

Young Members Committee webinar: Resilience building and stress management in challenging times



Resilience is the ability to recover from adversity, adapt and thrive to survive. It builds the ability to be productive, resourceful and creative while dealing with changing circumstances or adversity. In this webinar, the speaker will introduce foundational tools and practices that help you to build behaviours and mental habits which promote personal resilience, as well as to build a culture of resilience within teams and organizations in order to work more skillfully with difficult emotions, uncertainty and change.

Join this free webinar organized by the Institute's Young Members Committee to learn simple, practical and applied tools for building resilience and thriving especially in challenging times or environments.

Speaker

Mr Jeffery Ng, CPA (HK), CFA , FRM, CICPA
Certified Teacher, Search Inside Yourself (SIY)

Date & Time

25 September 2020, Friday
12:30 p.m. – 2:00 p.m.

Format

Live webinar
(There will be real time Q&A)

Language

Cantonese

Fee

Free of charge (HKICPA members only)

Upon registration, you will receive an e-confirmation for the webinar. You can access the webinar by tablet, smartphone or PC.

Enrolment Deadline

24 September 2020

Registration

Online registration will commence at **12:00 noon, 11 September.**

Enrolments will be accepted on a first-come-first-served basis.

Enquiry

Phone: 2287 7386 (Karina Yeung)
Email: karinayeung@hkicpa.org.hk

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ABOUT THE SPEAKER



Mr Jeffrey Ng, CPA (HK), CFA , FRM, CICPA
Certified Teacher
Search Inside Yourself (SIY)

Mr Ng started his career as a corporate finance and restructuring adviser in several multinational professional service firms and an international bank. He is now a mindfulness coach and a Certified Teacher of Search Inside Yourself (SIY), a Google-born mindfulness, emotional intelligence, and leadership training programme. He is well acquainted with business and professional context.

Mr Ng believes everyone has infinite potential and opportunities inside themselves and is capable of transforming themselves and the community.