

2026 WELLNESS PROMOTION, TRAINING AND DEVELOPMENT PROGRAMMES:

優質生活、發展及培訓課程

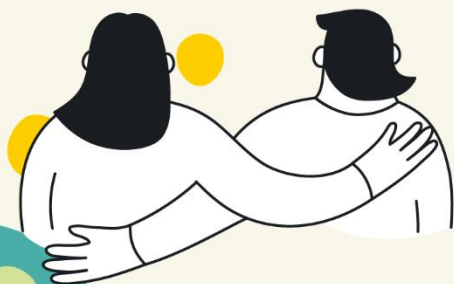
Positive Practice

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
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	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 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		●		New
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		●		New
PO	4	Mastering Teamwork - a DISC-based Approach 團隊合作解密 - 從 DISC 開始		●		New
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		●		New
★	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)	人 OS	●	●	
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		●		New
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		●		New
	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		●		New
	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		●		New
New	New Programme 全新課程		中 Chinese Only 只提供中文	人 Small Class Size 小班課程	\$ Material Cost 材料費用	OS 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			

No.	Programme Name	1.5-hrs	3.5-hrs	7-hrs
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 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 - 正向督導多法寶 New	●	●	
	5 Coach to Inspire - Four Levels to Help Supervisees Grow 教練式啟發 - 助力員工成長四階梯 New	●	●	
	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 New	●		
	8 Navigating Forward after Reorganization 重整旗鼓 - 再次出發 New	●		
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 New	●		
	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

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 - 連繫自我的數位科技應用 New	●		
★	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 New	●		
	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 New	●		
★	20 Dare to Care - Helping Those with Mental Issues 關心身邊受情緒困擾的人	●	●	
PO	21 Basic Employee Counselling Skills 關心員工・同跨障礙 - 員工輔導技巧基礎培訓		●	●
	22 Managing Emotions Surrounding Workforce Reduction 裁員潮下的情緒管理 New	●		

Wellness of Body-Mind-Spirit 躍動身心靈系列 - TCM Serial 中醫養生				
	23 Understanding Your Body Constitution 中醫九型體質與調理	●		
	24 Sleep Remedies in Chinese Medicine 中醫安神助眠法	●		
	25 Acupoint in Pain Management 身體痛症的穴位治療	●		
	26 Acupressure for Self-Treatment 「穴」按愈鬆	●		
	27 Wellness Tips to Alleviate Urban Health Issues 精神爽利 - 減低都市病的養生貼士 New	●		
	28 Respiratory System - Allergic Rhinitis and Asthma 中醫過敏性鼻炎和哮喘護理	●		
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 與我們的市場推廣部聯絡。

No.	Programme Name	1.5-hrs	3.5-hrs	7-hrs
Wellness of Body-Mind-Spirit 躍動身心靈系列 - TCM Serial 中醫養生				
29	Chinese Medicine for Emotional Health 焦慮緊張自我舒緩			●
30	Menopause through the Lens of Traditional Chinese Medicine 透視中醫的更年期健康之道			●
31	Tea Therapy in Chinese Medicine 中醫養生茶療 New			●
32	Seasonal Dietary Guide for Wellness in Traditional Chinese Medicine 四季中醫養生飲食秘笈 New			●
Wellness of Body-Mind-Spirit 躍動身心靈系列 - Food Power 有營飲食				
33	Healthy Foodie Fact Check 健康飲食知識清單			●
34	Slim Smart - Tips for Healthy Weight 聰明瘦身：健康控重貼士			●
35	Seven Nutritional & Lifestyle Shields for Cancer Prevention 預防癌症的七大飲食及生活模式防護盾 New			●
36	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			●
37	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	38 Simple Body Movement for Brain Power and Mental Fitness 健腦養心日常練			●
	39 Sparking Fun and Creativity with Magic 點燃創意與樂趣的辦公室魔術 New			●
★	40 Chair Yoga 椅子瑜珈			●
★	41 Deskercise - Yoga Stretch at Your Desk 辦公室拉筋伸展瑜珈			●
	42 Home Workout 在家輕鬆做運動			●
	43 Full Body Workout to Get Fit 全身燒脂增肌運動			●
	44 Mindfulness + Stretching 正念鬆動			●
	45 Back & Neck Care 保健錦囊 - 頸部及背部護理			●
	46 Caring for Your Eyes 「睛」明一族			●
★	47 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	48 Mindfulness - The Art of Living 靜觀生活 活在當下			●
	49 Singing Bowl to Deep Relaxation 頌鉢·讓心靈放鬆			●
	50 Healing Harmonies - Top Music for Mental Health 療愈旋律 - 提升心理健康的精選音樂 New			●
	51 Tea Time is a Me Time 茶療治心 New			●
	52 Aromatherapy Magic - Enhancing Mental Wellness Naturally 香薰小魔法 - 自然療癒你的心靈			●
	53 Magic Power of Aroma Oil 香薰精油療法			●
★	54 Aromatherapy Massage (Self/Traditional) 香薰治療按摩 (個人/古法)			●
	55 Aroma Stones to Scent Your Space 擴香石 - 為你的空間注入香氣			●
	56 Essence of Elegance - Crafting Essential Oil Perfumes 優雅之香 - 調配精油香水			●
	57 Making Incense Stick 線香及塔香製作			●
	58 Scented Dreams - Create Your Own Candles 香氣夢想 - 創造你的香蠟			●
	59 Secret Garden - Plantistory 植物童話 - 秘密花園中的奇幻冒險			●
	60 Zentangle - A Journey into Mindful Creation 禪繞畫			●
	61 Brighten the Day through Pastel Nagomi Art 亮麗人心 - 日本和諧粉彩創作			●
	62 Whimsical Waves - Alcohol Ink Painting 奇幻波浪 - 酒精墨水繪畫			●
	63 Color Cascades - Fluid Art Experience 色彩瀑布 - 流體藝術體驗			●
	64 Peace and Harmony in Calligraphy 靜心寫大字			●
	65 Rainbow Calligraphy 彩虹書法			●
<div><div>New New Programme 全新課程</div><div> Chinese Only 只提供中文</div><div> Small Class Size 小班課程</div><div> Material Cost 材料費用</div><div> Onsite Only 只限現場</div></div> <div><div> Star Programme 星級課程</div><div> Positive Organization Related Programme 正向機構課程推介</div></div>				
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 與我們的市場推廣部聯絡。				