



# MAP wellbeing webinar – Discover personal happiness with PERMA model

Event code: EWEB25080501

## About MAP and PERMA Model

Launched in March this year, the Member Assistance Programme (MAP) provides valuable resources to support members' emotional and mental health.

Themed "Positive Psychology", the upcoming MAP webinar will introduce the "PERMA" model and 24 Character Strengths as elements for enhancing personal happiness. Grounded in scientific theories, this session will provide a holistic framework for understanding and cultivating wellbeing, guiding you on the "Wheel" of happiness and transforming daily tasks into sources of personal growth and satisfaction.

Apart from the wellbeing workshop, the webinar will also highlight the accessible support services offered by the MAP.

## Webinar details

<b>Date &amp; Time</b>	<b>Tuesday, 27 August 2025</b> 12:30 p.m. – 1:15 p.m.
<b>Format</b>	Live webinar
<b>Fee</b>	Free of charge
<b>CPD credit</b>	N/A
<b>Target audience</b>	HKICPA members and registered students, as well as their immediate dependents
<b>Language</b>	Cantonese
<b>Application deadline</b>	22 August 2025 (offline enrolment is not available)

**Acceptance** Enrolment is on a first-come-first-served basis. Confirmation of enrolment will be sent to you via email prior to the date of event. To check your enrolment status, please visit "MyCPA" at [www.hkicpa.org.hk](http://www.hkicpa.org.hk).

## Rundown

<b>12:30 pm</b>	Introduction of "MAP"
<b>12:45 pm</b>	Workshop on "Wheeling" to be happy – understand PERMA as elements of happiness
<b>1:15 pm</b>	<b>Closing</b>

## Speaker

- Ms. LAU Wing-kei, Rinky ( 劉穎琪小姐 )**  
*Training Consultant, Vital Employee Service Consultancy*
- Master of Sciences in Foundations in Clinical Psychology (UK)
  - Bachelor of Social Sciences (Honours) in Psychology
  - Certified Hypnotherapist - American Board of Hypnotherapy (ABH)
  - Certified Hypnotherapist - The National Guild of Hypnotists (NGH)
  - Certified International Hypnotherapist - International Association for Professional Certification (IAPC)
  - Certificate in Mindfulness-Based Cognitive Therapy (MBCT)
  - Playbound® Certified Executor (Elementary) (PBE-0600)
  - Certified Positive Discipline Parent Facilitator (PDA)
  - Certificate in Applied Behavior Analysis (ABA)
  - Diploma in Positive Psychology - National Programme on Technology Enhanced Learning (NPTEL)

## Registration

- Online enrolment is available until **22 August 2025**; offline enrolment is not available.

## Disclaimer

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- The Institute also takes no responsibility for any loss associated to any person acting or refraining from acting as a result of participation in the event.
- **You may consider your registration successful unless you receive notification from us to the contrary.**
- **Contact Miss Zita Cheung at 2287-7057 for enquiry.**



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