

Embedding a culture of Happiness and health through education

Abstract

embedding a culture of Happiness and health through education Happiness is a crucial key in the educational field since happiness promotes an individuals' activities, raises awareness, strengthens creativity, and productivity. We can interpret happiness and promote health in the education field by including several pedagogies such as: Minimising stress for students is crucial since taking accounts for students' mental health help in improving their productivity level, and help promote their understanding.

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Biography

I'm Dr.Marwa Mahaia, HOD and learning Coach in JSS private school, and I have been working as a leader for 19 years in the education field. Throughout the 19 years, I gained plethora of knowledge and got to know plethora of innovative pedagogies that will help in making the Arabic language easier and more

fun for the students. As well as, I have managed a huge number of teams and had huge accomplishments with my team since I believe that working in a team creates success. In addition to, I was the first Arab to become an accredited UN CC from the United nations, and I am an MIEE trainer.