



Your Wellness Is Our Business



FOUR DIMENSIONS
Consulting Limited
富維盟信顧問有限公司

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♥♥ Mind Snacks 🧁

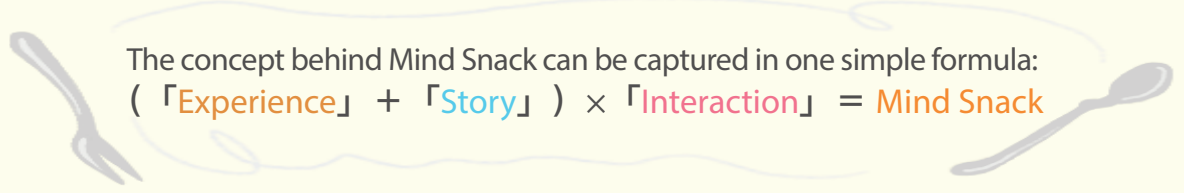


Mind Snacks

Headline

From Employee Well-being to ESG Social Responsibility

In Hong Kong's high-pressure workplace, many employees openly admit: "I know I should take care of myself, but I'm simply too busy to find the time." Our company's newly launched Mind Snack programme is designed precisely for this reality — delivering bite-sized nourishment for the mind, slipping into the gaps of a hectic daily schedule.



The concept behind Mind Snack can be captured in one simple formula:
(「Experience」 + 「Story」) × 「Interaction」 = Mind Snack

Each session is facilitated by a trained instructor, drawing on hands-on activities such as handcrafting, aromatherapy, floral arrangement, and weaving, paired with an authentic personal story. Within 60 to 90 minutes, participants engage both their hands and their hearts — as natural and accessible as a tea break, yet genuinely therapeutic.

Wellness from the Inside Out

Mind Snack offers employees a moment to pause: to focus on the creative process, to listen to someone else's story, and to reconnect with their own inner voice. This structured yet relaxed form of well-being intervention makes caring for mental health low-barrier and approachable, rather than yet another item on an already overwhelming to-do list.

Linking Wellness to ESG's Social Responsibility

From ESG perspective, Mind Snack directly addresses the "S" (Social) pillar — encompassing employee well-being, working conditions, and the practice of social procurement. The instructors who facilitate the sessions come from social welfare organizations, many of whom are service users or beneficiaries themselves. When a company participates in Mind Snack, it is not only investing in employee mental health, but also creating employment opportunities for social service users and supporting the sustainable development of social enterprises. What a company purchases is far more than a wellness workshop — it is a dual-impact solution that delivers both employee care and measurable social value.

A Long-term Commitment, Not a One-off Activity

When corporate wellness becomes a sustained commitment aligned with ESG's "S" pillar, the benefits reach far and wide: employees feel seen and supported, communities receive meaningful contribution, and a company's reputation as a caring and responsible employer is quietly built, one Mind Snack at a time.

LEAP file



On the afternoon of March 13, 2026, 32 Human Resources representatives from different companies gathered at the “Mind Snacks Networking Event”, organized by our company under the theme “What if Wellness Programmes Could Do More? Exploring ESG Possibilities Together”.

The event began with Mr. Lee Chin-hei, Senior Manager at Four Dimensions Consulting Limited (FDC), leading Mr. Daniel Ma, member of the ESG Working Group of the Hong Kong Christian Service, and Ms. Eva Yuen, Service Supervisor of Children & Youth Service, in sharing insights. They emphasized that when companies promote ESG, the social dimension is just as important as environment and governance. A well-designed Employee Assistance Programme not only enhances staff wellbeing but also extends care through social services, enabling marginalized groups such as hidden youth, the elderly, and young mothers to showcase their life stories and talents, gaining new identities and economic rewards.

In the subsequent “Mind Snacks” session, participants joined workshops led by two brands from Story Factory, “Geranium” and “Rock the Mountain”. While making scented stone aromatherapy ornaments, young florists shared how they once felt overwhelmed by stress but rediscovered their rhythm of breathing through flowers and leaves, and found their inner light with the support of companions. Caregivers and women guided participants in crafting woven headbands, recounting how crochet gave them personal time and transformed caregiving stress into self-compassion. The combination of hands-on creation and life story sharing offered participants an inspiring and nourishing experience.





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Company Information

Four Dimensions Consulting Limited (FDC) is a private limited company set up by Hong Kong Christian Service (HKCS) in 2005. Employee Development Service (EDS) of HKCS is the first EAP provider in Hong Kong since 1991. We offer total solutions to assist employees with work/life issues, develop strengths/potentials, increase work engagement and positivity at work, which ultimately enhance organizational excellence and sustainability.



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Course Recommendations

Training topics that benefit the “Social” aspect of ESG:

- Psychological Safety - Power to Increase Employee Contribution
- Mental Health Education for Managers
- Effective Communication - Overcoming Resistance to Collaboration
- Embracing LGBTQ+ Diversity and Awareness
- Embracing Neurodiversity and Awareness



Please scan the QR codes for details