection. It is rather about being conscious of where you stand now in your life, where you want to reach and what are areas you need to grow. It is about your eagerness to improve your quality of life and to reach your potential, more and more. Ultimately, it is about being linked to your mission in life and to embrace it, fully.

And now, are you ready to start the journey to “Becoming My Best Self”? Discover the eight dimensions of the wellness wheel, reflect on which dimension(s) would channel more energy in your life and explore new habits that would make a difference for you and in your surroundings.

Workshops Program

Having explored the “Wellness Wheel” and its various dimensions, you might have a fair assessment of dimensions you wish to grow. To support your self-reflection and set goals, it is advisable to complete as well the “Wellness Questionnaire” available online <http://bit.ly/2GHQzDI>.

You will find in the following program a set of fifteen workshops, tackling the different dimensions. While you are invited to take benefit of all, you might prioritize those where development is most meaningful for you.

Workshop Language: English/Arabic

Target Audience: students, professors, staffs, alumni and external public.



Day 1

Monday 4th of March 2019
Campus of Hadat-Baabda

Opening Ceremony

10:00 a.m. - 10:20 a.m.: Official Speech

- **Fr. Michel Jalakh, oam** - President at Antonine University
- **Dr. Rabih El Chammay** - Head of the National Mental Health Programme at the Ministry of Public Health

10:20 a.m. - 10:30 a.m.:

Signature of a MoU between the Ministry of Public Health and Antonine University with the aim of supporting the development and implementation of a comprehensive Mental Health and Wellbeing Strategy for the University

10:30 a.m. - 10:45 a.m.: Honoring on the Occasion of International Women's Day:

- **Dr. Myrna Gannagé** - Head of Psychology Department at Saint Joseph University and President of APEG Association

10:45 a.m. - 11:30 p.m.: Keynote Speaker

A Strategic Approach To Mental Health And Wellness In Higher Education: Sharing Learning and Practices

- **Dr. Dominique Thompson** - Expert in Mental Health Strategy and Clinical Care in Higher Education

11:30 a.m. - 11:50 a.m.: Coffee Break

11:50 a.m. - 12:00 a.m.: Testimonial from Mr. Nadim Abou Alwan

12:00 p.m. - 12:45 p.m.: Panel: Envision Mental Health: Today will transform tomorrow

- **Dr. Khalid Saeed** - Regional Advisor for Mental Health and Substance Abuse-World Health Organization
- **Dr. Rabih El Chammay** - Head of the National Mental Health Programme at the Ministry of Public health
- **Dr. Dominique Thompson** - Expert in Mental Health Strategy and Clinical Care in Higher Education
- **Moderator: Mr. Fadi El Halabi** - Director of the Center for Relational Ecology at Antonine University

12:45 p.m.: Reception



Dr. Jad Wehbe

wehbejad@yahoo.com

2:30 p.m. - 4:00 p.m. ⌚

Father Rajeh Hall 📍

Up to 40 persons 👤

QUICK STRESS DETECTION AND NEUTRALIZATION

Stress includes seven sub-categories that are grouped in primary, secondary and tertiary levels. Each of these subcategories has a different impact on our health (physical, emotional, social, professional), on our behaviors, choices, and decisions in life.

Some of these sub-categories of stress might create repetitive patterns of dissatisfaction in many fields of your life like the intimate or the professional facets of your life. They also can change the way you see the world, the people around, and yourself.

During this workshop, you will learn tools to detect these sub-categories of stress, and some basic tools to change the effect of this stress on your mind and life. You will also learn tools to define the different triggers of each sub-category.

At the end, through understanding the neuroplasticity and the brain guided imagery concepts, you will learn some basic tools to rewire your brain in order to implement the changes you want.

“ Time is not a healer, you are the healer of yourself if you decide to learn the right tools. ”

Dr. Jad Wehbe is an international speaker and teacher, practicing mind and body therapy which includes physiotherapy, osteopathy, traditional chinese medicine, acupuncture, dry needling, emotional and stress management, hypnotherapy, brain working recursive therapy, emotional liberation breathing technique.

