

Accountants, We Care

Stress is common in city life and increasingly affecting our lives. 13 accounting associations are joining hands to present series of stress management sessions for accounting professionals to learn how to enhance our own well-being and performance and/or those of our friends.

Topics:

Self Mental Health Competency Enhancement Program

07 February 2015, 14:30-16:30 (CENTRAL)

Cultivating Family Resources - Prevention of stress and depression

14 February 2015, 10:00-12:00 (CENTRAL)

(Please [click here](#) to enroll)



Speaker

Dr. Albert TH Chan

Counseling and Clinical psychologist

Visiting Professor, Beijing Normal University

MFT Clinical Fellow and Approved Supervisor



Speaker

Dr. Sylvia Chen 陳嘉璐醫生

Specialist in Psychiatry

Topic: Stress Management

13 Mar 2015, 18:30-20:30 (HKICPA)

23 April 2015, 18:30 – 20:30 (CPA Australia)

(Please [click here](#) to enroll)

Topic: From Stress to Strength

30 March 2015, 18:30-21:00 (HKICPA)

(Please [click here](#) to enrol)



Speaker

Ms. Pinky Lam 林淑穎女士 M.A.S.W., BSc (Psychology)

Training Consultant,

Hong Kong Employment Development Service Limited

MBTI Step I & II Administrator

Lead Organizer:



Organizer:



Co-organizers:

Think Ahead



Supporting Organization: **Baptist Oi Kwan Social Service**

Hong Kong Members' Group

Accountants, We Care

Venues

CPA Australia

Hong Kong Office

20/F, Tai Yau Building, 181 Johnston Road, Wanchai, Hong Kong

HKICPA

Hong Kong Institute of Certified Public Accountants

27/F, Wu Chung House, 213 Queen's Road East, Wanchai, Hong Kong.

CENTRAL

21/F, Edinburgh Tower, The Landmark, Central, Hong Kong.

Language

Cantonese

Fee

Free of charge for members or students of Organizers and Co-organizers

Participants

Accountants who wish to learn about the causes and effects of their stress and how it may be better managed in order to enhance their well-being and performance.

The Organizers reserve the right to limit the number of sessions enrolled by each participant.

Competency

Management, leadership and soft skills

CPD hours

2 hours / 2.5 hours (for each session)

For any enquiries, please email to info@hkaca.org.hk or call Sam Chak at 9305 9551 or Elizabeth Law at 2522 7605.

Lead Organizer:



Organizer:



Co-organizers:

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