



Well-being and Stress Management in the Workplace

(Information seminar)

Re-run

The Hong Kong Institute of CPAs and CABA (the benevolent association for members of the ICAEW) work together to offer information seminars and interactive workshops for members.

Aims of the programme

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

Information seminar

This seminar focuses on providing information for members who wish to be aware of the effects of stress, its effect on performance and how it may be managed, both for themselves and their staff.

Interactive workshop

A series of in-depth interactive workshops will be offered from April to June 2015. See separate flyer for details.

Trainer

Mr. Alan Hong, *FCCA, 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 30,000 members and 14,000 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.

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



Well-being and Stress Management in the Workplace (Information seminar) Re-run

About the programme

- The impact of stress on professional accountants.
- Explore the difference between stress and pressure.
- Signs and symptoms of stress.
- The performance curve – the effect of stress on performance.
- Identifying burnout.
- Identifying causes of stress at work and at home.
- What can be done in the workplace to minimise the effects of stress?
- Further sources of support.
- Q & A.

Programme code	Date	Time	Language	Speaker [^]
S150526F	Tuesday, 26 May 2015	7:00 p.m. – 8:00 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
(Please refer to the Institute's online CPD Learning Resource Centre)

Participation fee Free of charge for HKICPA member or student and IA (Please [click here](#) to enrol);
and HKIAAT / ICAEW member or student (Please [click here](#) to enrol);
with a fee of HK\$120# per participant.
HK\$330 for non-member (Please [click here](#) to enrol).

CPD credit 1 hour

The fee will only be charged to credit card if the enrollees have not attended the event. Please see Note 7 in the enrolment form.

[^] Please note that the speakers / trainers are subject to change without prior notice.

Each member can only enrol once for the information seminar.