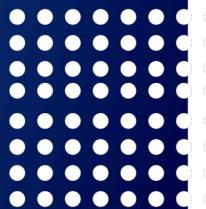




# The 7 Habits of Highly Effective Families Workshop

Create your family harmony;  
Increase productivity at work.



## Expected Outcome:



### Enhanced Resilience and Performance

Build family resilience, translating to improved problem-solving and professional success.



### Reduced Family Stress, Enhanced Focus

Gain renewed energy, increasing focus and efficiency at work by minimizing family-related stress.



### Balanced Work and Family

Align family and career demands, driving higher job satisfaction and retention.



### Clear Personal, Family Goals

Create shared family mission statements, fostering purpose at home that supports career plans.



### Stronger Family Connections

Enhanced communication and trust at home create a supportive environment, reducing distractions and boosting productivity at work.

## WHY THIS MATTERS



of Hong Kong HR leaders report:  
"I resolve workplace conflicts daily, but lose patience with my family nightly."

(HKU 2024 Study of 500 Professionals)

**We empower you,  
as a working parent,  
to improve.**

## OBJECTIVES:

**Transfer** leadership skills

from office to home and foster a strong family relationship.

**Reduce** stress and boost

focus to maximize your productivity at work.

**Build** sustainable habits

for work-life resilience and create harmony between career and family.

**Improve** empathic

communication with family members to build trust.



10 January 2026 (Saturday)  
9:30am - 5:30pm  
CPD: 7 hours



Cantonese  
(with English materials)



**SPEAKER**  
**Ms Ann Ngan**  
**Dr Chester Tsang**



Early Bird Offer  
by 9 Dec

Course Fee

Member

**\$ 4,050**

\$ 4,500

Non-member

\$ 4,950

\$ 5,500

**Enrol Now**



HKIHRM, Units 1810-15, 18/F, Millennium City 2, 378  
Kwun Tong Road, Kwun Tong, Kowloon  
(3-minute walk from Ngau Tau Kok MTR station exit A)



2837 3830 / 2837 3839



learning@hkihrm.org

## Meet Our Speakers



### Dr Chester Tsang

Dr. Chester TSANG is an ICF-accredited Professional Certified Coach (PCC) with 30+ years' cross-industry experience in healthcare, hospitality, retail, and education across the US, Hong Kong, and Mainland China. He specializes in applying The 7 Habits framework to resolve work-family conflicts and build resilient families. A Three-time winner of local training awards and international learning honors (including the HKMA gold award in training & development, the BEST award from the US Association for Talent Development – ranked first in Asia and second worldwide, and the HK Distinguished Trainer award), he pioneered customer service and leadership programs for major institutions. His expertise transfers workplace skills—like conflict resolution and mission alignment—directly into homes to foster trust, reduce stress, and improve work-life balance.

Dr. Tsang is a sought-after speaker at global conferences, addressing family dynamics and resilience through the 7 Habits. He holds key advisory roles with the HK Institute of HRM and served on the Cross-Industry Training Committee, VTC English Language Committee, and other task forces shaping vocational education curriculum. A Certified Global Master Trainer (CGMT) and licensed trainer for multiple psychometric instruments, he Co-authored "My Dear, Be a Happy Leader", to blend leadership psychology with family applications. His credentials include a Doctorate in Education (EdD), an MBA, and executive training at Cambridge University (UK), New South Wales University (AU), Ashridge Management College (UK), and Disney University (USA).



### Ms Ann Ngan

Ann is the Director, Master Coach, and Lead Facilitator at the Hong Kong Academy of Leadership, with a robust 20-year corporate background in accounting, administration, and human resources. As a CPA Australia professional with a Bachelor of Commerce from the University of Melbourne and a Master's in Practicing Accounting from Monash University, she held senior roles in U.S. and Australian firms, optimizing financial systems, streamlining operations, and leading HR initiatives to enhance workforce performance.

Transitioning to education, Ann became a certified Master Coach of FranklinCovey's The 7 Habits of Highly Effective People, driven by a passion to inspire educators, students, and families. She designs and delivers transformative leadership programs, fostering trust, accountability, and proactive mindsets. Her workshops, enriched by certifications in LEGO® Serious Play® and Design Thinking, empower participants to achieve personal and professional growth through practical, engaging strategies.

Currently pursuing postgraduate studies in Gifted Education at the University of New South Wales, Ann strengthens her expertise in supporting diverse educational needs. Fluent in Cantonese and English, she has trained thousands across corporate and educational sectors, establishing herself as a trusted leader in cultivating leadership cultures and family resilience through the 7 Habits framework.