He also is a Lecturer in stress and emotional management, and Research Supervisor at Saint Joseph University.

In addition, Dr. Jad Wehbe is a Certified Hypnotherapy Instructor at the Calvin Banyan Hypnotherapy Institute, Texas, and from the National Guild of Hypnotherapy. He is a senior lecturer at the Bridge Institute in Eating Behavior programming®, and is specialized in Emotional Liberation Breathing Technique, and comfort zone therapy.



Georges Assaf

georges.assaf@ua.edu.lb

5:00 p.m. - 6:30 p.m. 🕒

Performance First Club 📍

VALUE OF FITNESS ASSESSMENTS

The typical medical model is oriented towards disease treatment. Normally, when an individual falls sick, he goes to a doctor. A better step is to prevent disease before it occurs. Better still is the wellness philosophy which is based on health promotion. By adopting positive health behaviors, there is a reduced chance of becoming ill and requiring treatment.

The purpose of this presentation is to introduce the multiple dimensions of health, wellness, and fitness.

Good physical fitness contributes directly to the physical component of good health and wellness, and indirectly to the other four components. Good fitness has been shown to be associated with reduced risk for chronic diseases, such as heart disease, and has been shown to reduce the consequences of many debilitating conditions.

The workshop will focus on testing our health-related fitness components:

- Cardiovascular fitness.
- Muscular strength and endurance.
- Body composition.
- Flexibility.

💡 *Where science makes the difference!* 💡

Georges Assaf is in charge of the training department as well as the Director of the European University Diploma of Strength and Conditioning (DUEPP) at Antonine University.

Georges who graduated with a Master's degree in sports sciences is now a PhD student in the same field.

He is a managing partner of Sports Academy Sports, the first technical school in sports in Lebanon.

Georges is also a managing partner at Performance First fitness club, a professional club with both the expertise and equipment to prepare any individual for optimal athletic performance in their desired club.



Pauline P. Sawaya

pauline@swiftshiftcoach.com

6:30 p.m. - 8:00 p.m. ⌚

Father Rajeh Hall 📍

TRIPLE P LIFE POTION

“Life is Life” and with the *Triple P Life Potion*, you can make it *Passionate*, *Purposeful* and *Powerful*.

Life is what we make of it, and during this mini workshop, you will learn through activities tools that will empower you to find your *Passion* or strengthen it.

Live with a *Purpose* and always persevere to have *Power* that drives you forward for ever.

You will get out of this workshop with a clearer vision about your life through discovering your passion and aligning it with your values.

We will be using activities self-discovery tools to create more self-awareness.

It is not your usual workshop. It is not about positivity!

💡 *It is what it is, and it is always up to you to make the best out of what is!* 💡

Pauline Sawaya is a Senior Executive with over 25 years of experience in local and multinational companies at strategic levels such as Senior Head of HR and General Manager.

She is the first Accredited Master Empowerment Coach in the region with IAPC&M, as well as a thought leader, consultant, HR and transformational trainer. She has conducted a huge number of trainings, coachings and mentorings for individuals and corporates to help them achieve their ambitions, develop and grow. Her passion is to take the coaching world in the region to the next level and empower the corporate world and individuals to get from where they are today to where they want to be in nine years.



Day 2

Tuesday 5th of March 2019
Campus of Hadat-Baabda



Dr. Dominique Thompson

dominique.thompson@me.com

10:00 a.m. - 11:30 a.m. ⌚

Father Rajeh Hall 📍

“WHEN EATING GOES WRONG; UNDERSTANDING DISORDERED EATING AND WHAT YOU CAN DO ABOUT IT.”

During this workshop, we will:

- Understand why eating becomes disordered, and what the different patterns can be.
- Recognise the signs to look out for.
- Discuss the myths and break them down.
- Learn when to get help, what to say to friends who are affected, and what not to say.
- Learn about helpful approaches and resources.
- Understand that there is hope, and people can recover from eating problems, there is no shame in them.

💖 *Recovery is a marathon not a sprint!* 💖

Dr. Dominique Thompson is a General Practitioner, young people's mental health expert, TEDx speaker, author and educator, with over 20 years of clinical experience caring for students, most recently as Director of Service at the University of Bristol Students' Health Service. It was for this work that she was named Bristol Healthcare Professional of the Year 2017.

