

## Workplace Mindfulness – Certified Mindfulness Coach training



CONNECTION TECHNOLOGY 裝備未來  
**FUTURE SKILLS**

### Discover the benefits of mindfulness and become a certified mindfulness coach.

Upon graduation, you will be able to practice mindfulness on your own, **lead mindfulness activity** and workshop at your workplace, and **become mindfulness coach** at your organization.

In this certified course you will learn mindfulness theories, formal and informal Mindfulness practices, workplace applications for performance and wellness, and also implementation of Mindfulness in workplace.

**Embrace the benefits of mindfulness** and Join us to take the first step in **bringing mindfulness to your workplace.**

### Course Objectives

1. Enhance productivity and performance, such as decision-making quality, attention and execution power, interpersonal relationship, coerciveness with the team etc.;
2. Enhance overall wellness;
3. Equip with the techniques of leading and facilitating mindfulness activities and workshops

Programme code	10014325-03
Date and time	<b>Part I   vLearn</b> 3 online learning session <i>(Via HKPC vLearn)</i> <b>Part II   In-person Class</b> 29 Jul 2023 (Sat) 5 Aug 2023 (Sat) 12 Aug 2023 (Sat) 09:00 – 18:00 Total 27 hours
Venue	HKPC Building, 78 Tat Chee Avenue, Kowloon, Hong Kong
Medium	Cantonese
Course fee	HK\$12,800 *(Early-bird: HK\$11,520, applicable on or before 30 June 2023) **(Application Deadline: 14 July 2023)

## Professional Recognition

This training is accredited by International Mindfulness and Meditation Alliance (IMMA).

**Graduates are eligible to register as a Mindfulness Coach at IMMA.**



## What is Mindfulness?

Mindfulness is a secular way of practice to focus on thoughts, emotions, and bodily sensations with a non-judging and non-reacting attitude.

Everyone is able to practice Mindfulness and enjoys the benefits.

## Target Audience

The training is designed for all working adults, coaches, professionals in training & development, supervisors, HR, staff wellness related professionals etc.

## Course Content

### Online Video Learning Session 1 (1 Hour)

- Examples of Mindfulness applications at commercial settings
- Basic Mindfulness theories and practices
- Common misunderstandings about Mindfulness
- Neuroscience perspective of Mindfulness
- The barriers of nurturing Mindfulness culture at organizations

### Online Video Learning Session 2 (1 Hour)

- 9 Attitudes of Mindfulness
- Thoughts, Emotions, and Bodily Sensations
- Handling distraction during practice

### Online Video Learning Session 3 (1 Hour)

- Open-monitoring practice
- Burnout @workplace - Awareness and Prevention

## Course Content (Con't)

### Face-to-Face Training Day 1 (8 hours)

- Inquiry in Mindfulness workshop
- Informal practice & integration with daily work & life
- Mindfulness and mental wellness
- Awareness of Judging
- Letting Go practices
- Music & Mindfulness
- Mindfulness & Happiness
- Mindfulness Coach techniques
- Activity and workshop leading

### Face-to-Face Training Day 2 (8 hours)

- Workplace applications
- Mindfulness Interventions
- Concept integration
- Body-Mind interaction
- Practicum and exercises

### Face-to-Face Training Day 3 (8 hours)

- Practicum and assessment
- Assignment presentation and discussion



## Trainer's Profile

Victor is a Chartered Psychologist at UK, Registered Psychologist at HK, and a Certified Mindfulness teacher. He has been in Talent Development field for 20 years, with fruitful business management experiences. He was the head of Talent Development in international corporation, and also set up various businesses include the largest playgroup chain in HK, a chained retail business, and business consultancy etc. with companies in HK, Mainland, and Taiwan. Besides business management and talent development experience, he is also a private practice psychologist, and acting as a consultant for MNCs, Government Departments and also teaching at local universities as a guest lecturer. On top of these work, Victor is active in media include newspapers, magazines, and TV with over hundreds interviews.



**Victor Ching (程衛強)**  
MAP, MAGBM, BAAPY,  
BBA, CPsychol,  
RegPsychol, Certified  
Meditation and  
Mindfulness Teacher

## Enrollment method

1. Scan the QR code or click [HERE](#) to complete the enrolment and payment online. OR
2. Mail the crossed cheque with payee name "Hong Kong Productivity Council" (in HK dollar) and the application form should be mailed to HKPC Academy, Hong Kong Productivity Council, 3/F, HKPC Building, 78 Tat Chee Avenue, Kowloon (attention to Ms Bosco LAU). Please indicate the course name and course code on the back of the cheque and envelope.

[Enrolment form can be downloaded at  
<https://www.hkpcacademy.org/enrollment/>]



<http://u.hkpc.org/aA7>