

# Wellness Promotion, Training and Development Programmes

## 優質生活、發展及培訓課程



P  
Positive Practice

R  
Relationship Enhancement

I  
Individual Attributes


















D  
ynamic Leadership

E  
motional Well-being

>>>>>> 2025



No.	Programme Name	Regular Class Size: 50 (Onsite)	1.5-hrs	3.5-hrs	7-hrs
Positive Organizational Practices 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	中 人 OS			2-day
	3 Mental Health First Aid Training 「精神健康急救」課程	中 人 OS			●
	4 Critical Incident Stress Management (CISM) Certification Course 「危機事故壓力處理」證書課程	中 人 OS			2-day
	5 Psychological Crisis Management 水能載舟 - 心理危機管理策略	人 OS		●	●
PO	6 Strategic Crisis Management 策略性處理危機 <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		●	●	
	3 Team Building 打造高效團隊	人 OS		●	●
PO	4 Bridging the Gap in Multigenerational Workforce 跨世代職場達人 - 溝通篇		●	●	
PO	5 Embracing Cultural Diversity and Awareness 共建多元文化工作間		●		
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		●		
★	8 Inside Out - Inspiring Others to Embrace Change 變由心生 - 提升動機鼓勵改變		●	●	
	9 The Art of Friendly Persuasion 友善說服的藝術		●		
PO	10 Effective Communication - Overcoming Resistance to Collaboration 衝突管理溝通技巧 - 從對立到合作		●	●	
★	11 Mindful Workplace 靜觀工作間		●		
★	12 Fun & Growth in Board Games 識玩·醒目·上班族 (桌遊篇)	人 OS	●	●	
Relationship Enhancement in Personal Life 個人生活中的關係提升					
	13 Art of Marriage 幸福婚姻學堂		●		
	14 Effective Parenting for Working Parents 在職父母親子技巧		●		
	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 Raising Resilient Children 培養孩子復原力		●		
	18 Teaching Your Children to Manage Money 理財習慣從小起		●		
	19 Effective Communication with Teens 談 Teen 說地		●		
	20 Sandwich Generation - Strike a Better Life Balance 「夾心世代」的平衡心法		●		
★	21 Caring for Your Aging Parents 關懷父母 - 傾心·傳情		●		
	22 Journeying through Dementia: Compassionate Care for Your Loved Ones 照顧腦退化患者：摯愛的陪伴之旅 <span>New</span>		●		
	23 Self-Care for the Caregivers 照顧者的自我照顧		●		
	24 Psychology Behind Money Management 講心講金的金錢管理術		●		
	25 Managing Personal Finance for Young Working Adults 職場理財 101		●		
	26 Planning a Happy Retirement 退而不憂		●	●	
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 <span>New</span>		●		
★	2 Positive Psychology - Open Your Door of Happiness 正向心理學 - 快樂思考力		●	●	
	3 Lasting Happiness in a Changing World 留得住的快樂		●	●	
★	4 The Science of Happiness 幸福的科學		●		
★	5 Less is More - Road to a Happier Life 以簡勝繁 - 提升幸福感的新習慣		●		
	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		●	●	
PO	8 Unlock Your Creativity at Work 開啟創意之門		●	●	
<div><div><span>New</span> New Programme 全新課程</div><div><span>中</span> Chinese Only 只提供中文</div><div><span>人</span> Small Class Size 小班課程</div><div><span>\$</span> Material Cost 材料費用</div><div><span>OS</span> Onsite Only 只限現場</div></div> <div><span>★</span> Star Programme 星級課程</div> <div><span>PO</span> Positive Organization Related Programme 正向機構課程推介</div>					

