

WELLNESS MONTHS

The 'Wellness Months' is prepared for anyone looking for ways to improve his/her overall well-being. HRO will hold a series of workshops ranging from managing stress to maintaining a healthy lifestyle.

Come and equip yourselves with useful tips and start managing your health in positive ways!



Engage, Act, Empower: Fostering Inclusion in the Workplace

Time: 4:00 - 4:45

ENROLL

13/11

(WED)

Talking Therapy - Conversational Techniques in Supporting Employees with Negative Emotions (Foundation)

Time: 2:30 - 6:00

ENROLL

20/11

(WED)



Staff SELF-CARE Workshop: Singing Bowl

(organized by Wofoo Leaders' Network, funded by Wofoo Social Enterprises)

Time: 7:30 - 9:30

ENROLL

27/11

(WED)



Harmony is the Key - Mediating Workplace Interpersonal Conflicts

Time: 2:30 - 5:30

ENROLL

11/12

(WED)



Practical Guide for Technology Mindfulness

Time: 4:00 - 5:30

ENROLL

12/12

(THU)

Calming the Self-Defeating Mind

Time: 4:00 - 5:30

ENROLL

6/1

(MON)



Mental Health Education for Managers

Time: 2:00 - 5:30

ENROLL

9/1

(THU)

Should you have any enquiries, please contact Ms. Candy TAM at 3442 9296.