

關顧退休員工培訓課程 PROGRAMMES FOR TAKING CARE OF THE RETIRING AND RETIRED EMPLOYEES

以自信和安心的態度步入黃金歲月。我們的全面退休前培訓為您專業地規劃財務、醫療保健和健康生活方式，以迎接豐盛的下一階段人生。

Approach your golden years with confidence and serenity! Our comprehensive pre-retirement programmes expertly guide you in optimising your finances, healthcare, and healthy lifestyle planning to embrace a rewarding next chapter.

01 退而不憂 PLANNING A HAPPY RETIREMENT

- ◆ 退休帶來的轉變 (工作、家庭角色、身體、心理、社交) The Transformations Accompanying Retirement (Work, Family Roles, Physical, Psychological, Social)
- ◆ 如何積極計劃退休 Proactively Planning for Retirement
- ◆ 財政安排 Financial Arrangements
- ◆ 有意義的社交生活 Maintaining a Meaningful Social Life
- ◆ 退休的意義 The Significance of Retirement*
- ◆ 營養與健康 Nutrition and Wellbeing*

課程時間 Duration: 1.5/3小時 hours *3小時課程內容 Content for 3-hour course

02 「齡」活新思維 CHANGING YOUR MINDSET ABOUT AGING

- ◆ 突破框框：扭轉對老齡的刻板印象與偏見 Thinking out of the box: Reversing Stereotypes and Prejudices about Aging
- ◆ 面對老齡的心態所帶來的影響 Challenging Preconceptions: Overcoming Stereotypes and Biases Towards Ageing
- ◆ 改變面對老齡的心態和看法 Shifting Perspectives on Ageing
- ◆ 老有所依 (接納、歸屬)、老有所為 (目標、行動) Finding Purpose and Belonging in Later Life
- ◆ 轉介社區資源及專業支援 Connecting with Community Resources and Professional Support

課程時間 Duration: 1.5小時 hours



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Employee Development Service

FOUR DIMENSIONS



Consulting Limited
富達盟信顧問有限公司

03

健腦養心日常練

GENTLE PHYSICAL EXERCISES

TO ENHANCE COGNITIVE FUNCTION AND MENTAL WELLBEING

- ◆ 生活日常的大腦神經與心理學 The Neuroscience and Psychology of Everyday Life
- ◆ 健腦小操練 Simple Cognitive Exercises to Stimulate the Brain

課程時間 Duration: 1.5/3小時 hours

04

「夾心世代」的平衡心法

ACHIEVING BALANCE FOR THE 'SANDWICH GENERATION'

- ◆ 從家庭功能看「夾心世代」的處境及個人需要 The Predicament and Personal Needs of the 'Sandwich Generation' from the Perspective of Family Functionality
- ◆ 提升「夾心世代」自我關愛、滋養身心及維持生活工作平衡的方法 Methods to Enhance Self-Care, Nurture the Mind and Body, and Maintain a Work-Life Balance for the 'Sandwich Generation'
- ◆ 善用科技及社區資源 Effectively Utilising Technology and Community Resources

課程時間 Duration: 1.5小時 hours

05

照顧者的自我照顧

SELF-CARE FOR THE CARE TAKERS

- ◆ 壓力下的常見反應 Common Reactions Under Stress
- ◆ 照顧者的壓力來源 Source of Caregiver Stress
- ◆ 3-R 自我照顧及壓力管理策略 3-R Self-Care and Stress Management Strategies
- ◆ 相關的社區資源 Relevant Community Resources

課程時間 Duration: 1.5小時 hours

06

關懷父母 – 傾心 · 傳情

CARING FOR YOUR AGEING PARENTS

- ◆ 正常的衰老過程 The Natural Progression of Ageing
- ◆ 年老家人身體、心理及社交方面的轉變和需要 Physical, Psychological, and Social Changes and Needs of Elderly Loved Ones
- ◆ 探討年老家人對兒女角色的期望 Examining the Expectations of Elderly Loved Ones Regarding the Role of their Children
- ◆ 有效的溝通技巧及表達關愛的方法 Effective Communication Techniques and Methods of Expressing Care
- ◆ 相關的社區資源 Relevant Community Resources

課程時間 Duration: 1.5小時 hours