



# Well-being and Stress Management in the Workplace (Interactive workshop)

## Re-run

The Hong Kong Institute of CPAs and CABA (the benevolent association for members of the ICAEW) work together to offer interactive workshops for the following objectives:

- To understand what stress is and its impact on accounting profession.
- To recognise the causes, signs and symptoms of stress.
- To consider ways in which we can minimise the effects of stress.

This in-depth interactive workshop serves as preventive training for those who wish to understand stress and minimise the effects of stress in order to enhance their well-being and performance. The knowledge acquired may also help participants to enhance the well-being and performance of their staff who experience stress.

### Trainers

**Dr. Harry Wong**, *F CPA, MAcc, NLP Master Trainer and Master Coach, ABNLP*

Dr. Wong is a passionate and seasoned business consultant and trainer with extensive global business and people management experience gained in KPMG (Canada), PricewaterhouseCoopers (Hong Kong) and his current consulting venture in the past 24 years. Dr. Wong is a certified trainer and a success coach trained in the US, Australia and Hong Kong with state of the art techniques on communication enhancement and self-empowerment.

Over 29,000 business students and professionals, managers and executives have benefited and been inspired through Dr. Wong's passion and his interactive training style that best helped them capture and appreciate the essence of the learning experience. Dr. Wong has been trained by CABA on their stress management and well-being programme for Chartered Accountants with local adaptation to suit Hong Kong's environment and cases.

**Mr. Alan Hong**, *F CPA, CWM™, MBA, BEcon, NLP Trainer, ABNLP, Certified Personal Trainer (NASM)*

With over 20 years experience in wealth management and CPA, Mr. Hong is the Senior Vice President of one of the Hong Kong leading financial institutions. Mr. Hong is a certified trainer and active speaker in topics related to wealth management, HNW client communication as well as stress management for sandwich managers for various organizations. He is also a certified Fitness Coach and a co-author of a popular NLP book [生命的蛻變因 New Life Pattern 而起]

### About the Hong Kong Institute of CPAs

The Hong Kong Institute of CPAs is the only body authorized by law to register and grant practising certificates to Certified Public Accountants in Hong Kong. The Institute has more than 38,000 members and 18,000 registered students. Members of the Institute are entitled to the description Certified Public Accountant and to the designatory letters CPA.

The Institute works in the public interest and it has wide-ranging responsibilities, including assuring the quality of entry into the profession through its postgraduate CPA Qualification Programme and promulgating financial reporting, auditing and ethical standards in Hong Kong. The Institute has responsibility for regulating and promoting efficient accounting practices in Hong Kong to safeguard its leadership as an international financial centre.

[www.hkicpa.org.hk](http://www.hkicpa.org.hk)

### About CABA

Chartered Accountants' Benevolent Association (CABA) exists to support ICAEW Chartered Accountants and their families in times of need.

Every year we help hundreds of individuals around the world facing stress, debt, financial difficulties, and those needing career coaching because of unemployment.

We help these professionals and their dependants regain control of their lives by providing practical, emotional and financial support.

No matter what your circumstances or where you are in the world CABA can help you or point you in the right direction.

[www.caba.org.uk](http://www.caba.org.uk)



## Well-being and Stress Management in the Workplace (Interactive workshop) Re-run

### About the programme

- The impact of stress on professional accountants in Hong Kong.
- What is stress? Explore the differences between stress and pressure.
- Are you stressed?
- Signs and symptoms of stress and effects.
- The performance curve – the effect of stress on performance.
- Identifying burnout.
- Identifying individual causes of stress at work and at home.
- What can be done in the workplace to minimise the effects of stress?
- What can be done by individuals to minimise the effects of stress?
- Group work – identifying practical changes to help dealing with stress.
- Building resilience to stress – a healthy body deals better with stress.
- Further sources of support.

Programme code	Date	Time	Language	Trainers <sup>^</sup>
W151020F	Tuesday, 20 October 2015	6:30 p.m. – 9:30 p.m.	English	Dr. Harry Wong
W151110F	Tuesday, 10 November 2015	6:30 p.m. – 9:30 p.m.	English	Dr. Harry Wong
W151208F	Tuesday, 8 December 2015	6:30 p.m. – 9:30 p.m.	Cantonese	Mr. Alan Hong

**Venue** Hong Kong Institute of CPAs  
27/F., Wu Chung House, 213 Queen's Road East, Wanchai, Hong Kong

**Competency\*** Management, leadership and soft skills

**Rating\*** General

**Participation fee** Free of charge<sup>#</sup> for:  
 • HKICPA member or student and IA (Please [click here](#) to enrol); and  
 • HKIAAT / ICAEW member or student (Please [click here](#) to enrol)

**Target audience** Those who wish to learn about the causes and effects of their stress and how it may be managed, in order to enhance their well-being and performance

**CPD hour** 3 hours<sup>△</sup>

<sup>^</sup> Please note that the trainers are subject to change without prior notice.

<sup>\*</sup> For descriptions of competency and rating, please refer to the [Institute's online CPD Learning Resource Centre](#).

<sup>#</sup> A fee of HK\$750 per participant will be charged to credit card if the enrollee has not attended the event. Please see Note 7 in the enrolment form.

<sup>△</sup> Each member can enrol once for one of the above interactive workshops only.