

# Accountants, We Care

Stress is common in city life and increasingly affecting our lives. Joining hands with 13 other accounting associations, we are presenting a 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.



Topic: **Stress Management**

29 Sep 2014, 18:30-20:30 (HKICPA)

06 Oct 2014, 18:30-20:30 (HKICPA)

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

Speaker

**Dr. Sylvia Chen 陳嘉璐醫生**

Specialist in Psychiatry

Speaker  
**Dr. Gerald Lui 呂宗榮博士**  
Ph.D (Clinical Psychology)

Topic: **Appreciating your own resources for managing stress**

21 Oct 2014, 18:30-20:30 (HKICPA)

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



Topic: **From Stress to Strength**

17 Oct 2014, 18:30-21:00 (HKICPA)

04 Nov 2014, 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



Speaker

**Ms. Scarlet Poon 盤鳳愛女士** MSocSc (Counselling)

Mental Health Counsellor, Baptist Oi Kwan Social Service

Registered Counsellor (ACA), Member (HKPCA), MBTI Accredited Administrator

Topic: **Understanding and Managing Stress**

04 Dec 2014, 18:30-21:00 (CMA Australia)

Topic: **Bringing Happiness to Work and Life**

08 Dec 2014, 18:30-21:00 (CPA Australia)

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

Lead Organizer:



Organizer:



Co-organizers:



Supporting Organization: Baptist Oi Kwan Social Service

# 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.

### SCAA

#### The Society of Chinese Accountants and Auditors

6/F, 88 Lockhart Road, Wanchai, Hong Kong.

### CMA Australia

#### Hong Kong Office

12/F, Tai Yip Building, 141 Thomson Road, Wanchai, 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 Institute reserves 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](mailto:info@hkaca.org.hk) or call Sam Chak at 9305 9551 or Elizabeth Law at 2522 7605.

Lead Organizer:



Organizer:



Co-organizers:



Supporting Organization: Baptist Oi Kwan Social Service