She is a Clinical Advisor for the Royal College of GPs, and for Student Minds, the UK's student mental health charity. She was the GP member of the NICE Eating Disorders' guidelines development group, and the Universities UK [StepChange](#) and [Minding Our Future](#) committees.



Randa Farah

randa@ihavelearned.me

2:30 p.m. - 4:00 p.m. 🕒

Father Rajeh Hall 📍

HAPPINESS AT WORK

The training will focus on the importance of happiness at work and how to create happy workplaces. It will cover the following points:

- The science of happiness and the importance of positive psychology.
- What is happiness at work?
- Why is it important?
- What difference can it make on people and in companies?
- Happy workplaces make more money!
- Common traps and mistakes employers do.
- Tips and tricks to create happiness at work and maintain it.
- Future trends.

💡 Do what you love... Love what you do! 💡

Randa Farah is an HR management specialist, organizational psychologist and certified trainer who has more than 12 years of experience in the field working with several companies in different industries. She also is the founder of I Have Learned Academy. In addition, Randa is an Instructor at Saint Joseph University and co-founder of Lebtivity.com, the main calendar for events in Lebanon. She holds three university degrees; Human Resources Management, Organizational Psychology and Business, and Advertising and Marketing. Randa organized the Happiness at Work Conference in Beirut, with international and local speakers and delivers certifications to become a Chief Happiness Officer. She holds many certifications and is a certified trainer from the UK. She delivers trainings in different topics related to HR, management and behavioral skills.



Fadi El Halabi

fadi.elhalabi@ua.edu.lb

5:00 p.m. - 6:30 p.m. 

Father Rajeh Hall 

Up to 30 persons 

“HAPPILY EVER AFTER” FAIRY TALE OR REALITY?

Studies have shown that the rate of happy couples does not exceed 20%. Lebanon is not an exception as evidenced by the increasing divorce rate.

Whether you are single or engaged in a couple relationship, this one hour and a half experiential workshop will offer you insights and applied tools to build and nourish a quality and lasting relationship within the couple. The workshop will focus on:

- What are the three phases of the relation?
- What are the three pre-requisites to choose a partner?
- What are the types of “Pseudo-Love”?
- What are the seven relational needs?
- What are the main principles of relational hygiene?

“In a relation, probably the most important is not to want to make the other happy; it is to make oneself happy and to offer this happiness to the other.”

Jacques Salomé

Fadi El Halabi is a psychotherapist and counselor for couples and adults, a T.V. and radio talk show host, a frequent guest speaker and moderator in universities and the private sector, and a facilitator with an extensive experience in human relations and personal development.

Fadi holds a Master's degree in Clinical Psychology and is specialized in group dynamics. He is certified in Neuro-Linguistic Programming (NLP) and also is practitioner in Transactional Analysis, Relational Communication (la Méthode E.S.P.E.R.E) and relational needs.



Mike Ayvazian

mike.h.ayvazian@gmail.com

6:30 p.m. - 8:00 p.m. 🕒

Father Rajeh Hall 📍

MINDFULNESS AND EMOTIONAL ENERGY MANAGING

As each person has his own rhythm and pace in life and work, some people may find themselves unable to catch up with a certain environment demanding pace, both time wise and personally, in spite of our continuous efforts to keep up, hence, leading to fatigue, lack of motivation and most commonly “stress”.

Using Expressive Arts Therapy methods, and in a fun and creative and very reflective environment, we will:

- Explore from the mechanics of our social and professional interactions.
- Be more in sync with ourselves, especially within our environment.
- Reduce stress.
- Boost self-motivation and self-esteem.

“ The whole culture is telling you to hurry, while art tells you to take your time. Always listen to the art. ”

Junot Diaz

Mike Ayvazian is an actor and theater director as well as an Expressive Arts Therapy, Psychodrama and Clay Field Therapy practitioner.

