



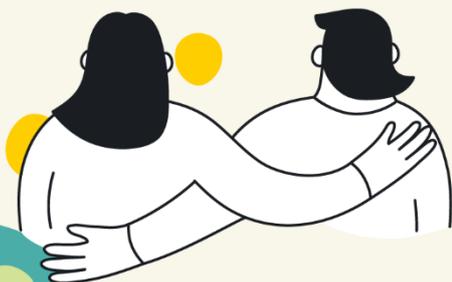
Positive Practice

Relationship Enhancement

Individual Attribute

Dynamic Leadership

Emotional Well-being



No.	Programme Name	Regular Class Size- 50 (Onsite)	1.5-hrs	3.5-hrs	7-hrs
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## Positive Practice 正向機構管治

PO	1	Working Towards a Positive Organization 邁向正向機構新一頁	●	●	
PO	2	Mental Health First Aid Certification Course 「精神健康急救」證書課程			2-day
	3	Mental Health First Aid Training 「精神健康急救」課程			●
	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		●	●
PO	6	Strategic Crisis Management 有智有謀 - 危機管理的策略與準備		●	●
	7	Layoffs Without Losing Hearts - Employee Care in Company Restructuring 裁員不裁心 - 公司架構重組中的員工關懷 <span>New</span>	●		

## Relationship Enhancement 促進正向關係

### Relationship Enhancement in the Workplace 職場中的關係提升

	1	4D Communication in Listening and Giving Feedback 四「維」溝通	●		
PO	2	Interpersonal Dynamics through DISC/Enneagram/MBTI/Personality Dimensions 知己知彼 - 人際溝通術	●	●	
PO	3	Unlocking Self and Team - MBTI Personality Exploration Workshop 解鎖自我與團隊-MBTI 探索之旅 <span>New</span>	●		
PO	4	Mastering Teamwork - a DISC-based Approach 團隊合作解密 - 從 DISC 開始 <span>New</span>	●		
PO	5	Bridging the Gap in Multigenerational Workforce 跨世代職場達人 - 溝通篇	●		
PO	6	Embracing LGBTQ+ Diversity and Awareness 共建 LGBTQ+ 共融工作間	●		
PO	7	Embracing Neurodiversity and Awareness 共建智能多樣化工作間	●		
PO	8	Embracing DE&I in Local Context 和而不同- DE&I 的工作日常 <span>New</span>	●		
☆	9	Inside Out - Inspiring Others to Embrace Change 變由心生 - 提升動機 · 促進改變	●	●	
	10	The Art of Friendly Persuasion 友善說服的藝術	●		
PO	11	Effective Communication - Overcoming Resistance to Collaboration 衝突管理溝通技巧 - 從對立到合作	●	●	
☆	12	Mindful Workplace 靜觀工作間	●		
☆	13	Fun & Growth in Board Games 識玩 · 醒目 · 上班族 (桌遊篇)	●	●	

### Relationship Enhancement in Personal Life 個人生活中的關係提升

	14	Art of Marriage 幸福婚姻學堂	●		
	15	Effective Parenting for Working Parents 在職父母親子技巧	●		
	16	Raising Resilient Children 培養孩子復原力	●		
	17	Sandwich Generation - Strike a Better Life Balance 「夾心世代」的平衡心法	●		
☆	18	Caring for Your Aging Parents 關懷父母 - 傾心 · 傳情	●		
	19	Journeying through Dementia - Compassionate Care for Your Loved Ones 照顧腦退化患者 - 摯愛的陪伴之旅	●		
	20	Self-Care for the Elderly's Caregivers 長者照顧者的自我照顧	●		
☆	21	Planning a Happy Retirement 退而不憂	●	●	
	22	Psychology of Developing Good Saving Habits 養成儲蓄好習慣的實用心理學 <span>New</span>	●		

## Individual Attributes 加強員工正向特質

PO	1	Applying Character Strengths at Work 在工作中應用品格優勢	●	●	
☆	2	Positive Psychology - Open Your Door of Happiness 正向心理學 - 快樂思考力	●	●	
☆	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	●		
	5	Autonomy - A New Pathway to Workplace Wellness 自主力 - 職場健康新導向 <span>New</span>	●		
	6	The Small Changes that Change Everything 簡單小習慣 - 引發大改變	●		
	7	Smart Power @ Work 保持職場高峰狀態	●	●	
	8	3 Ways to Get Motivated when Feeling Stuck 讓心情走出低谷的 3 個生活態度	●		
	9	Living with Change 變出新機遇	●		
PO	10	Building Resilience with H.E.R.O. 增加心理資本 提升抗逆力	●	●	
	11	Winning Strategy for Job Search 求職的致勝策略 <span>New</span>	●		
	12	Building Resilience - Managing Your Mind and Life in a Tough Economy 經濟不景下的心理及生活管理 <span>New</span>	●		

