



Jan 25, 2024

A workshop on Stimulating Creativity According to Personality Types

The Student Affairs Deanship at Al Ain University (Abu Dhabi campus) organized a workshop in collaboration with the Legend Land Training Center titled "Stimulating Creativity According to Personality Types," presented by Dr. Adham Matar, a consultant and researcher in strategic management and behavioral psychology.

The workshop included a detailed explanation of the definition of human personality and the qualities and characteristics that distinguish each person from another. Dr. Adham also discussed how personality is the result of a multifaceted interaction between genetic and environmental factors, shaping and evolving over time. The workshop covered the significant influences on personality, such as genetic factors, environment, life experiences, values and beliefs, psychological formation, mental and emotional factors.

Dr. Adham further explained the motivators of creativity in personality and how to apply

motivational strategies, including methods such as appreciation and praise, financial rewards, professional development, creating a positive work environment, flexibility in work, and participation in decision-making, among others.

It is worth mentioning that the university always seeks to offer such workshops to the university community, believing in the significant importance of creative thinking and its role in the development and advancement of societies. The university emphasizes the contribution of creative thinking in finding new solutions to individuals' daily problems and to society as a whole. Teaching students creative thinking equips them with the ability to solve problems and make sound decisions.

[Press Release Link](#)