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A Workshop Entitled "Motivation and Goals" in Al Ain University

The Student Affairs Deanship in Al-Ain University of Science and Technology, based in Abu Dhabi, has organized a workshop titled 'Motivation and Goals' in cooperation with the Community Engagement Committee in the Business Administration College. It was presented by Ms. Saira Mohmand in the presence of members of academic and administrative bodies and university students.

The aim of the workshop is to introduce the students to several styles in setting goals and how to motivate them to succeed and progress in their personal, professional and academic lives. It also included an ideal way to establish goals, and develop short and long-term plans, in addition to self-understanding and motivation.

At the end of the workshop, a group of students asked questions and shared experiences of the major problems faced in setting goals.

[Press Release Link](#)