

Wellness Promotion, Training and Development Programmes

優質生活、發展及培訓課程



P
Positive Organizational Practices

R
Relationship Enhancement

I
Individual Attributes

D
ynamic Leadership

E
motional Well-being



2024



No.	Programme Name	Regular Class Size : 50 (Onsite)	1.5-Hour	3.5-Hour	7-Hour
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	Elementary Training on Motivational Interviewing Certification Course 動機式訪談法 - 基礎班證書課程 New				●
3	Advanced Training on Motivational Interviewing Certification Course 動機式訪談法 - 進階班證書課程 New				2-day
4	Critical Incident Stress Management (CISM) Certification Course 「危機事故壓力處理」證書課程				2-day
5	Psychological Crisis Management 水能載舟 - 心理危機管理策略			●	●
★	6 Mental Health First Aid Certification Course 「精神健康急救」證書課程				2-day
7	Mental Health First Aid Training 「精神健康急救」課程				●
Relationship Enhancement 促進正向關係					
Relationship Enhancement in the 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	Team Building 打造高效團隊			●	●
★	4 Bridging the Gap in Multigenerational Workforce 跨世代職場達人 - 溝通篇		●	●	
5	Embracing Cultural Diversity and Awareness 共建多元文化工作間		●		
★	6 Embracing LGBTQ+ Diversity and Awareness 共建 LGBTQ+ 共融工作間		●		
★	7 Embracing Neurodiversity and Awareness 共建智能多樣化工作間 New		●		
8	Assertive but not Aggressive - Healthy Work Boundary in Collaboration 自信表達 - 訂立雙贏工作界線 New		●		
★	9 Inside Out - Inspiring Others to Embrace Change 變由心生 - 提升動機鼓勵改變		●	●	
10	The Art of Friendly Persuasion 友善說服的藝術		●		
★	11 Effective Communication - Overcoming Resistance to Collaboration 衝突管理溝通技巧 - 從對立到合作		●	●	
Relationship Enhancement in Various Life Domain 良好家庭關係					
12	Art of Marriage 幸福婚姻學堂		●		
13	Effective Parenting for Working Parents 在職父母親子技巧		●		
14	Work from Home - Balancing Work and Parenting 在家工作平衡之道 (父母篇)		●		
15	Nurturing a Whole-Brain Child 全腦教養法 - 情理並重的育兒策略		●		
★	16 Be a Playful Parent with Board Games 識玩爸媽 - 桌上遊戲篇		●	●	
17	Parent as Happy Coach 成為子女的快樂教練		●		
18	Raising Resilient Children and Youth 培養孩子復原力 New		●		
19	Teaching Your Children to Manage Money 理財習慣從小起 New		●		
20	Effective Communication with Teens 談 Teen 說地		●		
21	Sandwich Generation - Strike a Better Life Balance 「夾心世代」的平衡心法 New		●		
★	22 Caring for Your Aging Parents 關懷父母 - 傾心・傳情		●		
23	Self-Care for the Care Takers 照顧者的自我照顧 New		●		
Individual Attributes 加強員工正向特質					
1	Positive Psychology - Open Your Door of Happiness 正向心理學 - 快樂思考力		●	●	
2	Lasting Happiness in a Changing World 留得住的快樂		●	●	
★	3 The Science of Happiness 幸福的科學		●		
4	Less is More - Road to a Happier Life 以簡勝繁 - 提升幸福感的新習慣 New		●		
5	The Small Changes that Change Everything 簡單小習慣 - 引發大改變		●		
6	Smart Power @ Work 保持職場高峰狀態		●	●	
7	Being Attentive at Work 專注的力量		●	●	
★	8 Mindful Workplace 靜觀工作間		●		
9	Being Indispensable in Hybrid Working 混合辦公模式「不可或缺」的工作智慧 New		●		
10	Unlock Your Creativity at Work 開啟創意之門		●	●	
New New Programme 全新課程 Chinese Only 只提供中文 Small Class Size 小班課程 Material Cost 材料費用 Onsite Only 只限現場					
★ Star Programme 星級課程					

