

優質生活、發展及培訓課程

WELLNESS PROMOTION, TRAINING AND DEVELOPMENT PROGRAMMES

2022

Positive Organizational Practices

Relationship Enhancement

Individual Attributes

Dynamic Leadership

Emotional Well-being

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 in Handling Organizational Restructuring 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	Embracing Cultural Diversity and Awareness 建立多元文化工作間 New	●		
7	Embracing LGBT+ Diversity and Awareness 建立 LGBT+ 共融工作間 New	●		
8	Establish Work Boundary for Better Collaboration 訂立工作界線 促進雙贏合作 New	●		
9	Conflict Management in the Workplace 化解職場衝突		●	●
10	Effective Communication - Overcoming Resistance to Collaboration 衝突管理溝通技巧 - 從對立到合作 New	●	●	
11	NLP for Better Customer Support 活用 NLP - 提升顧客服務技巧		●	
12	Handling Difficult Customers 應對非常顧客		●	

Relationship Enhancement in Various Life Domain 良好家庭關係

13	Rebuild Family Relationship 重塑家庭關係	●		
14	Satisfactory Relationship between Working Couple 在職伴侶的美滿關係	●		
15	Art of Marriage 幸福婚姻學堂	●		
16	Effective Parenting for Working Parents 精明父母親子技巧	●		
17	Work from Home – Balancing Work and Parenting 在家工作平衡之道(父母篇)	●		
18	Be a Better Parent 好父母的成長之路 New	●		
19	Be a Playful Parent with Board Games 識玩爸媽 - 桌上遊戲篇	●	●	
20	Engaging Your Child through Play 識玩爸媽	●	●	
21	Parent as Happy Coach 成為子女的快樂教練	●		
22	EQ Coaching in Parenting 培養孩子 EQ 從生活開始	●		
23	Facilitating FQ of Children 培養孩子的財商	●		
24	Effective Communication with Teens 談 Teen 說地	●		
25	Caring for Your Aging Parents 關懷父母 - 傾心·傳情	●		

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	The Small Changes that Change Everything 簡單小習慣 - 引發大改變 New	●		











No.	Programme Name	1.5-hour	3.5-hour	7-hour
6	Smart Power @ Work 保持職場高峰狀態	●	●	
7	Loving Monday 愛上星期一	●		
8	Being Attentive at Work 專注的力量	●		
9	Positive Psychology - Open Your Door of Happiness 正向心理學 - 快樂思考力	●	●	
10	Unlock Your Creativity at Work 開啟創意之門	●	●	
11	Fun & Growth in Board Games 識玩·醒目·上班族 (桌遊篇) 	●	●	●
12	Self-exploration through Creative Arts 表達藝術 - 自我探索 	●	●	
13	Managing Emotions in the Workplace 駕馭情緒 - 提升工作效能	●	●	
14	Stress Management by Enhancing EQ 與壓力共舞 - 情緒智能提升工程	●	●	
15	Stress Management by Learning to Relax 與壓力共舞 - 身心鬆弛練習	●		
16	Mindful Workplace 靜觀工作間 New	●		
17	Enhance Healthy Work-life Balance 健康工作與生活平衡法則	●		
18	Effective Time Management 善用時間 - 有時有候 輕鬆無憂	●	●	
19	Becoming Resilient - Key to Thriving at Work 抗逆不倒翁	●	●	
20	Living with Change 變出新機遇	●		
21	Navigating the Emotional Side of a Career Transition 求職致勝心態 New	●		
22	CV Writing & Job Interviewing Skills 履歷撰寫及面試技巧 		●	
23	Overcoming Mid-life Crisis 中年危與機	●	●	
24	Managing Personal Finance for Young Working Adults 職場理財 101	●		
25	Planning a Happy Retirement 退而不憂	●	●	
26	Managing Money during Uncertain Times 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	Leading Team to Thrive during Change 帶領團隊突破逆境 New 	●	●	
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 	●	●	

