



## HKICPA/ ICAEW Joint Workshop: Building Your Resilience

Programme Code: WSHP18071901

HKICPA and ICAEW accountants are often praised for their advanced technical skills. The development of your SOFT SKILLS are equally, (if not more) important.

Resilient people tend to maintain a more positive outlook and are healthier physically and mentally. Resilience means adopting healthy strategies for managing stress, and being fully aware of the difference between pressure and stress. It gives you the strength to tackle problems head on and overcome adversity. The way you react to challenges and setbacks is a reflection of how resilient you are. You could say resilience is the cornerstone of adaptability, an attribute we all need during times of rapid change to help us achieve our goals.

This workshop will give you the information, strategies and techniques to help you become a more resilient individual, better able to handle adversity and thrive. You will learn how to develop your resilience both in and out of the workplace, and find out how to boost your self-belief and adopt a more positive attitude.

After joining this workshop, participants will be able to:

- Understand more about resilience and the foundations that support it
- Understand the difference between stress and pressure
- Understand how to identify stress in yourself and others
- Have a better understanding of your own stressors and the causes
- Learn strategies which will boost your personal resilience
- Design an action plan to increase your resilience

**Date** Thursday, 19 July 2018

**Time** 1:00 p.m. – 3:00 p.m. (Light lunch will be provided from 12:30 p.m.)

**Venue** Hong Kong Institute of CPAs,  
27/F., Wu Chung House, 213 Queen's Road East, Wanchai, Hong Kong

**Format** Workshop (Interactive)

**Language** English

**Fee** HK\$300 for HKICPA member or student; IA/ HKIAAT member or student;  
and ICAEW member

**Speaker** **Ms. Cherry Birch**  
Consultant in financial training, leadership and management development, executive and career coaching

**Participants** Persons who want to learn healthier ways of dealing with setbacks and stress in both their professional and personal life

**Competency\*** Management, leadership and soft skills

**Rating\*** Intermediate to advanced level

**CPD hours** 2

\* Please refer to the [Institute's online CPD Learning Resource Centre](#) for descriptions of competency and rating.

## **About the speaker**

### **Ms. Cherry Birch**

Ms. Birch acts as a trainer and facilitator for Chartered Accountants Benevolent Association (CABA) in Australia and Asia. She currently facilitates leadership development, change management, finance for non-finance managers, mentoring and team development programs. In addition, she coaches executives and senior managers in leadership as well as providing career coaching support.

Ms. Birch initially worked for Right Management Consultants as the Asia Pacific Solutions Leader for Talent Management delivering change management, team building, career and leadership programs before establishing her own consultancy in 2003.

Ms. Birch's current executive and career coaching assignments include working with partners in law and accounting firms, CEOs, middle and senior managers in Dubai and Switzerland in addition to facilitating programs across Australia, in Singapore, Dubai and California.



## Enrolment Form

### HKICPA/ ICAEW Joint Workshop: Building Your Resilience 19 July 2018 (WSHP18071901)

Finance & Operations Department,  
Hong Kong Institute of CPAs,  
37/F, Wu Chung House, 213 Queen's Road East, Hong Kong

Payment & Enrolment Status Enquiry: 2287 7381

Email: [finance@hkipa.org.hk](mailto:finance@hkipa.org.hk)

Fax no: 2893 9853

Event Information Enquiry:

2287 7386 / 2287 7230

Email: [cpd@hkipa.org.hk](mailto:cpd@hkipa.org.hk)

**FOR OFFICE USE**

HKICPA Membership No.: \_\_\_\_\_ HKIAAT Membership No.: \_\_\_\_\_ ICAEW Membership No.: \_\_\_\_\_

#### Personal information

Name: (Mr./Mrs./Ms.) \_\_\_\_\_ Organisation: \_\_\_\_\_

Position held: \_\_\_\_\_ Email address <sup>\*(2)</sup>: \_\_\_\_\_  
(BLOCK LETTERS)

Telephone no: \_\_\_\_\_ Fax no.: \_\_\_\_\_

Address: \_\_\_\_\_

\* Email address is for enrolment confirmation purpose. Please refer to note (2) for details.

