



Pressure at the workplace is inevitable and employees' emotional wellness is often overlooked due to the overwhelming demands of the work environment. Persistent work stress and insufficient psychological support can take a toll on employees' physical and emotional health. The potential costs are deteriorated working performance, poor decision making, ineffective communication and difficult relationships among colleagues.

Our minds are indeed so busy and noisy with thoughts and emotions which are also related with behaviors and bodily reactions. By understanding how stress impacts our mind, mood and body, we can learn to take some effective steps to stay emotionally balanced and lay the foundation for wellness in the workplace.

October 2015

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Speakers	Mr. Kwok Kwong Fai and Ms. Chan Yuk Ching Senior Social Workers of Baptist Oi Kwan Social Service
Language	Cantonese
Date	20 October, 2015 (Tuesday)
Time	9:30am to 5:30pm
Venue	HKRMA Conference Room (10/F, First Commercial Building, 33-35 Leighton Road, Causeway Bay, Hong Kong)
Outline	<ul style="list-style-type: none"> • General wellness assessment • Understanding the mind-body relationship • Ten major distorted thinking in relation to stress • How to manage and be with your emotions – anger, sadness, anxiety, disgust and joy? • How to work with people who are often angry, anxious or pessimistic in the workplace? • Case study and group discussion
Fee	Individual Associate Member – \$150/person Full Member & Associate Member - \$250/person Non-member - \$400/person CLICK HERE TO APPLY FOR HKRMA MEMBERSHIP Individual Associate Membership of 2015 2nd half year: \$500
Deadline	16 October, 2015
Enquiry	Te: 2866 8311 Fax: 2866 8380 Email: event@hkrma.org Ms. Peggy Ng



Workshop: Managing Emotion Headquarter

Deadline : 16 October, 2015

To : HKRMA | event@hkrma.org | Fax: 2866 8380

Enrollment

I would like to participate in the workshop of “Managing Emotion Headquarter” on 20 October, 2015 (Tuesday).

Name of Participant(1) :	_____	Name of Participant (2) :	_____
Position :	_____	Position :	_____
Company :	_____	Company :	_____
Tel :	_____	Tel :	_____
Email :	_____	Email :	_____
Are you HKRMA's member?	<input type="checkbox"/> Participant(1)/Participant(2)*is/are Individual Associate Member (\$150) <input type="checkbox"/> Full Member(\$250) <input type="checkbox"/> Associate Member(\$250) <input type="checkbox"/> Non-member (\$400)		

**Please delete the inappropriate*

Registration	<ul style="list-style-type: none"> Application form can be submitted by email or fax. Copy of application form and a crossed cheque payable to “Hong Kong Retail Management Association Ltd” should be sent to the HKRMA by post. Cheque Payment HK\$ _____ (Chq No: _____) Mailing address: 7/F., First Commercial Building, 33-35 Leighton Road, Causeway Bay, Hong Kong.
Note	<ul style="list-style-type: none"> Due to limited seats, enrollment will be made on a first-come-first-served basis. In case of unsuccessful enrollment, HKRMA will notify the applicants individually. Confirmation is subject to payment in full. Confirmation email will be sent to the successful applicant at least 2 working days before the event. No refund for cancellation. Substitution of applicant is allowed. Written notification should be sent to the HKRMA at least 3 working days before the event. If Typhoon Signal No. 8 or above is hoisted at or after 7:00am, the full-day event (9:30am-6:00pm) and morning event (9:30am-1:00pm) will be cancelled. If Typhoon Signal No. 8 or above is hoisted at or after 1:00pm, afternoon event will be cancelled. HKRMA reserves the final right to cancel or reschedule the event. HKRMA reserves the final right to reject any application, cancel or change the event arrangement.
Data Privacy Statement and Declaration	<p>The information collected from your company will be used for purpose of processing your company’s application. Please note that it is mandatory for your company to provide all the data. If your company does not provide such data, the Association will not be able to process the application. The Association intends to use all your company’s data for direct marketing; the data will be used for listing on membership directory, distributing circulars, publications, research materials, market information; direct marketing of the annual events, conferences, seminars, briefings, meetings, awards programmes, training programmes, and services of the Association; and direct marketing of activities similar to the Association’s above activities which are organized by the Association’s business partners. The Association shall not so use the data unless with your company’s consent. Your company has the right to request access to and correction of information held by us about your company. If your company wishes to access or correct the data, please contact us by writing to Ms. Ng at our address, by email (membership@hkrma.org) or by fax (2866-8380).</p> <p><input type="checkbox"/> I consent / <input type="checkbox"/> do not consent to the above stated use of my personal data in direct marketing.</p>