

# 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

January 2021

## 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		●	
5	Critical Incident Stress Management (CISM ) Certification Course 「危機事故壓力處理」證書課程			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			2-day
8	Mental Health First Aid Training 「精神健康急救」課程			●

## 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	Mindful Communication 正念溝通	●		
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	Secret of Persuasive Power 說服力的秘密	●		
7	Conflict Management in the Workplace 化解職場衝突	●	●	
8	NLP For Better Customer Support 活用NLP - 提升顧客服務技巧		●	
9	Handling Difficult Customers 應對非常顧客		●	

### Relationship Enhancement in Various Life Domain 良好家庭關係

10	Rebuild Family Relationship 重塑家庭關係	●		
11	The Art and Science of Relationship 心動的訊號	●		
12	Satisfactory Relationship Between Working Couple 在職伴侶的美滿關係	●		
13	Art of Marriage 幸福婚姻學堂	●		
14	Effective Parenting for Working Parents 精明父母親子技巧	●		
15	Work From Home – Balancing Work and Parenting 在家工作平衡之道(父母篇)	●		
16	Becoming Mum & Dad 新手爸媽的第一年	●		
17	Say No to Monster Parents 向怪獸家長說不	●		
18	Be a Playful Parent with Board Games 識玩爸媽 - 桌上遊戲篇	●	●	
19	Engaging Your Child through Play 識玩爸媽	●	●	
20	Parent as Happy Coach 成為子女的快樂教練	●		
21	EQ Coaching in Parenting 培養孩子EQ 從生活開始	●		
22	Facilitating FQ of Children 培養孩子的財商	●		
23	Effective Communication with Teens 談Teen 說地	●		
24	Emotional Health for Children & Teens 關注青少年的情緒健康	●		
25	Caring for Your Aging Parents 關懷父母 - 傾心·傳情	●		

Chinese Only 只提供中文    New Programme 全新課程    Maximum Class Size: 50 可容納 50 人課程    Material Cost 材料費用

No.	Programme Name	1.5-hour	3.5-hour	7-hour
-----	----------------	----------	----------	--------

## 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	●	●	
4	The Science of Well-being 幸福的科學	●		
5	Smart Power @ Work 工作巧實力	●	●	
6	Loving Monday 愛上星期一	●		
7	Being Attentive at Work 專注的力量	●		
8	Positive Psychology - Open Your Door of Happiness 正向心理學 - 快樂思考力	●	●	
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)	●	●	●
11	Self-exploration through Creative Arts 表達藝術 - 自我探索	●	●	
12	Managing Emotions in the Workplace 駕馭情緒 - 提升工作效能	●	●	
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	Mindful Workplace 靜觀工作間	●		
16	Enhance Healthy Work-life Balance 健康工作與生活平衡法則	●		
17	Effective Time Management 善用時間 - 有時有候 輕鬆無憂	●	●	
18	Becoming Resilient - Key to Thriving at Work 抗逆不倒翁	●	●	
19	Seeing in the Dark – Living Resiliently as an Visually Impaired 黑暗中活出光明	●		
20	Living with Change 變出新機遇	●		
21	Manage your Life by Decision Making 掌控命運?	●		
22	Winning Strategies for Job Searching 求職致勝策略	●	●	
23	Managing Job Transition - CV Writing & Job Interviewing Skills 履歷撰寫及面試技巧		●	
24	Overcoming Mid-life Crisis 中年危與機	●	●	
25	Managing Personal Finance for Young Working Adults 職場理財 101	●		
26	Planning a Happy Retirement 退而不憂	●	●	
27	Managing Money during Uncertain Time 逆境理財攻略	●		

## 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	Communicative Leadership 高效溝通領導		●	●
3	Build a Positive Team for Millennials 當主管遇上 Y/Z 世代		●	
4	Strength-based Coaching for Maximizing Performance 激發員工潛能的教練法則		●	
5	Building a Gritty Team 恆毅力 - 致勝關鍵		●	
6	Managing Challenging Behaviors at Work 管理員工的「非常」行為		●	
7	Mental Health Education for Managers 遇有情緒病下屬的管理技巧		●	

## 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 Yin Yang 中醫助眠法	●		
2	Yang Sheng Superfood 養生超級食療	●		
3	Pain & Needles 肢體痛症的中醫治療	●		
4	Chinese Medicine for Stomach Caring 中醫腸胃護理	●		
5	Chinese Medicine for Eczema Treatment 中醫皮膚問題護理	●		

如對上述優質生活、發展及培訓課程有興趣，請致電 2731-6358 或電郵至 [marketing@fourdimensions.org](mailto:marketing@fourdimensions.org) 與我們的市場推廣部聯絡。

No.	Programme Name	1.5-hour	3.5-hour	7-hour
6	Acupressure for Self-treatment 「穴」按愈鬆 	●		
7	Say Goodbye to Sub-health 古法養生 - 「拉」走「亞健康」 	●		
8	Acupuncture and Traditional Chinese Medicine for Chronic Fatigue Syndrome 精神爽利 - 中醫調理慢性疲勞  	●		
<b>Wellness of Body-mind-spirit 躍動身心靈系列-- Food Power 有營飲食</b>				
9	Anti-cancer Diet Plan 飲食防癌秘笈 	●		
10	Smart Eater Checklist 營得起 	●		
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	Eat for Fit 開心輕食飽住瘦  	●		
15	Diet Wise in Spring & Summer/Fall & Winter 春夏/秋冬飲食秘笈 	●		
<b>Wellness of Body-mind-spirit 躍動身心靈系列-- Nourishing the Body 活力人生</b>				
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	Home Workout 在家輕鬆做運動 	●		
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  	●		
<b>Wellness of Body-mind-spirit 躍動身心靈系列-- Blissful Mind 養心定神</b>				
29	Body Mind Oasis 身心綠洲	●		
30	Mindfulness - The Art of Living 靜觀生活 活在當下	●		
31	Self-Soothing & Emotion Regulation 情緒調適體驗之旅 	●		
32	Secret Garden Therapy 園藝治療 	●		
33	The Power of Scent 香薰精油療法 	●		
34	Making Natural Soap with Essential Oils 香薰精油手工皂 	●		
35	Experiencing Zentangle 畫意	●		
36	Mindful Mandala 正念“圓”素 	●		
37	Brighten the Day through Pastel Nagomi Art 亮麗人心 - 日本和諧粉彩創作  	●		
38	Peace and Harmony in Calligraphy 靜心寫大字  	●		
39	Moments of Relaxation and Serenity - Chinese Ink Painting 抒情畫意 - 中國水墨畫  	●		
40	Laughter Yoga 愛笑瑜伽 	●		
<b>Mental Health Series 精神健康系列</b>				
41	Basic Employee Counselling Skills 關心員工·同跨障礙 - 員工輔導技巧基礎培訓		●	●
42	Care for All 關心身邊人 	●		
43	Self-caring in Critical Incidents 突發事件的自我照顧  	●		
44	Increasing Our Mental Health Awareness 精神健康解碼 	●		
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 	●		