



Headline



WINTER 2021



Shoulder to shoulder, couples learn to run A MARRIAGE



There is always a buzz whenever a situation occurs in the marriage of a celebrity. Some people will grab popcorns, some get shocked by the vulnerable relationship. The truth is, no matter we are a public figure or an ordinary person, a marriage is never easy to run.

Many people think that marriage is the finish line, marking a relationship has come to fruition. They think that once they sign the marriage certificate, they may move forward to "growing old together", and then when they have children, they may take up the responsibilities and work hard together for the family. However, marriage is not an ending or just a certificate, it represents a new stage. The newlyweds will have experience of a honeymoon period. After that, joint efforts are required to raise their children until they grow old.

The following tips are for maintaining an eternal marriage:

Listen more, share more

Seattle University spent ten-year research on marital problems. Researchers found that whether the couple will get divorced can be predicted by the way they talk, and its accuracy reaches 94%. Couples who got divorced are often being cynical, as well as cannot see any virtues in their spouses; while couples in a happy relationship are willing to listen and show appreciation. To consolidate the relationship between husband and wife, or parent and child, we should learn to communicate, listen, tolerate and cheer up each other. Try to appreciate your partner verbally every night before bed. You can also give your beloved a hug, turning thoughts into actions and expressing love through actions.

Allocate time

Most people are busy with work all the time and they tend to neglect the feelings of people around them. Try to deliberately spare time for your beloved to have dinner, do exercise and watch movies to increase interaction and communication.

Keep improving yourself

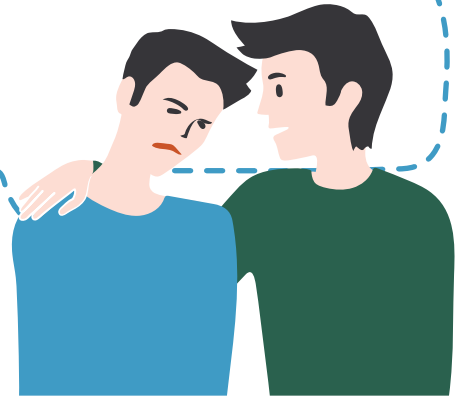
Body-mind-spirit writer Zhang Defen (張德芬) once said, "It's always easier to deal with yourself than with others". We tend to make people change when problems occur instead of reflecting on ourselves. Let's retreat and calm ourselves down before figuring out how to deal with the situation is an effective way to maintain family harmony.



Love Moving On

Shared sorrow is half a sorrow !!

In my years of counselling work, we have found that many clients are often reluctant to seek help on tangible or intangible pressures. They are afraid of being seen, heard, judged and labelled, so they often put on a tough face. In fact, constantly forcing oneself to stay tough will not only create a negative impact on the emotional health but will also likely push the person into a dead end.



Growing up, people may easily feel discouraged when they encounter setbacks. Will you choose to stay down or start over? We don't need to push ourselves to be perfect in everything. When it comes to failure, we learn to face the problems. Try to listen to different opinions, take in advice, accept possibilities, and discard inherent thinking patterns. On the other hand, try to open our hearts and share the difficulties with friends and family. Just as Roman philosopher Marcus Tullius Cicero said, "Shared joy is double joy; shared sorrow is half a sorrow" . By comforting and releasing our inner depression, we will discover new perspectives and increase our internal resources to tackle the challenges ahead.



Liven up Your Soul

The old man took his three sons on a hunting trip and asked them, "What do you see?"

The eldest son replied, "I see the shotgun in our hands, the hares running in the meadow, and the endless grassland."

The old man shook his head and said, "No."

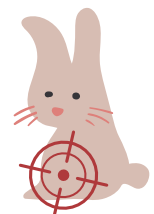
The second son replied, "I see my father, my big brother, my little brother, the shotgun, the hares, and the endless grassland."

The old man shook his head again and said, "No."

And the third son replied, "I only see the hares."

Only then did the old man say, "You got it right."

A successful hunter will have a clear target and aim at what he wants, just as we encounter different things in life. Not having a goal can cause us to lose our way and get lost in temptation and uncertainties. Among so many possibilities, which one is your goal? Setting a goal and focusing on it is the first step towards success.





LEAP Archives



One night, in the cold north wind, a choked sob came from the counselling and consultation hotline, and the muffled words were interspersed with cries.

The client was new to workplaces, an inexperienced employee who made mistakes repeatedly, so he had to make up for his mistakes by working overtime. He cares about how his colleagues see him, and hence he forced himself to work carefully in order to cater to and please others. However, he keeps making mistakes.

The hotline counsellor gave unconditional care and acceptance to the client who was confiding with disappointment and sorrow. His voice was heard, and hence the tears were dropping less, so was the sorrow in his tone.

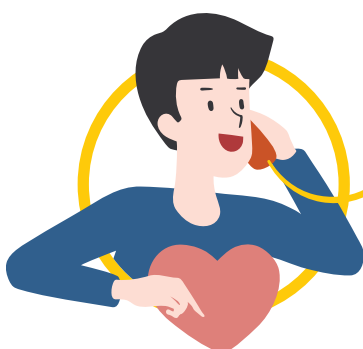
The words from the counsellor are in fact the "unconditional care" of Carl Rogers' Person-Centred Therapy. The spontaneous caring for those who sought help in the cold night warmed both ends of the phone line and their hearts too.

The counsellor then invited the client to close his eyes, breathe slowly, relax, stay calm and make up his mind.

The client appreciated the counsellor's help and felt helpful.

Through our professional counselling, the client realised that he did not need to weigh too much on others' options, nor only focus on his shortcomings, but to learn to appreciate his strengths.

One summer evening, the hotline was busy as usual. The client called again, saying that after the counselling, although he had made occasional mistakes and his colleagues had criticised him, he did not blame himself too much and finally found a job that suits him better.





Ask the Expert Session



Every year, many large companies arrange a lot of training courses for their management. This gives them a basic understanding of different topics such as mental health, facing adversity and stress management. We often receive requests for help from HR staff on what else they can do to support their management in dealing with work challenges and taking care of their physical and mental health, apart from only arranging training courses.

Ask the Expert Session is a session where a safe space is provided to the management to share their challenges, guided by our team of professional consultants. The process allows a group of colleagues to work closely together to listen and understand the needs of each other and to better support and collaborate in their future work. It is also a good opportunity for co-workers to learn from each other and build a support network in the workplace. The topics of each group can be tailored to meet the needs of the company, and those companies who have participated in Ask the Expert Session speak highly of our programme. In some companies, follow-up teams are arranged for the management one after another after the session. Participants commented that the Ask the Expert Session was a rare opportunity in their decades-long careers. They hope that this support could be launched to other levels of the company.

If you have enquiries about the above, please email to marketing@fourdimensions.org and contact our marketing staff.



Company Information

Four Dimensions Consulting Limited (FDC) is a private limited company set up by Hong Kong Christian Service (HKCS) in 2005. Employee Development Service (EDS) of HKCS is the first EAP provider in Hong Kong since 1991. We offer total solutions to assist employees with work/life issues, develop strengths/potentials, increase work engagement and positivity at work, which ultimately enhance organizational excellence and sustainability.

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