



UAE Committee Online Learned Event

“Wellness and Performance through Emotional Regulation”

Dr. Hatem Goucha, Senior Consultant at Kintla

Wednesday, 26 October 2022

6:30 PM – 7:30 PM (GMT +0400, UAE Time)

[Click here to register](#)

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Established in 1818 in London, the Institution of Civil Engineers (ICE) is the first professional engineering body in the world. Since obtaining its Royal Charter in 1828, it has expanded considerably and now has more than 90,000 members across the world.

Speaker's Biography

Hatem is an executive coach and organizational consultant specializing in resilient teams, cultural awareness, and executive coaching. He has worked with leaders in a variety of cultures and industry sectors (construction, finance, sports marketing, logistics, research institutes and defence research and development). He specializes in delivering practical learning experiences and mentoring strategies to build strong leadership.

Prior to his executive coaching career, Hatem held various roles at Bechtel (engineering and construction). He has extensive line management experience and brings a seasoned approach to his coaching and teaching work. For example, he was project manager on two multi-million-dollar turnkey engineering and construction projects in the United States, one in the private sector oil and gas and another in the government sector with the Department of Energy.

As a project leader, Hatem excelled in mentoring and motivating senior personnel to deliver outstanding outcomes. More recently, he served as the Diversity and Inclusion executive champion for a major project and was instrumental in transforming project leadership into a high performing team that produced exceptional results. Throughout his career, Hatem has been valued for his ability to facilitate cooperation between contractors and customers and between projects and regulatory agencies and for his ability to bring together different cultural values and perspectives on one team.

Hatem holds a Ph. D from the University of Texas at Austin in Construction, Engineering and Project Management, a Master's degree from the University of California at Berkeley in Earthquake Engineering and a Bachelor's Degree from Michigan State University in Civil and Environmental Engineering. Hatem is fluent in Arabic, French, Italian and Spanish and is keenly aware of importance of cultural awareness and training needs in multinational companies operating around the world.



Topic Overview

We live in a work and life environment surrounded by stressors, which can cause chronic stress in us. Left unchecked, chronic stress and daily stressors can deteriorate our well-being as well as instantly lower our IQ and ability to respond well. This presentation will walk through how our brain reacts in the face of daily stressors and what mechanisms can be utilized to emotionally regulate our brains and achieve resilience in individuals and in teams.

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