

優質生活、發展 及培訓課程

Wellness Promotion, Training
and Development Programmes

Positive Organizational Practices
Relationship Enhancement
Individual Attributes
Dynamic Leadership
Emotional Well-being

JAN 2020

No.	Programme Name	1.5-hour	3.5-hour	7-hour
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Positive Organizational Practices 正向機構管治

1	Working Towards a Positive Organization 邁向正向機構新一頁		●	
2	Strength-based Approach for Building Engaged Workforce 「突顯優勢」建立高效團隊		●	
3	Building H.E.R.O. in Times of Change 提升心理資本 - 帶領員工面對轉變		●	
4	Effective Staff Communication for Handling Organizational Restructure 架構重整-減員前後的準備和有效溝通 New		●	
5	Critical Incident Stress Management (CISM) Certification Course 「危機事故壓力處理」證書課程 中			2-day
6	Crisis Management 水能載舟 - 危機管理		●	
7	Mental Health First Aid Certification Course 「精神健康急救」證書課程 中			2-day
8	Mental Health First Aid Training 「精神健康急救」課程 中			●

Relationship Enhancement 促進正向關係

Relationship Enhancement in Workplace 良好職場關係

1	4D Communication in Listening and Giving Feedback 四「維」溝通	●	●	
2	Interpersonal Dynamics through DISC/Enneagram/MBTI/Personality Dimensions 知己知彼 - 人際溝通術	●	●	
3	Nice Language in the Workplace 職場中的好言好語 中	●	●	
4	Team Building 打造高效團隊		●	●
5	Work Better Together with Multigenerational Workforce 跨世代職場達人 - 溝通篇		●	
6	Conflict Management in the Workplace 化解職場衝突		●	
7	Handling Difficult Customers 應對非常顧客		●	

Relationship Enhancement in Various Life Domain 良好家庭關係

8	Building a Happy Family 開心家庭全攻略 中	●		
9	Art of Marriage 幸福婚姻學堂 中	●		
10	Effective Parenting for Working Parents 精明父母親子技巧 中	●		
11	Becoming Mum & Dad 新手爸媽的第一年 New 中	●		
12	Say No to Monster Parents 向怪獸家長說不 中	●		
13	Be a Playful Parent with Board Games 識玩爸媽 - 桌上遊戲篇 中	●	●	
14	Engaging Your Child through Play 識玩爸媽	●	●	
15	Parent as Happy Coach 成為子女的快樂教練 中	●	●	
16	EQ Coaching in Parenting 培養孩子 EQ 從生活開始	●		
17	Facilitating FQ of Children 培養孩子的財商 New 中	●		
18	Maximizing Children's Positive Behaviors 正向子女管教秘笈	●		
19	Helping Children through Transitions 陪伴子女經歷成長的蛻變	●		
20	Effective Communication with Teens 談 Teen 說地 中	●		
21	Emotional Health for Children & Teens 關注青少年的情緒健康 中	●		
22	Caring for Your Aging Parents 關懷父母 - 傾心·傳情 中	●		

中 Chinese Only 只提供中文

New New Programme 全新課程

中 Maximum Class Size: 50 可容納 50 人課程

如對上述優質生活、發展及培訓課程有興趣，請致電 2731-6239 或電郵至 marketing@fourdimensions.org 與我們的市場推廣部聯絡。

Individual Attributes 加強員工正向特質

1	Strength-based Approach for Excelling Oneself 運用「突顯優勢」 開啟卓越之門		●	
2	Happy Coach-7 Habits for Effective Happy People Certification Course 「快樂教練」-高效快樂人士七習慣課程			●
3	Lasting Happiness in a Changing World 留得住的快樂 New	●		
4	Smart Power @ Work 工作巧實力	●		
5	Loving Monday 愛上星期一	●		
6	Unleash Your Potential through NLP 發揮內在潛能 - 身心語言程式訓練		●	
7	Positive Psychology - Open Your Door of Happiness 正向心理學 - 快樂思考力	●	●	
8	Left-brained? Right-brained? Improving Work Performance with Brainpower 活用左右腦 提升工作表現	●		
9	Unlock Your Creativity at Work 開啟創意之門	●	●	
10	Fun & Growth in Board Games 識玩·醒目·上班族 (桌遊篇) New	●	●	●
11	Self-exploration through Creative Arts 表達藝術 - 自我探索	●	●	
12	Living Free from Your Emotions for Working Ladies/Men 輕鬆自在 - 金星人/火星人之謎	●		
13	Stress Management by Enhancing EQ 與壓力共舞 - 情緒智能提升工程	●	●	
14	Stress Management by Learning to Relax 與壓力共舞 - 身心鬆弛練習	●		
15	Effective Time Management 善用時間 - 有時有候 輕鬆無憂	●	●	
16	Becoming Resilient - Key to Thriving at Work 抗逆不倒翁	●	●	
17	Living with Change 變出新機遇 New	●		
18	Winning Strategies for Job Searching 求職致勝策略 New	●	●	
19	Managing Job Transition - CV Writing & Job Interviewing Skills 履歷撰寫及面試技巧		●	
20	Overcoming Mid-life Crisis 中年危與機	●	●	
21	Managing Personal Finance for Young Working Adults 職場理財 101 New	●		
22	Planning a Happy Retirement 退而不憂	●	●	



































