

برنامج منسقي جودة الحياة  
في جامعة الامارات العربية المتحدة  
WELLBEING OFFICER PROGRAM IN  
UNITED ARAB EMIRATES UNIVERSITY

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## Overview

Wellbeing Officer program is an initiative started by the Chief of Happiness and Wellbeing officer under the umbrella of Emirates Center For Happiness Research.

Wellbeing Officers are a group of dedicated employees serving in the United Arab Emirates University who have been selected from the various departments of the University. The main aim of these officers is to promote happiness and wellbeing at their workplace.

Also, to initiate initiatives to improve the quality of life in workplace which leads to improving the level of employee satisfaction and productivity.

These goals are integrated with initiatives which are carefully designed by the officers and implemented within their departments/sections.



## Five Unified Initiatives initiated by the Wellbeing Officers during 2020

- Thank you Messages-Positive Messages
- Well-being Workshops in their workplace
- Journey of Happiness
- The Happy Colleague of the Month Award
- Happy Thursday

## All Initiatives suggested from the Well-being Officers

- A plant on every desk
- Free Zone including:  
An area designated for games, Yoga and Meditation, Coffee break and a Book Corner
- Employee of the Month (Library):  
An employee is selected by his direct manager and praised and acknowledged for their work
- A ten minute walk to improve their physical and Mental Health
- Follow your passion

- Keto training:  
Learn to eat healthy for greater energy, better health and clarity of mind
- For Better Life:  
A Full Program to encourage employees to adopt a healthy lifestyle
- Celebrating International Health Day
- Loyalty Renewal Letter
- Happiness Voucher
- Portable Clinics providing the employees with free health tests
- Be a giver by social counting volunteer hours for the employees
- Let us Read
- Promote Team Spirit by:  
Organizing social activities outside of your work environment
- Your Happiness is Ours Initiative aims to share special events and moments like graduation, starting a new family with the employees
- We Support Your Creativity:  
Supporting Talents of the employees

7134160-4161

Wellbeing.uaeu

Happiness@uaeu.ac.ae