

Health and YOU Community Wellness Series

Practice Doing Nothing

This session delves into how important it is to practice doing nothing! It discusses how people feel anxious from inaction and think it is a waste of time. During this session, the audience will learn some practical tips to lead a meaningful, healthy life through emotional intelligence.

Jan 24, 2022

5:00PM – 5:45PM (Qatar Time)



Speaker

Ms. Maha Elnashar

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Maha Elnashar, MA is the Director of the Center for Cultural Competence in Healthcare at the Institute for Population Health of Weill Cornell Medicine-Qatar (WCM-Q). Ms. Elnashar holds two master's degrees, in human development and in comparative religions, as well as a post-graduate diploma in interpretation and translation. Ms. Elnashar is the founder of the Center for Cultural Competence in Healthcare at WCM-Q and co-founder of the Qatar Institute of Intercultural Communication, an Education City initiative that works in collaboration with the Intercultural Communication & Collaboration Forum (ICCF). Ms. Elnashar is licensed by the Cross-Cultural Health Care Program in Seattle, USA as a medical interpreter and cultural competency trainer, is a member of the US National Council on Interpreting in Health Care, and is certified by TalentSmart Inc., USA a certified trainer of emotional intelligence. She has extensive experience in training healthcare providers and educational professionals on cultural competency, emotional intelligence and medical interpretation skills. Her research focuses on the influence of culture and language on healthcare, and she has published various scholarly articles in prestigious peer-reviewed journals.