He teaches theater, acting, as well as cultural classes in schools and universities (Antonine University, Saint Joseph University...). Mike Ayvazian is also a facilitator in various Learning and Development companies and NGOs, including his own, Astharté, which aims at bringing community art/therapeutic activities to special populations.



Day 3

Wednesday 6th of March 2019
Campus of Hadat-Baabda



Roula Chehab

roulachehab@hotmail.com

10:00 a.m. - 11:30 a.m. 

Father Rajeh Hall 

Up to 25 persons 

CREATIVITY A PATHWAY TO WELLBEING!

In recent years, there has been an increasing quest for exploring how to nourish creativity to help improve and protect the well-being and health of individuals, communities, and society as a whole.

Our interactive workshop aims to create a space where we will facilitate your creative flow through creative thinking tools, and hands-on activities.

These techniques are meant to reconcile you with your creative mind, and help you break through “old” patterns of thinking and stimulate problem-solving skills.

At the end of the course, you will take with you a bunch of simple tools to help you develop creative thinking and make it a daily habit.

“ Let’s change the world, one mind at a time. ”

Roula Chehab is a Lecturer in the Business School at Saint Joseph University. Armed with the wealth of two decades of experience in three streams simultaneously, corporate practice as a seasoned strategy consultant; an educator and a self-taught conceptual artist, she decided to create a space of thought that transcends her professions and hobbies, and immerse in the realm of critical, creative and design thinking. She took part in establishing the Creative Industries Project with Wales University and the Mecenat Culturel. Roula has also instructed widely on topics ranging from innovation, entrepreneurship to communications and sustainability to academic and corporate audiences. Her art was showcased in many exhibitions.



Ghida Hussein

husseini.ghida@gmail.com

2:30 p.m. - 4:00 p.m. ⌚

Father Rajeh Hall 📍

THE REAL FACE OF ANGER!

Anger is a surprisingly complex emotion. It can happen in many different circumstances for many different reasons. People can express it in a large variety of ways and it affects our relationships and our physical and emotional health.

During this workshop, you will:

- Understand the physiology and the psychology of anger.
- Learn how anger is triggered and how it affects our life.
- Build skills and healthier coping mechanisms to manage anger.

💡 *I am the alchemist of my own path and so can you!* 💡

Ghida Hussein is a counseling psychologist specializing in individual and group therapy. Having been herself a humanitarian worker, she provides psychological support to individuals and groups living or working in conflict zones. In addition, she trains international aid workers and journalists before they leave for their assignments and missions in conflict affected areas.

Ghida is also a trainer and a facilitator with experience in coaching and mentoring. She co-founded Metanoia, the Stress and Trauma Center in the Middle East and North Africa. The center specializes in supporting humanitarian organizations working in the Middle East, Africa or other part of the world.



Ziad Moussa

ziad@dmiconsulting.info

5:00 p.m. - 6:30 p.m. ⌚

Father Rajeh Hall 📍

BE WELL AND PROSPER: AWAKENING YOUR ENVIRONMENTAL WELLNESS

Environmental wellness inspires us to live a lifestyle that is respectful of our surroundings. This stimulates us to live in harmony with our environment and take action to protect it.

The workshop proposes a series of very practical and hands-on tips to foster environmental wellness, both on campus and across the communities we serve.

You will leave the workshop motivated to take action and show everyone around that change is possible. We just have to make it happen.

We will use a Hackathon approach to unleash the creativity that lies in each and every one of us by jointly harnessing the change-making energy of all participants in the workshop.

💡 *If opportunity doesn't knock, build a door* 💡

Ziad Moussa is a “veteran” of the development and environmental scene in Lebanon. He served for more than 10 years in Green Line Association (<https://www.facebook.com/GreenLineAssociation/>) and recently completed his term as President of the International Organization for Cooperation in Evaluation (www.ioce.net)

Ziad is a firm believer that change starts from within. Try to read how he helped establish the first Zero Waste villages in Lebanon, described as “Ecological Eldorado’s” by L'Orient-Le Jour (<https://www.lorientlejour.com/article/1143807/manara-et-aitanit-un-eldorado-ecologique-.html>).



Dr. Zeina Ghossoub El Aswad

zeinag@viesaine.org | zeinagh@hotmail.com

6:30 p.m. - 8:00 p.m.