No.	Programme Name	1.5-Hour	3.5-Hour	7-Hour
★ 11	Fun & Growth in Board Games 識玩・醒目・上班族 (桌遊篇) 	●	●	
12	3 Ways to Get Motivated when Feeling Stuck 讓心情走出低谷的 3 個生活態度	●		
13	Living with Change 變出新機遇	●		
★ 14	Building Resilience with H.E.R.O. 增加心理資本 提升抗逆力	●	●	
15	From Work-Life Balance to Work-Life Integration 工作生活一體化的平衡法則 New	●		
16	Essential Guide to Self-Care for Men 自我照顧 「男」天之旅 New	●		
17	Psychology Behind Money Management 講心講金的金錢管理術	●		
18	Managing Personal Finance for Young Working Adults 職場理財 101	●		
19	Planning a Happy Retirement 退而不憂	●	●	
Dynamic Leadership 鼓動人心的領導				
★ 1	Positive Leadership - Energizing Self and Motivating Others 正向領導力 - 造就積極自信的團隊	●	●	●
2	Psychological Safety - Power to Increase Employee Contribution 心理安全感 - 提升員工投入感的工作氛圍 New	●	●	
3	Communicative Leadership 高效溝通領導 		●	●
4	Effective Communication in Leading Hybrid Work Team 合作無間 - 混合辦公模式的溝通策略 New	●		
5	Supporting a Neurodiverse Team 促進智能多樣化工作間的團隊合作 New	●	●	
6	Shattering the Glass Ceiling - Women and Barriers in the Workplace 突破傳統 - 提升女性職場領導力 New	●	●	
7	Leading Team to Thrive during Change 帶領團隊突破逆境	●	●	
8	Managing Challenging Behaviors at Work 管理員工的「非常」行為 	●	●	
★ 9	Mental Health Education for Managers 職場精神健康應對技巧 (管理人員篇)	●	●	
★ 10	Well-Being and Self-Care Tips for Managers 管理人員的身心健康及自我關顧	●	●	
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	●		
2	Sleep Well with Yin Yang 中醫助眠法	●		
3	Yang Sheng Superfood 養生超級食療	●		
4	Pain and 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)	●		
★ 7	Acupressure for Self-Treatment 「穴」按愈鬆 	●		
8	Respiratory System: Allergic Rhinitis and Asthma 中醫過敏性鼻炎和哮喘護理 New	●		
9	Chinese Medicine for Headache Treatment 中醫式破解頭痛	●		
★ 10	Acupuncture and Traditional Chinese Medicine for Chronic Fatigue Syndrome 精神爽利 - 中醫調理慢性疲勞 	●		
11	Chinese Medicine for Emotional Health 焦慮緊張自我舒緩	●		
12	Precision Care for Long COVID by Chinese Medicine 中醫全方位擊退長新冠 	●		
Wellness of Body-Mind-Spirit 躍動身心靈系列 - Food Power 有營飲食				
13	Anti-Cancer Diet Plan 飲食防癌秘笈 	●		
14	Smart Eater Checklist 營得起	●		
15	Affordable Ways to Eat Healthily 實惠健康識食堂 New	●		
16	Go Green - Let's Join the Low Carbon Diet 低碳飲食實「綠」	●		
17	Eat for Fit 開心輕食飽住瘦	●		
18	Why Do Some People Gain Weight as They Exercise More? 破解「越運動越增磅」之謎 New	●		
19	Fueling Your Fitness : Pre and Post-Workout Nutrition Choices 運動營養策略：運動前後如何選擇飲食 New	●		
20	Nourish and Heal, Relax the Mood 讓心情放鬆的療癒飲食 New	●		
21	Diet Wise in Spring & Summer / Fall & Winter 春夏/秋冬飲食秘笈 	●		