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	Understanding Your Body Constitution 中醫九型體質與調理 New 	●		
2	Sleep Well with Yin Yang 中醫助眠法	●		
3	Yang Sheng Superfood 養生超級食療	●		
4	Pain & Needles 肢體痛症的中醫治療	●		
5	Chinese Medicine for Stomach Caring 中醫腸胃護理	●		
6	Chinese Medicine for Eczema Treatment (Adult/Children) 中醫皮膚問題護理(成人篇/小兒篇) New 	●		
7	Acupressure for Self-treatment 「穴」按愈鬆 	●		
8	Tui Na Massage for Back and Shoulder Pain 穴位按摩治療肩頸痛 New 	●		
9	Say Goodbye to Sub-health 古法養生 - 「拉」走「亞健康」 	●		
10	Chinese Medicine for Headache Treatment 中醫式破解頭痛 New 	●		
11	Chinese Medicine for Cancer Prevention 癌症與中醫 New 	●		
12	Chinese Medicine for Children and Adults with ADHD 中醫治療專注力不足 New 	●		
13	Acupuncture and Traditional Chinese Medicine for Chronic Fatigue Syndrome 精神爽利 - 中醫調理慢性疲勞 	●		
14	Chinese Medicine for Emotional Health 焦慮緊張自我舒緩 New 	●		

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				
15	Anti-cancer Diet Plan 飲食防癌秘笈	●		
16	Smart Eater Checklist 營得起	●		
17	Go Green - Let's Join the Low Carbon Diet 低碳飲食實「綠」	●		
18	Weight Management 輕輕鬆鬆管理體重	●		
19	Eat for Fit 開心輕食飽住瘦	●		
20	The Mind Diet - Food that Prevents Alzheimer's Disease 預防認知障礙飲食 New	●		
21	Food-mood Connection for Children 兒童情緒與飲食 New	●		
22	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				
23	Be Alive with Brain Gym 提神醒腦健腦操 New	●	●	
24	Yoga @ Office 辦公室瑜伽	●	●	
25	Chair Yoga 椅子瑜伽 New	●		
26	Tai Chi – The Balancing Art 太極平衡之道	●		
27	Back & Neck Care 保健錦囊 - 頸及背部護理	●		
28	Home/Office Workout 在家/辦公室輕鬆做運動 New	●		
29	Full Body Workout to Get Fit 全身燒脂增肌運動 New	●		
30	Knowing More about Cardiovascular Disease 解開血管疾病之迷	●		
31	Glam up Your Skin 美肌與你	●		
32	Caring for Your Eyes 「睛」明一族	●		
33	Green Day Every Day 綠色家居生活	●		
34	Have a Good Night Sleep 好睡到天明	●		
35	Stay Away from Allergies 暫別過敏	●		
Wellness of Body-mind-spirit 躍動身心靈系列-- Blissful Mind 養心定神				
36	Body Mind Oasis 身心綠洲	●		
37	Mindfulness - The Art of Living 靜觀生活 活在當下	●		
38	Singing Bowl to Deep Relaxation 頌鉢·讓心靈放鬆 New	●		
39	Self-soothing & Emotion Regulation 情緒調適體驗之旅	●		
40	Secret Garden Therapy 園藝治療	●		
41	The Power of Scent 香薰精油療法	●		
42	Making Natural Soap with Essential Oils 香薰精油手工皂	●		
43	Experiencing Zentangle 畫意	●		
44	Artfirmation - Art as a Catalyst for Affirmation 自我肯定的創作練習 New	●		
45	Colorful Creation of Mosaic 漂流馬賽克之海 New	●		
46	Brighten the Day through Pastel Nagomi Art 亮麗人心 - 日本和諧粉彩創作	●		
47	Peace and Harmony in Calligraphy 靜心寫大字	●		
48	Moments of Relaxation and Serenity - Chinese Ink Painting 抒情畫意-中國水墨畫	●		
49	Rainbow Calligraphy 彩虹書法 New	●		
Mental Health Series 精神健康系列				
50	Basic Employee Counselling Skills 關心員工·同跨障礙 - 員工輔導技巧基礎培訓		●	●
51	Care for All 關心身邊人	●		
52	Helping Someone You Love with Addiction 同心同行 協助走出成癮路 New	●		
53	Self-caring in Critical Incidents 突發事件的自我照顧	●		
54	Self-caring after COVID-19 「疫」境後的自我照顧 New	●		
55	Increasing Our Mental Health Awareness 精神健康解碼	●		
56	Managing Anxiety before It Manages You 見焦拆焦	●		