Father Rajeh Hall

Up to 20 persons

“KNOW THYSELF” THROUGH THE SCIENCE OF EMOTIONAL INTELLIGENCE

“Do what you can, with what you have, where you are,” an inspiring quote by Theodore Roosevelt that is at the heart of today’s topic. This interactive workshop will help answer the following questions:

- What can you really do?
- What do you really have?
- Where are you really?

Come and join us to learn more about yourself through the science of emotional intelligence and to unlock your true potential, and discover your untapped abilities.

“Aspire without limits. Live with passion. pursue with heart. Never settle, but be content.”

Dr. Zeina Ghossoub El Aswad, PhD in Behavior and Counseling, is a Wellness and Executive Coach, and the President of ICF Lebanon. She is a clinical dietitian as well as the founder and Director of VieSaine, Wellness and Healthcare Center. Dr. Zeina Ghossoub El Aswad also practices wellness coaching in the U.S. where she is a partner and Chief Wellness Officer of her coaching company, Vital Signs Vital Skills. As a professional certified coach, she has been coaching leaders for over 13 years relying on the sciences of emotional intelligence, self-care, and leadership. She is also the co-author of multiple best-selling books. Dr. Zeina Ghossoub El Aswad is a national and international speaker/researcher/educator and coach on leadership, emotional intelligence, and self-care. Besides that, she has founded Ghalletna, a non-profit organization.



Day 4

Thursday 7th of March 2019
Campus of Hadat-Baabda



Dania Dbaibo Darwish

dania@strides-ddd.com

10:00 a.m. - 11:30 a.m. ⌚

Father Rajeh Hall 📍

THE PRACTICUM TO TAMING ANXIETY AND DEPRESSION

This workshop will expose what it's like to experience both anxiety and depression as negative states that hamper well-being in their extreme form. Participants will get empowered by knowing the upside of these two states (Yes! These can be good for you). You will grow to befriend your negative emotions by engaging in "emotional fitness". Only then, will you be able to become more resilient in bouncing back from life's multiple challenges.

The duration of the workshop will be spent practicing many simple-to-use techniques to conquer any experienced hyper-arousal, or hypo-arousal. These tools break the cycle of chronic anxiety and depression; thus, arm you with necessities to be more "mentally tough". Once these become new habits of thinking and behaving, you will reclaim power and better control of your future.

“ Life is like a boxing match. You're not defeated if you're knocked down. You're only defeated if you refuse to get up! ”

Dania Dbaibo Darwish is a holder of a Bachelor of Business Administration and a Master's in Psychology from the American University of Beirut. She is a licensed clinical psychologist, a Professional Certified Life, Career and Relationship Coach (PCC level and mentor coach with ICF), a Certified Master level NLP practitioner, a Certified Hypnotherapist, a Certified EMDR Therapist and Consultant, a Positive Psychology Certified Coach, and an experienced "soft skills" trainer. Dania has a background career as Psychology Instructor at both the American University of Beirut and the Lebanese American University; and has appeared for years as a guest speaker on local and international TV channels tackling a variety of subjects on self-development.



Sahar Youssef Haidar

sakrdragon@hotmail.com

2:30 p.m. - 4:00 p.m.

Father Rajeh Hall

Up to 50 persons

CLOCK TIME OR MENTAL TIME: WHICH IS YOUR REAL TIME?

Time is the greatest equalizer in life. With the right approach, you can work efficiently, productively, and relatively stress-free.

Balance is the key. If you lack balance in your life, you're going to feel stressed out.

Time management is your key for a successful life.

Take care of yourself and join us for a free time management workshop during which we will cover the following topics:

- Increase your productivity: more done in less time.
- Eliminate your bad habits, say "no" while saying "yes" to yourself.
- Clock time or mental time, take a step. Be the challenge. Be yourself.

“Don't let life change your goals because achieving your goals can change your life.”

