

Program Objective

By the end of this workshop, participants will be able to learn:

- Deal with adversity with a positive attitude and handle changes with flexibility
- Manage personal emotion and develop interpersonal skill
- Give the rein to one's creativity, able to solve problem with a rational and creative way of thinking

Program Outline

- 1) Understanding 3Qs: Adversity Quotient (AQ), Emotional Quotient (EQ) and Creativity Quotient (CQ)
- 2) Use of 3Q for self-understanding
- 3) Knowing how to handle adversity for future
- 4) Positive Thinking
- 5) Flexible and Creative Approach
- 6) Ways to deal with negative emotion
- 7) Building-up interpersonal skill
- 8) Enlightening creativity
- 9) Rational and creative thinking

Methodology

- Mini-lecture
- 3Q Test
- Group Discussion
- Role Play
- Experience Sharing

Speaker

Ms Virginia Choi, Council Member, Advisor, T&D Committee, HKIHRM

Virginia Choi is the Managing Consultant and Country Manager of Tamty McGill Consultants International Ltd. She has over 15 years of international consulting experience in working with clients from various industries and different countries such as in China, Taiwan, Singapore, Dubai and India. In 1994, she was the Director of Business and Design for the Boston-based Forum Asia Ltd. She then became the Country Manager and Managing Consultant of UK-based Cubiks, PA Consulting Group.

Virginia is the Past President of HKIHRM. She is the Chairperson of the Continuing Professional Development Alliance and the Chairman of Pay Trend Survey Committee. She is also the Member of Standing Commission on Civil Service Salaries and Conditions of Service, Employees Retraining Board, Council of the Open University of Hong Kong, Manpower Development Committee and Educational Manpower Bureau, Legal Aid Services Council, and Personal Data (Privacy) Advisory Committee. She is also the former Part-time Member of Central Policy Unit, Member of Equal Opportunities Commission, and Hong Kong Committee for Pacific Economic Cooperation.

HKIHRM thanks the honorable speaker for her contribution to the seminar.

Enquiries: Please contact Andy Au Yeung at 2837 3819 or other training colleagues at 2881-5113 or email to training@hkihrm.org

Date & Time:
December 7,
2009 (Monday)

2:30pm –
5:30pm

Venue:
HKIHRM
Suite 1503,
15/F, 68 Yee Wo
Street,
Causeway Bay,
HK

Language:
Cantonese

Fee:
HKIHRM
Members
HK\$630

Non-Members
HK\$840

**Continuing
Professional
Development
Scheme (CPD):
3 Points**

Enrolment Form

FAX: (852) 2881 6062 for reservation

Ref: S09-TN-SIA-004

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Striving in Adversity Workshop

Date & Time: December 7, 2009 (Monday) 2:30pm – 5:30pm

Venue: HKIHRM, Suite 1503, 15/F, 68 Yee Wo Street, Causeway Bay, HK

Language: Cantonese

Fee: HKIHRM Member: HK\$630 Non-member: HK\$840

Enquires: Mr Andy Au Yeung at 2837 3819 or training@hkihrm.org

Full Name (surname) Mr/Ms/Mrs (first name) _____

Position _____ Company _____

Non-member HKIHRM Member No. (Individual/Corporate*) _____**

***For enrolment under corporate membership, HKIHRM would deem such enrolment authorized by the corresponding corporate member**

**** Enrolment will be considered as Non-member if membership no. is not provided**

Address _____

Telephone _____ Mobile _____ Email _____
(for sending e-confirmation)

Enclosed is a crossed cheque for HK\$ _____ Cheque No. _____ Bank: _____.

Please issue: receipt / invoice [Official receipt and/or invoice will only be issued upon request]

Notes to HKIHRM Training Events

- ◆ HKIHRM reserves the right to cancel, modify or postpone the program.
- ◆ HKIHRM reserves the right to reject an enrolment at any point of time.
- ◆ Please note that all HKIHRM membership are non-transferable, either to another individual or group companies.

PAYMENT:

A copy of this enrolment form AND a crossed cheque made payable to **Hong Kong Institute of Human Resource Management Ltd** should be sent to **Training Department, 1503, 15/F, 68 Yee Wo Street, Causeway Bay** at least **7** days before the program commencement date. **Otherwise HKIHRM reserves the right to cancel the enrolment.**

ENROLMENT / CONFIRMATION:

- Enrolment / reservation by email and/or fax are welcome but confirmation is subject to payment in full.
- Confirmation will be sent by email 4 days prior to the program to those who have settled payments only.
- The maximum number of enrolment from each company to the same round of Certificate Program/ seminar is six
- In case of over-subscription, priority will be given to HKIHRM members who have settled the program fees and those who enrolled to full program.

CANCELLATION/ REFUND:

- All fees paid are NON refundable unless written notice is received before the program commences and arrangement are as follows:
- **More than 5 business days:** Full refund minus HK\$200 administrative fee per event
 - **Less than 5 business days:** All fees paid will be forfeited but substitutions could be made with written notice to HKIHRM.
 - Any fee difference between member and non-member rate will be charged accordingly.
 - **HKIHRM reserves the right to charge the full program fees if cancellation is not notified before the start of the event.**

WEATHER:

All programs will not be held as scheduled if Typhoon Signal No. 8 or above/Black Rainstorm Warning is still hoisted after (or is announced to be held at/after) 6:00am for morning and all day programs; 10:00am for afternoon programs; and 2:00pm for evening programs. Participant will be notified the details of the make-up class as soon as possible. Please visit our website for the most updated class arrangement during the severe weather.