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 PO Positive Organization Related Programme 正向機構課程推介

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-hrs	3.5-hrs	7-hrs
<b>Dynamic Leadership 鼓動人心的領導</b>				
PO	1 Positive Leadership - Energizing Self and Motivating Others 正向領導力 - 造就積極自信的團隊	●	●	●
PO	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	●	●	
	3 Essential Course for New Managers-From Individual Excellence to Team Success 新管理人必修課 - 從個人卓越到團隊成功	●	●	
	4 Effective Supervision Practice in NGO Management 機構管理進階課程 - 正向督導多法實 <span style="color: red;">New</span>	●	●	
	5 Coach to Inspire - Four Levels to Help Supervisees Grow 教練式啟發 - 助力員工成長四階梯 <span style="color: red;">New</span>	●	●	
	6 Managing Challenging Behaviors at Work 管理員工的「非常」行為	●	●	
	7 Helping Staff to Face Job Change 幫助員工應對工作變動 <span style="color: red;">New</span>	●		
	8 Navigating Forward after Reorganization 重整旗鼓 - 再次出發 <span style="color: red;">New</span>	●		
PO	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	●	●	
	11 Empathetic Leadership - Psychological Crisis & Bereavement Support 領導中的同理心 - 心理危機與哀傷支援工作坊 <span style="color: red;">New</span>	●		
	12 Elementary Training on Motivational Interviewing Certification Course 動機式訪談法 - 基礎班證書課程			●
	13 Advanced Training on Motivational Interviewing Certification Course 動機式訪談法 - 進階班證書課程			2-day
PO	14 Basic Employee Counselling Skills 關心員工·同跨障礙 - 員工輔導技巧基礎培訓		●	●

## Emotional Well-Being 促進員工正向情緒

### Mental Health Series 精神健康系列

PO	1 Stress Management by Enhancing EQ 與壓力共舞 - 情緒智能提升工程	●	●	
	2 Practical Guide for Technology Mindfulness 科技泛濫時代的離線生活智慧	●		
	3 Mindful Scroll. Mind in Control 設定自主鍵 - 連繫自我的數位靜觀 <span style="color: red;">New</span>	●		
☆	4 Everyday Practice for Micro-Moment Relaxation 放鬆心情微時刻	●		
PO	5 Managing Emotions in the Workplace 駕馭情緒 - 提升工作效能	●	●	
	6 Managing Emotions in Times of Uncertainty and Stress 逆境與壓力下的情緒管理	●		
	7 Combating Loneliness in the Digital World 抗衡數位時代的孤獨感	●		
	8 Overcoming Burnout 倦了嗎?! KO 職業倦怠	●		
	9 Managing Holiday Anxiety for True Recharge 休養生息 - 克服假期焦慮 <span style="color: red;">New</span>	●		
	10 Understanding Menopause from Psychosocial Approach 從心理社交角度拆解更年期健康	●		
	11 Essential Guide to Self-Care for Men 自我照顧 「男」天之旅	●		
	12 Aging Gracefully - Fostering a Positive Mindset 優雅增齡 - 擁抱快樂心態的秘訣	●		
	13 Beat Procrastination - Mastering the Art of Action 打敗拖延症 - 行動力秘籍大公開	●		
	14 Hypersensitive Person - Embrace The Uniqueness 心理高敏一族的紓敏之道	●		
☆	15 Demystifying Depression 諗太多、玻璃心? 還是抑鬱症?	●		
	16 Calming the Self-Defeating Mind 拆解「自我挫敗」的思想陷阱	●		
☆	17 Managing Anxiety before It Manages You 見焦拆焦	●		
☆	18 Increasing Our Mental Health Awareness 精神健康解碼	●		
	19 Self-caring in Critical Incidents 突發事件的自我照顧 <span style="color: red;">New</span>	●		
☆	20 Dare to Care - Helping Those with Mental Issues 關心身邊受情緒困擾的人	●	●	
	21 Managing Emotions Surrounding Workforce Reduction 裁員潮下的情緒管理 <span style="color: red;">New</span>	●		