No.	Programme Name	1.5-hrs	3.5-hrs	7-hrs
9	3 Ways to Get Motivated when Feeling Stuck 讓心情走出低谷的 3 個生活態度	●		
10	Living with Change 變出新機遇	●		
PO 11	Building Resilience with H.E.R.O. 增加心理資本 提升抗逆力	●	●	
Dynamic Leadership 鼓動人心的領導				
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	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	●		
5	Shattering the Glass Ceiling - Women and Barriers in the Workplace 突破傳統 - 提升女性職場領導力	●	●	
6	Managing Challenging Behaviors at Work 管理員工的「非常」行為 	●	●	
PO 7	Mental Health Education for Managers 職場精神健康應對技巧 (管理人員篇)	●	●	
★ 8	Well-Being and Self-Care Tips for Managers 管理人員的身心健康及自我關顧	●	●	
9	Elementary Training on Motivational Interviewing Certification Course 動機式訪談法 - 基礎班證書課程   			●
10	Advanced Training on Motivational Interviewing Certification Course 動機式訪談法 - 進階班證書課程   			2-day
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	Everyday Practice for Micro-Moment Relaxation 放鬆心情微時刻	●		
4	Managing Emotions in the Workplace 駕馭情緒 - 提升工作效能	●	●	
★ 5	Managing Emotions in Times of Uncertainty and Stress 壓力與情緒管理	●		
6	Combating Loneliness in the Digital World 抗衡數位時代的孤獨感	●		
★ 7	Overcoming Burnout 倦了嗎？！KO 職業倦怠	●		
8	Understanding Menopause from Psychosocial Approach 從心理社交角度拆解更年期健康 <span>New</span>	●		
9	Essential Guide to Self-Care for Men 自我照顧 「男」天之旅	●		
10	Aging Gracefully: Fostering a Positive Mindset 優雅增齡：擁抱快樂心態的秘訣 <span>New</span>	●		
11	Beat Procrastination: Mastering the Art of Action 打敗拖延症：行動力秘籍大公開 <span>New</span>	●		
12	Hypersensitive Person – Embrace Your Uniqueness 高敏一族的紓敏之道 <span>New</span>	●		
13	Demystifying Depression 諗太多、玻璃心？還是抑鬱症？	●		
14	Calming the Self-Defeating Mind 拆解「自我挫敗」的思想陷阱	●		
15	Managing Anxiety before It Manages You 見焦拆焦	●		
★ 16	Increasing Our Mental Health Awareness 精神健康解碼	●		
★ 17	Dare to Care - Helping Those with Mental Issues 關心身邊受情緒困擾的人	●		
18	Basic Employee Counselling Skills 關心員工・同跨障礙 - 員工輔導技巧基礎培訓  		●	●
Wellness of Body-Mind-Spirit 躍動身心靈系列 - TCM Serial 中醫養生				
★ 19	Understanding Your Body Constitution 中醫九型體質與調理	●		
20	Sleep Well with Yin Yang 中醫助眠法	●		
21	Yang Sheng Superfood 養生超級食療	●		
22	Pain and Needles 肢體痛症的中醫治療	●		
★ 23	Acupressure for Self-Treatment 「穴」按愈鬆 	●		
24	Respiratory System: Allergic Rhinitis and Asthma 中醫過敏性鼻炎和哮喘護理	●		
★ 25	Acupuncture and Traditional Chinese Medicine for Chronic Fatigue Syndrome 精神爽利 - 中醫調理慢性疲勞 	●		
26	Chinese Medicine for Emotional Health 焦慮緊張自我紓緩	●		
27	Menopause through the Lens of Traditional Chinese Medicine 透視中醫的更年期健康之道 <span>New</span>	●		
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Wellness of Body-Mind-Spirit 躍動身心靈系列 - Food Power 有營飲食				
28	Smart Eater Checklist 營得起	●		
29	Go Green - Let's Join the Low Carbon Diet 低碳飲食實「綠」	●		
30	Eat for Fit 開心輕食飽住瘦	●		
31	Why Do Some People Gain Weight as They Exercise More? 破解「越運動越增磅」之謎	●		
32	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	●		
33	Nourish and Heal, Relax the Mood 讓心情放鬆的療癒飲食	●		
34	Diet Wise in Spring & Summer / Fall & Winter 春夏/秋冬飲食秘笈 中	●		
Wellness of Body-Mind-Spirit 躍動身心靈系列 - Nourishing the Body 活力人生				
PO	35 Simple Body Movement for Brain Power and Mental Fitness 健腦養心日常練	●		
	36 Memory Loss and Brain Health 大腦保養 - 延緩記憶衰退	●		
★	37 Chair Yoga 椅子瑜珈 人	●		
	38 Deskercise: Yoga Stretch at Your Desk 辦公室拉筋伸展瑜珈	●		
	39 Home Workout 在家輕鬆做運動	●		
★	40 Full Body Workout to Get Fit 全身燒脂增肌運動 人 OS	●		
	41 Running - Breathing for Emotional Regulation 心靈奔跑 - 呼吸調節的秘訣	●		
	42 Mindfulness + Stretching 正念鬆動	●		
	43 Back & Neck Care 保健錦囊 - 頸部及背部護理	●		
	44 Prevention and Care of Mouse and Keyboard Hand 滑鼠手、鍵盤手的預防與保健	●		
	45 Prevention of Cerebrovascular Disease/Stroke 預防腦血管疾病及中風	●		
	46 Caring for Your Eyes 「睛」明一族	●		
★	47 Establishing Bedtime Routines That Work 建立睡眠好習慣	●		
	48 Menopause Health: Insights from Modern Western Medicine 更年期健康：西方醫學的最新觀點 New	●		
Wellness of Body-Mind-Spirit 躍動身心靈系列 - Blissful Mind 養心定神				
PO	49 Mindfulness - The Art of Living 靜觀生活 活在當下 人	●		
	50 Singing Bowl to Deep Relaxation 頌鉢・讓心靈放鬆 人 OS	●		
	51 Aromatherapy Magic: Enhancing Mental Wellness Naturally 香薰小魔法：自然療癒你的心靈 New	●		
	52 Finding Incense Products that Fit You 香薰產品的認識與應用	●		
	53 Aroma Stones Workshop: Scent Your Space 擴香石工作坊：為你的空間注入香氣 New 人 \$ OS	●		
	54 Essence of Elegance: Crafting Essential Oil Perfumes 優雅之香：調配精油香水 New 人 \$ OS	●		
	55 Making Incense Stick 線香及塔香製作 人 \$ OS	●		
	56 Magic Power of Aroma Oil 香薰精油療法 人 \$ OS	●		
	57 Aromatherapy Massage (Self/Traditional) 香薰治療按摩 (個人/古法) 人 \$ OS	●		
	58 Scented Dreams: Create Your Own Candles 香氣夢想：創造你的香蠟 New 人 \$ OS	●	●	
	59 Secret Garden: Plantistory 植物童話 - 秘密花園中的奇幻冒險 人 \$ OS	●		
	60 Experiencing Zentangle 畫意 人	●		
	61 Colorful Creation of Mosaic 漂流馬賽克之海 人 \$ OS	●		
	62 Brighten the Day through Pastel Nagomi Art 亮麗人心 - 日本和諧粉彩創作 人 \$ OS	●		
	63 Whimsical Waves: Alcohol Ink Painting 奇幻波浪：酒精墨水繪畫 New 人 \$ OS	●		
	64 Color Cascades: Fluid Art Experience 色彩瀑布：流體藝術體驗 New 人 \$ OS	●		
	65 Peace and Harmony in Calligraphy 靜心寫大字 中 人 \$ OS	●		
	66 Rainbow Calligraphy 彩虹書法 中 人 \$ OS	●		
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