



EAP FORUM 2008

Becoming Resilient - Key to Thriving in Times of Change and Uncertainty

Date : 21 November 2008 (Friday)

Time : 2:00 – 5:30 p.m.

Forum Programme

2:00 – 2:15	Registration	
2:15 – 2:30	Welcome & Opening Address	Mr Ng Shui Lai, BBS, MBE, JP Chief Executive
2:30 – 3:00	Key to Building Employees' Resilience : The Role of Positive Psychology <ul style="list-style-type: none"> ★ <i>Contribution of Positive Psychology in Enhancing Individual and Organizational Resilience</i> ★ <i>Effective Tools for Enhancing Resilience</i> 	Dr Samuel Ho Associate Professor, Department of Psychology & Positive Psychology Laboratory The University of Hong Kong
3:00 – 3:50	Strategies in Building Resilience in the Workplace <ul style="list-style-type: none"> ★ <i>Engaging in an On-going Comfort Zone Expansion</i> ★ <i>A Journey to Building Positive Emotion in the Workplace</i> 	Mr Philip Wu Manager, Staff Caring Sun Hung Kai Properties Ltd.
		Mr Lee Wing Kai Human Resources Manager (Employee Relations and Services) The Hong Kong Jockey Club
3:50 – 4:20	Tea Break	
4:20 – 4:50	Fostering Resilience of Victims of Critical Incidents <ul style="list-style-type: none"> ★ <i>Increasing Psychological Capital and Decreasing Risk Factors</i> ★ <i>The Power of Well-Being and Strategies in Building Personal Resilience</i> 	Ms Karen Lam Chief Consultant Ms Tracy Fung Senior Clinical Psychologist
4:50 – 5:20	Open Forum	
5:20 – 5:30	Concluding Remarks	