



Well-being and Stress Management in the Workplace (Seminar)

Re-run

The Hong Kong Institute of CPAs and CABA (the benevolent association for members of the ICAEW) work together to offer a seminar 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 seminar focuses on providing information for those 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.

Trainer

Mr. Alan Hong, *FCPA, 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

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



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About the programme

- The impact of stress on professional accountants.
- Exploring the differences 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	Trainer ^
S151117F	Tuesday, 17 November 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

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)
- HK\$330 for non-member (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 1 hour[△]

[^] Please note that the trainer is subject to change without prior notice.

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

A fee of HK\$120 per participant will be charged to credit card if the enrollee has not attended the event. Please see Note 7 in the enrolment form.

[△] Each member can only enrol once for the seminar.