

# Schedule

# WORKWELL AMMAN 2026

TIME	FORMAT	SESSION	BY
09:00	Registration	Registration & Welcome Coffee	Sajilni
09:40	Welcome Address	Welcome Address & National Anthem	Nancy Alhyari
10:00	Patronage Keynote Address	Opening Under the Patronage — Official Address	HRH Princess Noor bint Asem
10:25	Institutional Keynote	Leading for Sustainable Performance in High-Pressure Environments	Sameer Bakeer Bino
10:50	Focus Reset	Posture, Breathing, and Focus Refresh	Kathrin Maali
11:00	Panel 1	Trust at Scale: How Large Organizations Sustain Performance Under Pressure	Moderator: Ruba Atallah · Haitham Shaheen / Sameer Bakeer Bino / Sahar AlMakhamreh / Mary Petro / Rania Al-Bassoumi
11:30	Session 1	Psychological Safety as an Organizational Capability	Rana F. Nejem
11:50	Coffee Break 1	Networking & Refreshments	
12:20	Advice by an Expert	Our thoughts create our reality.	Rula Habash
12:30	Panel 2	Psychological Safety as an Organizational Capability — Not a Soft Culture Tool	Moderator: Yasmeen Khawaja · Razan Z. Kilani / Rana F. Nejem / Mohammad Azzouqa / Wissam Sabbagh
13:00	Session 2	Wellness @Work – Self-Leadership   – العافية في العمل القيادة الذاتية	Mary Petro / Kathrin Maali
13:30	Mindful Pause	Gentle Mobility & Emotional Regulation	Yasmeen Khawaja

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13:40	Session 3	A Case Study in Building a Sustainable Wellbeing Ecosystem Through Coaching Practices	Mamdouh Younis / Suzanna Sala
14:05	Session 4	Embodied Wellbeing Experience	Wissam Sabbagh
15:00	Lunch & Networking		
16:00	Advice by an Expert	Using I-Statements to Express Yourself Effectively	Lana Abzakh
16:10	Panel 3	Pressure in the System: The Execution Layer	Moderator: Maryan Benyamin · Hussam Abuelnasr / Rania Al-Bassoumi / Sereen Abu Maizar / Reem Sultan Al-Adwan
16:40	Session 5	A Journey Within the Team: From Fragmentation to Empowerment	Osama Al-Mosa
17:05	Session 6	Effectiveness with Self-Respect: Learning to Work Without Self-Pressure or Over-Investment	Dr. Aida Beirutty Ayoub
17:25	Coffee Break	Networking & Refreshments	
17:50	Advice by an Expert	Clear the Noise	Rania Khoury
18:00	Pod	Boundaries as Emotional Protection: Learning to Hold Limits Without Guilt	Lina Cherry / Rania Khoury
18:30	Panel 4	Staying Present Under Pressure: Emotional Regulation in Real-Life Work Situations	Moderator: Sabreen Alqaddoumi · Dr. Manar Agha Al-Nimer / Samah Natour / Mera AlSmairat / Sara Alshami
19:00	Session 7	Recovery After Overload	Salma Khamis AlShuhail
19:20	Closing	Celebration	Nancy Alhyari