No.	Programme Name	1.5-Hour	3.5-Hour	7-Hour
Wellness of Body-Mind-Spirit 躍動身心靈系列 - Nourishing the Body 活力人生				
★ 22	Simple Body Movement for Brain Power and Mental Fitness 健腦養心日常練	●		
23	How to Improve Physical and Mental Well-Being Through Exercise 運動與身體健康和腦部發展 OS	●		
24	Memory Loss and Brain Health 大腦保養 - 延緩記憶衰退 New	●		
★ 25	Chair Yoga 椅子瑜珈 🧑‍🤝‍🧑	●		
26	Deskercise: Yoga Stretch at Your Desk 辦公室拉筋伸展瑜珈 New	●		
27	Home Workout 在家輕鬆做運動	●		
★ 28	Full Body Workout to Get Fit 全身燒脂增肌運動 🧑‍🤝‍🧑 OS	●		
29	Running - Breathing for Emotional Regulation 心靈奔跑 - 呼吸調節的秘訣 New	●		
30	Mindfulness + Stretching 正念鬆動 New	●		
31	Long COVID - Aromatherapy Roadmap to Recovery 香薰治療長新冠妙法 🧑‍🤝‍🧑 💰 OS	●		
32	Back & Neck Care 保健錦囊 - 頸部及背部護理	●		
33	Prevention and Care of Mouse and Keyboard Hand 滑鼠手、鍵盤手的預防與保健 New	●		
34	Prevention of Cerebrovascular Disease/Stroke 預防腦血管疾病及中風 New	●		
35	Caring for Your Eyes 「睛」明一族	●		
★ 36	Establishing Bedtime Routines That Work 建立睡眠好習慣 New	●		
37	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				
★ 38	Mindfulness - The Art of Living 靜觀生活 活在當下 🧑‍🤝‍🧑	●		
★ 39	Singing Bowl to Deep Relaxation 頌鉢 · 讓心靈放鬆 🧑‍🤝‍🧑 OS	●		
40	Finding Incense Products that Fit You 香薰產品的認識與應用 New	●		
41	Secret Garden : Plantistory 植物童話 - 秘密花園中的奇幻冒險 New 🧑‍🤝‍🧑 💰 OS	●		
42	Magic Power of Aroma Oil 香薰精油療法 🧑‍🤝‍🧑 💰 OS	●		
43	Aromatherapy Massage (Self/Traditional) 香薰治療按摩 (個人/古法) 🧑‍🤝‍🧑 💰 OS	●		
44	Making Incense Stick 線香及塔香製作 New 🧑‍🤝‍🧑 💰 OS	●		
45	Experiencing Zentangle 畫意 🧑‍🤝‍🧑	●		
46	Colorful Creation of Mosaic 漂流馬賽克之海 🧑‍🤝‍🧑 💰 OS	●		
★ 47	Brighten the Day through Pastel Nagomi Art 亮麗人心 - 日本和諧粉彩創作 🧑‍🤝‍🧑 💰 OS	●		
48	Peace and Harmony in Calligraphy 靜心寫大字 🟢 🧑‍🤝‍🧑 💰 OS	●		
★ 49	Rainbow Calligraphy 彩虹書法 🟢 🧑‍🤝‍🧑 💰 OS	●		
Mental Health Series 精神健康系列				
50	Stress Management by Enhancing EQ 與壓力共舞 - 情緒智能提升工程	●	●	
51	Practical Guide for Technology Mindfulness 科技泛濫時代的離線生活智慧 New	●		
52	Everyday Practice for Micro-Moment Relaxation 放鬆心情微時刻 New	●		
53	Managing Emotions in the Workplace 駕馭情緒 - 提升工作效能	●	●	
★ 54	Managing Emotions in Times of Uncertainty and Stress 壓力與管理情緒	●		
55	Understanding and Managing Psychosomatic Stress 身病定心病？ - 身心症解讀與調適	●		
★ 56	Overcoming Burnout 倦了嗎？！KO 職業倦怠	●		
57	Combating Loneliness in the Digital World 抗衡數位時代的孤獨病 New	●		
58	Calming the Self-Defeating Mind 拆解「自我挫敗」的思想陷阱 New	●		
★ 59	Increasing Our Mental Health Awareness 精神健康解碼	●		
60	Demystifying Depression 諗太多、玻璃心？還是抑鬱症？ New	●		
61	Managing Anxiety before It Manages You 見焦拆焦	●		
★ 62	Dare to Care - Helping Those with Mental Issues 關心身邊受情緒困擾的人	●		
63	Basic Employee Counselling Skills 關心員工 · 同跨障礙 - 員工輔導技巧基礎培訓 🧑‍🤝‍🧑 OS		●	●