Dynamic Leadership 鼓動人心的領導

1	Positive Leadership - Leading for Staff Engagement 正向領導 留住人心		●	●
2	Build a Positive Team for Millennials 當主管遇上 Y/Z 世代		●	
3	Strength-based Coaching for Maximizing Performance 激發員工潛能的教練法則		●	
4	Building a Gritty Team 恆毅力 - 致勝關鍵 New		●	
5	Leader as Happy Coach 快樂領袖教練			●
6	Gen Y/Z in Managerial Role – Winning by Effective Problem Solving 新世代領導新手 – 解難及決策技巧		●	
7	Managing Challenging Behaviors at Work 管理員工的「非常」行為		●	
8	Mental Health Education for Managers 遇有情緒病下屬的管理技巧 New		●	
9	Crisis Leadership 危機領導		●	●

Emotional Well-being 促進員工正向情緒

Wellness of Body-mind-spirit 躍動身心靈系列-- TCM Serial 中醫養生

1	Sleep Well with Ying Yang 中醫助眠法	●		
2	Yang Sheng Superfood 養生超級食療	●		
3	The Lively Liver 護好肝 一世平安	●		
4	Chinese Medicine for Stomach Caring 中醫腸胃護理	●		
5	Acupressure for Self-treatment 「穴」按愈鬆	●		
6	Say Goodbye to Sub-health 古法養生 - 「拉」走「亞健康」	●		

No.	Programme Name	1.5-hour	3.5-hour	7-hour
Wellness of Body-mind-spirit 躍動身心靈系列-- Food Power 有營飲食				
7	Anti-cancer Diet Plan 飲食防癌秘笈 	●		
8	Magical First Meal 天下第一餐 	●		
9	Smart Eater Checklist 營得起 	●		
10	Eat Smart with Nutrition Labelling 營養解籤 	●		
11	Go Green - Let's Join the Low Carbon Diet 低碳飲食實「綠」 	●		
12	Fighting with 3 Highs 輕鬆抗「三高」 	●		
13	Weight Management 輕輕鬆鬆管理體重 	●		
14	Knowing More about Diabetes 逆轉糖尿 	●		
15	Diet Wise in Spring & Summer/Fall & Winter 春夏/秋冬飲食秘笈 	●		
Wellness of Body-mind-spirit 躍動身心靈系列-- Nourishing the Body 活力人生				
16	Be Alive with Brain Gym 健腦操	●	●	
17	Yoga @Office 辦公室瑜伽	●	●	
18	Dance to Fitness 舞動職場	●		
19	Tai Chi – The Balancing Art 太極平衡之道 	●		
20	Back & Neck Care 保健錦囊 - 頸及背部護理	●		
21	Management of Joint Health 關節痛症舒緩錦囊	●		
22	Knowing More about Cardiovascular Disease 解開血管疾病之迷  	●		
23	Glam Up Your Skin 美肌與你 	●		
24	Caring for Your Eyes 「睛」明一族 	●		
25	Green Day Every Day 綠色家居生活  	●		
26	Have a Good Night Sleep 好睡到天明 	●		
27	Stay Away from Allergies 暫別過敏  	●		
28	Keep Young and Stay Healthy 不老的傳說 - 抗氧全攻略  	●		
Wellness of Body-mind-spirit 躍動身心靈系列-- Blissful Mind 養心定神				
29	Body Mind Oasis 身心綠洲	●		
30	Mindfulness - The Art of Living 靜觀生活 活在當下	●		
31	Secret Garden Therapy 園藝治療	●		
32	The Power of Scent 香薰精油療法	●		
33	Making Natural Soap with Essential Oils 香薰精油手工皂	●		
34	Experiencing Zentangle 畫意	●		
35	Mindful Mandala 正念“圓”素	●		
36	Brighten the Day through Pastel Nagomi Art 亮麗人心：日本和諧粉彩創作  	●		
37	Peace and Harmony in Calligraphy 靜心寫大字  	●		
38	Laughter Yoga 愛笑瑜伽 	●		
Mental Health Series 精神健康系列				
39	Basic Employee Counselling Skills 關心員工·同跨障礙 - 員工輔導技巧基礎培訓		●	●
40	Care for All 關心身邊人 	●		
41	Assisting Staff with Mental Health Problems 識別與支援 - 了解情緒困擾的員工		●	
42	Self-caring in Critical Incidents 突發事件的自我照顧  	●		
43	Increasing Our Mental Health Awareness 精神健康解碼 	●		
44	Conquering Depression 抗鬱有法 	●		
45	Managing Anxiety Before it Manages You 見焦拆焦 	●		
46	Chinese Medicine and Emotional Health 中醫藥食療與情緒健康 	●		
47	Chinese Medicine for Preventing Depression 中醫藥抗鬱食療 	●		