#### Payment Method (Please tick the appropriate box)

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|---|--|--|--|---|--|-------------------------|--|--|--|---------------------------|--|-------|--|
| <input type="checkbox"/> Cheque (no. _____) payable to "Hong Kong Institute of Certified Public Accountants" or "HKICPA" <sup>(7)</sup>           |  |  |  |   |  |                         |  |  |  |                           |  |       |  |
| <input type="checkbox"/> BOC HKICPA VISA  |  |  |  | <input type="checkbox"/> BOC HKICPA UnionPay card |  |                         |  | <input type="checkbox"/> Other VISA / MasterCard |  |                           |  |       |  |
| Card Number:  |  |  |  |   |  |                         |  |  |  | Card Expiry Date (MM/YY): |  |       |  |
| Cardholder's Name (BLOCK LETTERS):  |  |  |  |   |  | Cardholder's Signature: |  |  |  |                           |  | Date: |  |
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| <input type="checkbox"/> I would like to have an official receipt. (Remarks: Official receipt will be sent to your email address provided above). |  |  |  |   |  |                         |  |  |  |                           |  |       |  |

- Notes:**
- Membership Status: **NP** = Non-Practising, **P** = Practising, **IA** = International Affiliate, **S** = Student, **HKIAAT** = HKIAAT Student or Member, **GAA** = GAA Passport holder, **NM** = Non-Member.
  - Confirmation of enrolment will be sent to you via email. You can check your enrolment status at "MyCPA" at [www.hkipa.org.hk](http://www.hkipa.org.hk). Unsuccessful enrolment will be notified with full refund.
  - NO ADMISSION TICKET will be issued. Please bring your HKICPA membership card or confirmation email for admission purpose.
  - All applications are on a first-come-first-served basis.
  - Application by fax will ONLY be accepted when payment is made by credit card. Cash is strictly not accepted. Please ensure all the particulars relating to payment are completed, otherwise the application cannot be processed. There is NO need to send in the enrolment form again if it has already been faxed to the Institute.
  - For credit card payment, the card should be valid with expiry date at least 1 month from the date of event.
  - Please issue SEPARATE CHEQUE for each event.
  - In normal circumstances, the event fee is non-refundable or non-transferrable upon receipt of payment by HKICPA. Should the event be cancelled or postponed due to unforeseeable circumstances, refund will be made according to your payment method. For credit card payment, refund will be made directly to your credit card account. For cheque payment, refund will be mailed to your correspondence address.
  - All scheduled events will be cancelled and postponed to a date to be announced in the event of typhoon signal no. 8 or above or if a Black Rainstorm warning is hoisted. For details of bad weather arrangement for CPD programmes, please refer to the Institute's homepage.
  - The Institute reserves the right to change the venue, date, speaker or to cancel the event due to unforeseen circumstances.
  - No unauthorized audio or video recording is allowed at CPD events.

**Personal Data:** Your personal data collected from the enrolment process and administration of courses/events/activities will be used for the purpose of the administration of the course on which you are enrolled. Such data collected may be accessible by the Institute's officers, persons or committees processing the application and related matters. In addition, the Institute may use the collected data for statistical research and analysis. The Institute intends to use the personal data of your name, email address and correspondence address to inform you, where relevant, of members' benefits, goods, services, facilities and events organized or provided by the Institute or other organizations. Members and registered students may opt out of receiving such materials at any time by logging in via the following link <https://www.hkipa.org.hk/en/members-area/comm-preference/>. Non-members may opt out of receiving such materials at any time by sending an email to the Institute at [privacyofficer@hkipa.org.hk](mailto:privacyofficer@hkipa.org.hk) or a letter to the Institute's privacy officer. For more information about the privacy policy of the Institute, please go to <http://www.hkipa.org.hk/en/service-tools/privacy-policy/>.

For non-member and firm payment by cheque, please fill-in your postal address for refund.

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| Address: | Address: |
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