







EMOTIONAL STYLES

GREATER AWARENESS / BETTER CHOICES / STRONGER YOU



RESILIENCE
Bounces back, stays focused, keeps going.



OUTLOOK
Looks for the positive, sees possibilities.



SOCIAL INTUITION
Reads people, understands what's not said.



SELF-AWARENESS
Recognises patterns, chooses better.



SENSITIVITY TO CONTEXT
Notices the bigger picture, adapts with ease.



ATTENTION
Stays present, filters what matters.

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"Small shifts, repeated, change the wiring."

-Based on the neuroscience of emotional style-
Dr. Richard Davidson, University of Wisconsin-Madison

Working together towards

Breaking the GLASS CEILING

CREATE. CONNECT. CONVERSE.





Welcome
WELCOME REMARKS

Laila Sahaf

Director of ESG & Sustainability



Welcome
WELCOME REMARKS

Osama Al

ASHRAE Falcon Ch





Welcome
WELCOME REMARKS

Al Mahmoud

Tre Chapter, and Regional Vice-
ASHRAE Region-at-Large

Welcome
WELCOME REMARKS

Jeremy Moussa

Young Engineers in ASHRAE (YEA)
Diversity, Equity, and Inclusion (DEI)





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Breaking
the

GLASS

CREATE





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05

SELECT YOUR MOTION

Painting