- Currently Administrative Assistant at Antonine University and PhD candidate in History.
- Professional change coach: Time and Money Management, Non-violence communication skills, Public speaking and Media Trainer, Basics for being interviewed, script writer
- Worked at the Arab Woman Channel as a presenter, conceptor and producer. Worked as a freelancer with the LBCI: as a conceptor and producer for the Supermom's program.
- Attended a considerable number of seminars and workshops, notably: World Peace, Conflict Resolution, Abolish Violence, Lebanese Labor Law and Human Rights...
- Author of three books (poetry).



Michel Labaki

michel.labaki@musiyoga.co

5:00 p.m. - 6:30 p.m. 

Father Rajeh Hall 

ARE YOU AWARE ENOUGH? “SUBSTANCE ABUSE PREVENTION”

During this workshop, we will have a:

- 30 min life testimony from Antonio Farhat, an ex-substance user.
- 30 min prevention session (projection) on how to provide the needed support and education to diminish drug dependency in communities and schools.
- 30 min interactive workshop during which the audience will work together to explore some problems and their solutions.

“The better awareness, the better your choices. As you make better choices, you will see better results.”

- Bass Guitar with BIT London through online correspondence.
- Bachelor of Science degree in Management at the American University of Technology, and in Psychology at The Holy Spirit University of Kaslik.
- International Teacher Certificate in Music Therapy Program (Euterpe) from the Humanitas University in Rome.
- Currently enrolled in the Level 2 Bonnie Method under the American Guided Imagery and Music.
- Currently enrolled in a Master's program in Neuropsychology at the Lebanese University.
- Music therapist at Oum El Nour Rehabilitation Center since 2015.
- Owner of Musiyoga Center Wellness Destination in Dbayeh.
- International bass guitarist (stapping technique innovator).



Jade W. Dagher

jade@expand-mena.com

6:30 p.m. - 8:00 p.m. ⌚

Father Rajeh Hall 📍

EXPAND YOUR FINANCIAL SITUATION

This workshop will shed the light on the essentials of personal financial wellness, such as:

- How to think about money.
- How to make more income.
- How to spend less but enjoy more.
- Where and how much to save for the different stages of life.
- How much credit to have from banks.
- Where and what to invest your savings in, and many other important aspects about financial decisions, and personal financial management.

This workshop is based on both personal experiences and proven techniques. As you probably know, financial fitness is not about luck, it is all about planning and organizing your behavior, goals, financials and setting a system that gives you immunity for tough times.

💡 *Jade believes that no one was born great, but everyone can expand!* 💡

Jade W. Dagher has over 16 years of experience in financial planning and business development for individuals, and small and medium-sized businesses. He is a member of the Certified Management Consultants Global Institute, and he has also trained and operated in more than 13 countries in the MENA region. Jade studied banking and finance and expanded his knowledge through workshops and practical case studies.

Jade's mission is to improve the standards of the entrepreneurship ecosystem in Lebanon and the region.

Wellness Fair

From 12:00 noon to 4:00 p.m.

Now that you experienced several workshops, you have probably set goals for yourself and be asking yourself “How can I achieve my goals?” Whether you want to start your fitness program, or engage in a healthy food lifestyle or be informed about mental health challenges... the Wellness Fair is for you!

Below is the list of the Wellness Fair exhibitors along with the product(s)/ service(s) proposed by each. Make sure to benefit from the various special offers available!

- *Artichoke Studio*
- *Clown Me In*
- *Dar El Farasha*
- *Eshmoon Holistics*
- *Healthy Living by Verlaine*
- *I have learned Academy*
- *I Quit Smoking/Easy Slim*
- *International Medical Corps*
- *Lebanese Coach Association*
- *Lebanese Microfinance Association*
- *Librairie Le Point*
- *Médecins du Monde*
- *Meraki-Dance and Yoga Studio*
- *Performance First*
- *Promax*
- *Skoun Addiction Center*
- *Sohati.com/Sohaticare.com*
- *YomKom*



Smart Healthcare Forum

Friday 8th of March 2019
Campus of Mejdlaya-Zgharta

Program

09:30 a.m. - 10:00 a.m.: Registration

10:00 a.m. - 10:30 a.m.: Opening Ceremony

- **Fr. Michel Jalakh, oam** - President, Antonine University
- **Ministry of Health**
- **Order of Engineers and Architects of Tripoli**
- **Syndicate of Hospitals in Lebanon**

