



The Power of Positive Thinking

裝備未來
FutureSkills

“One of the hardest battles to win is between our brain and our heart!” Our brain is very powerful, but if we cannot manage our thinking and let the bad thinking habit build up, it can be disastrous. This half-day workshop focuses on the importance of adapting positive thinking habits and the ways of creating them. Participants will learn the concepts through the lecture, exercise, case study and personal vision establishment.

Programme code	10020228-01
Date and time	21 October 2026 (Wed) 14:30-17:30
Venue	1/F, HKPC Building, 78 Tat Chee Avenue, Kowloon
Medium	Cantonese
Course fee	HK\$1,500

Course Highlights

- Understand How Does Our Brain Work
- Understand the Beliefs Formation Model and the Influence of Our Belief System
- Regain the Power of Control and Be Responsible
- Reframe Our Habitual Choice to Better Choice

Trainer's Profile

Ms. Heidi Chu is a professional coach and corporate trainer. She was the first certified China Transactional Analysis Application Consultant in HK, where communication and education in different context is her specialty. Her training partners include the School of Continuing and Professional Studies of the Chinese University of HK, Enterprise Learning of Dun & Bradstreet HK, Macau Institute of Management, and OnTrack Consultancy (UK). She is actively engaged in different training projects in HK and Macau for over 10 years. Her key training areas are on team development, business negotiation, influential communication, conflict management & mediation, DiSC applications on leadership, Train-the-Trainer and personal effectiveness.

To quote a few, Heidi was working with a prestigious banking client on grooming two batches of their young leaders from 2018 to 2019. The grooming journey was designed, structured and delivered by Heidi. Another client has invited her to conduct team development programmes for their management trainees in three consecutive years since 2017. She has also coached 11 senior managers of a world class consumer goods company to prepare them to step up to directorate level. Currently, she is participating in a crossed-professions project and coaching over 100 university graduates within two years.



Enrolment Methods

1. Scan the QR code 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, 1/F, HKPC Building, 78 Tat Chee Avenue, Kowloon (attention to Ms. Kiki Yu). Please indicate the course name and course code on the back of the cheque and envelope; OR
3. Visit the registration counter of HKPC Academy (1/F, HKPC Building, 78 Tat Chee Avenue, Kowloon) to enrol and settle the course fee. Office hours: Monday to Friday 09:00-18:00.

