



Workshop

Mental Wellness at Workplace

Retail



Communication Platform

Dealing with stressed out, angry or emotional staff can be challenging. Working in a supervisory, supportive or leadership role, how can you reduce your own stress while positively impacting the stress levels and well-being of staff?

Under the series activity of Retail Communication Platform in 2015, the Association is introducing emotion management related workshops, which are tailor-made to retail human resource executives and supervisors.

Speaker	Ms. Chan Yuk Ching and Mr. Leung Chun Hong Senior Social Workers of Baptist Oi Kwan Social Service (Speaker information in Chinese version is attached)
Language	Cantonese
Date	16 July, 2015 (Thursday)
Time	09:30-17:30
Venue	HKRMA Conference Room (10/F, First Commercial Building, 33-35 Leighton Road, Causeway Bay, Hong Kong)
Fee	Individual Associate Member – \$150/person Full Member & Associate Member - \$250/person Non-member - \$400/person CLICK HERE TO APPLY FOR HKRMA MEMBERSHIP Individual Associate Membership Fee of 2015 2nd half year is just \$500 now.
Outline	<ul style="list-style-type: none">• Source of pressure of retail staff• Positive and negative impacts caused by pressure• Physical and emotional responses• How do I alert the pressure?• Basic principles to handle pressure• Effective ways to achieve mental wellness
Deadline	10 July, 2015
Enquiry	Tel: 2866 8311 Fax: 2866 8380 Email: event@hkrma.org Miss Ng



Workshop: Mental Wellness at Workplace

Deadline : 10 July, 2015

To : HKRMA | event@hkrma.org | Fax: 2866 8380

Enrollment

I would like to participate in the workshop of “Mental Wellness at Workplace” on 16 July, 2015 (Thursday).

Name of Participant(1) :	_____	Name of Participant (2) :	_____
Position :	_____	Position :	_____
Company :	_____	Company :	_____
Tel :	_____	Tel :	_____
Email :	_____	Email :	_____

Are you HKRMA's member?

- Participant(1)/Participant(2)*is/are Individual Associate Member (\$150)
 Full Member(\$250) Associate Member(\$250)
 Non-member (\$400)

**Please delete the inappropriate*

Registration	<ul style="list-style-type: none"> Application form can be submitted by email or fax. Copy of application form and a crossed cheque payable to “Hong Kong Retail Management Association Ltd” should be sent to the HKRMA by post. Cheque Payment HK\$ _____ (Chq No: _____) Mailing address: 7/F., First Commercial Building, 33-35 Leighton Road, Causeway Bay, Hong Kong.
Note	<ul style="list-style-type: none"> Due to limited seats, enrollment will be made on a first-come-first-served basis. In case of unsuccessful enrollment, HKRMA will notify the applicants individually. Confirmation is subject to payment in full. Confirmation email will be sent to the successful applicant at least 2 working days before the event. No refund for cancellation. Substitution of applicant is allowed. Written notification should be sent to the HKRMA at least 3 working days before the event. If Typhoon Signal No. 8 or above is hoisted at or after 7:00am, the full-day event (9:30am-6:00pm) and morning event (9:30am-1:00pm) will be cancelled. If Typhoon Signal No. 8 or above is hoisted at or after 1:00pm, afternoon event will be cancelled. HKRMA reserves the final right to cancel or reschedule the event. HKRMA reserves the final right to reject any application, cancel or change the event arrangement.
Data Privacy Statement and Declaration	<p>The information collected from your company will be used for purpose of processing your company's application. Please note that it is mandatory for your company to provide all the data. If your company does not provide such data, the Association will not be able to process the application. The Association intends to use all your company's data for direct marketing; the data will be used for listing on membership directory, distributing circulars, publications, research materials, market information; direct marketing of the annual events, conferences, seminars, briefings, meetings, awards programmes, training programmes, and services of the Association; and direct marketing of activities similar to the Association's above activities which are organized by the Association's business partners. The Association shall not so use the data unless with your company's consent. Your company has the right to request access to and correction of information held by us about your company. If your company wishes to access or correct the data, please contact us by writing to Ms. Ng at our address, by email (membership@hkrma.org) or by fax (2866-8380).</p> <p><input type="checkbox"/> I consent / <input type="checkbox"/> do not consent to the above stated use of my personal data in direct marketing.</p>

講者簡介

(Chinese Only)

陳玉清女士

浸信會愛羣社會服務處資深社工

Ms. Chan Yuk Ching

Senior Social Workers of Baptist Oi Kwan Social Service

從事精神健康服務二十多年，香港大學社會工作碩士畢業，並持有多項專業資格，包括 MBTI 性格測驗認可導師及親子正策課程認可導師等。陳女士為浸信會愛羣社會服務處資深社工，負責員工督導、培訓及輔導工作。

梁振康先生

浸信會愛羣社會服務處資深社工

Mr. Leung Chun Hong

Senior Social Workers of Baptist Oi Kwan Social Service

任職就業輔導服務超過十年，持有香港大學社會工作學士及註冊非暴力危機介入導師。專職為青少年及精神病康復者提供就業輔導，並負責督導及培訓工作。