

Stress Management – Be a Positive and Resilient Individual

壓力管理 - 做一個積極和有韌性的人

Date : 29 September (Thursday)

Time : 4:00pm – 6:00pm

This course will be delivered in Cantonese.

Course Outline:

We are facing adversities and stressful experiences in the real world. The ability to grow from challenges, to bounce back from adversities and negative emotional experiences, and to flexibly adapt to changing demands helps shape our optimism. This programme offers skills to lift our positive emotions, to be resilient, and to enhance satisfaction in our relationship with the others.

This workshop will enable learners to recognize the variables that contribute to resilience:

- Protective factors of resilience
- Optimism
- A mindfulness approach to anxieties
- Gratitude skills

Speaker:

Ms. Angela Tang

Angela Tang brings a wealth of HR experiences working with European, American and Japanese multi-nationals. Her latest in-house appointment was HR Director of a renowned US-based semiconductors company overseeing Asia Pacific region, where she gained reputation of building high-performance culture and delivering results. She worked intimately with the client departments, and has led the Asia Pacific employees through multiple Mergers & Acquisitions and Divestitures in such a diverse and volatile industry while maintaining low attrition and high momentum. She was identified the star performer of the company in consecutive years. Angela has designed and delivered training programmes to over a thousand staff force across Asia with particular significance in China and Taiwan. She carries a Master degree in General Business Administration from the University of Hull in London. She is a member of the British Psychological Society and a licensed administrator of psychometric testing.