### Wellness of Body-Mind-Spirit 躍動身心靈系列 - TCM Serial 中醫養生

	22 Understanding Your Body Constitution 中醫九型體質與調理	●		
	23 Sleep Remedies in Chinese Medicine 中醫安神助眠法	●		
	24 Acupoint in Pain Management 身體痛症的穴位治療	●		
	25 Acupressure for Self-Treatment 「穴」按愈鬆	●		
	26 Wellness Tips to Alleviate Urban Health Issues 精神爽利 - 減低都市病的養生貼士 <span style="color: red;">New</span>	●		
	27 Respiratory System - Allergic Rhinitis and Asthma 中醫過敏性鼻炎和哮喘護理	●		
<span style="color: red;">New</span>	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			
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## Wellness of Body-Mind-Spirit 躍動身心靈系列 - TCM Serial 中醫養生

- 28 Chinese Medicine for Emotional Health 焦慮緊張自我舒緩 ●
- 29 Menopause through the Lens of Traditional Chinese Medicine 透視中醫的更年期健康之道 ●
- 30 Tea Therapy in Chinese Medicine 中醫養生茶療 <sup>New</sup> ●
- 31 Seasonal Dietary Guide for Wellness in Traditional Chinese Medicine 四季中醫養生飲食秘笈 <sup>New</sup> ●

## Wellness of Body-Mind-Spirit 躍動身心靈系列 - Food Power 有營飲食

- 32 Healthy Foodie Fact Check 健康飲食知識清單 ●
- 33 Slim Smart - Tips for Healthy Weight 聰明瘦身：健康控重貼士 ●
- 34 Seven Nutritional & Lifestyle Shields for Cancer Prevention 預防癌症的七大飲食及生活模式防護盾 <sup>New</sup> ●
- 35 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 ●
- 36 Nourish and Heal, Relax the Mood 讓心情放鬆的療癒飲食 ●

## Wellness of Body-Mind-Spirit 躍動身心靈系列 - Nourishing the Body 活力人生

- PO 37 Simple Body Movement for Brain Power and Mental Fitness 健腦養心日常練 ●
- 38 Sparking Fun and Creativity with Magic 點燃創意與樂趣的辦公室魔術 <sup>New</sup> ●
- ☆ 39 Chair Yoga 椅子瑜珈 ●
- ☆ 40 Deskercise - Yoga Stretch at Your Desk 辦公室拉筋伸展瑜珈 ●
- 41 Home Workout 在家輕鬆做運動 ●
- 42 Full Body Workout to Get Fit 全身燒脂增肌運動 ●
- 43 Mindfulness + Stretching 正念鬆動 ●
- 44 Back & Neck Care 保健錦囊 - 頸部及背部護理 ●
- 45 Caring for Your Eyes 「睛」明一族 ●
- ☆ 46 Establishing Bedtime Routines That Work 建立睡眠好習慣 ●

## Wellness of Body-Mind-Spirit 躍動身心靈系列 - Blissful Mind 養心定神

- PO 47 Mindfulness - The Art of Living 靜觀生活 活在當下 ●
- 48 Singing Bowl to Deep Relaxation 頌鉢 · 讓心靈放鬆 ●
- 49 Healing Harmonies - Top Music for Mental Health 療愈旋律 - 提升心理健康的精選音樂 <sup>New</sup> ●
- 50 Tea Time is a Me Time 茶療治心 <sup>New</sup> ●
- 51 Aromatherapy Magic - Enhancing Mental Wellness Naturally 香薰小魔法 - 自然療癒你的心靈 ●
- 52 Magic Power of Aroma Oil 香薰精油療法 ●
- ☆ 53 Aromatherapy Massage (Self/Traditional) 香薰治療按摩 (個人/古法) ●
- 54 Aroma Stones to Scent Your Space 擴香石 - 為你的空間注入香氣 ●
- 55 Essence of Elegance - Crafting Essential Oil Perfumes 優雅之香 - 調配精油香水 ●
- 56 Making Incense Stick 線香及塔香製作 ●
- 57 Scented Dreams - Create Your Own Candles 香氣夢想 - 創造你的香蠟 ●
- 58 Secret Garden - Plantistory 植物童話 - 秘密花園中的奇幻冒險 ●
- 59 Zentangle - A Journey into Mindful Creation 禪繞畫 ●
- 60 Brighten the Day through Pastel Nagomi Art 亮麗人心 - 日本和諧粉彩創作 ●
- 61 Whimsical Waves - Alcohol Ink Painting 奇幻波浪 - 酒精墨水繪畫 ●
- 62 Color Cascades - Fluid Art Experience 色彩瀑布 - 流體藝術體驗 ●
- 63 Peace and Harmony in Calligraphy 靜心寫大字 ●
- 64 Rainbow Calligraphy 彩虹書法 ●

<sup>New</sup> 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

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