10:30 a.m. - 11:00 a.m.: Reception

11:00 a.m. - 12:15 p.m. : Panel Session 1: Digital Transformation for Smart Hospitals

- **Moderator: Dr. Rémi Sarkis** - Associate Professor, Antonine University
Core Lab Digital Transformation at AUBMC
- **Mrs. Grace Issa** - Lab Applications Lead, American University of Beirut
Medical Center
- E-hospital Transformation of Hôtel-Dieu de France
- **Mrs. Jocelyne Ziadeh** - Director of Information Systems, Hôtel-Dieu de France
- **Dr. Nabil Chehata** - Hôtel-Dieu de France
- Health Prediction System by Using Data Mining
- **Dr. Georges Badr** - Associate Professor, Antonine University
Interoperability Platforms Covering Regional Level Solutions
- **Mr. Maher Itani** - Healthcare Division Manager, ITB (ITG Company)

Open Discussion

12:15 p.m. - 12:45 p.m.: Coffee Break

12:45 p.m. - 02:00 p.m.: Panel Session 2: Artificial Intelligence for Smart Healthcare

- **Moderator: Mr. Alain Dargham** - Reporter, MTV
- Artificial Intelligence for the Detection of Health Conditions
- **Dr. Bakhos A. Tannous** - PhD, Harvard Medical School
- New Technologies in Radiation Therapy
- **Dr. Charbel Merheb** - PhD, Chief Medical Physicist, Clemenceau
Medical Center
- Applications of Artificial Intelligence in Healthcare
- **Dr. Georges Sakr** - Assistant Professor, Université Saint-Joseph
- Healthcare Information Systems: Past, Present and Future
- **Dr. Ahmed al Hajjar** - CEO, Anzimaty
- **Mr. Murat Teksöz** - CEO, Grid Group

Open Discussion

02:00 p.m. - 03:00 p.m.: Lunch Break

03:00 p.m. - 04:15 p.m.: Panel Session 3: Healthcare Tech Innovations

- **Moderator: Mr. André Abi Awad** - CEO, Entreprenergy
- Air Monitoring IoT Devices for Allergies Prevention
- **Mr. Cyrille Najjar** - CEO and Co-founder, Sensio Air
- Interactive Surgical Simulator for Healthcare
- **Mr. Bassem Hashash** - Regional Director, Proximie
- Robotics and the Changing Face of the Clinical Laboratory
- **Mr. Serhan Serhan** - IT Manager, Centre Hospitalier du Nord
- **Dr. Salam Samad** - Head of the Laboratory Department, Centre
Hospitalier du Nord
- The Role of Telemedicine in Mental Health
- **Mr. Rami Alameddine** - Co-founder, Tripoli Entrepreneurs Club

Open Discussion

04:15 p.m. – 05:00 p.m.: Closing Ceremony

Acknowledgements

Faithful to its values, the Vice Rectorate for Integral Human Development is strongly determined to raise awareness about wellness and mental health in Lebanon and is pleased to launch the first edition of the *Wellness and Mental Health Week*.

Our gratitude goes to the Ministry of Public Health for its patronage and to our sponsors for helping us make this seminar possible. We also wish to thank our speakers for their participation in the Wellness Week and their trust, particularly our keynote speaker, Dr. Dominique Thompson who flew all the way from Great Britain to contribute to this seminar as well as Dr. Khalid Saeed who comes from Egypt.

We would also like to express our appreciation to the Director of the Center for Relational Ecology, Fadi El Halabi, for his commitment to preparing this week's program, as well as to Rita Yacoub, Dr. Elisabeth Sfeir, and Magida Samara for their helpful contribution.

Our thanks go to the Communication and Events Departments, Dr. Rémi Sarkis and Dr. Youssef Bou Issa from the Faculty of Engineering.

Behind each and every event, there is a dynamic team of professionals on the floor who deserve recognition for their dedication; at the Antonine University, the Operations and Maintenance Responsible is Jean Kassab.

Sponsored by



