

## SEMINAR ON *“Health and Wellbeing by Choice”*

<b>CPD Code</b>	: CPD20190711S
<b>Organized by</b>	: Hong Kong Institute of Construction Managers (HKICM)
<b>Speaker</b>	: Cr Ir Paco TSANG
<b>Date</b>	: 11 July 2019 (Thursday)
<b>Time</b>	: 7:00 pm ~ 8:30 pm (Registration starts from 6:45 pm)
<b>Venue</b>	: HKICM Conference Room Rooms 801-2, 8/F., On Lok Yuen Building, 25 Des Voeux Road Central, Hong Kong
<b>Language</b>	: Cantonese supplemented by English
<b>CPD Hours</b>	: 1.5 CPD hours

<b>Programme Highlight</b>	: In workplaces, we all agree that mental health, physical health and healthy human relationships would affect the performance at work. In this regard, it is of pivotal importance to equip yourself with these important elements. This seminar will focus on the ways to unleash your power to enhance the relationship and team spirit in workplaces such that all of us would have a healthy and happy life.  At the end of the seminar, you will understand the following: i) How to be happy? ii) The myths of happiness. iii) Ways to beautify your mindset. iv) Most power mediation skills applied in daily life to beautify your behaviour
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<b>About the Speaker</b>	: <b>Cr Ir Paco TSANG</b> Chartered Professional Civil Engineer, Value Management Facilitator (President of HK Institute of Value Management) Accredited Mediator (Past President of Hong Kong Mediation Centre)
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## Registration & Enquiry:

1. The registration fee is:

Member	HK\$ 150.00
Non-member	HK\$ 180. 00
Full-time Student	HK\$ 50.00
2. Maximum number of participants for the event is restricted to **45 (first-come, first-served)**. In the event of over- subscription, priority will be given to the members of HKICM.
3. Deadline for registration is **4 July 2019 (Thursday)**.
4. For on-line registration, please [click here](#) (confirmation e-mail will be sent to successful registrants in due course).
5. Payment shall be made payable to “**Hong Kong Institute of Construction Managers, Limited**” and sent by mail together with this form to the address below: -

The Secretariat Office, Hong Kong Institute of Construction Managers  
Rooms 801-2, On Lok Yuen Building, 25 Des Voeux Road Central, Hong Kong
6. In the event that the black rain-storm or typhoon signal no. 8 is hoisted, the seminar will be postponed. No refund will be entertained except in the circumstances mentioned above.
7. For enquiries, please contact HKICM Secretariat Office at Tel: (852) 2523 2081.
8. CPD attendance certificate will be sent by e-mail to the attendants after the seminar.

## Registration Form

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Seminar on : Health and Wellbeing by Choice  
Date : 11 July 2019 (Thursday)  
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Name : \_\_\_\_\_ Membership No.: \_\_\_\_\_

Name of  
Supporting  
Organisation : \_\_\_\_\_ Membership No: \_\_\_\_\_

Company : \_\_\_\_\_ Position : \_\_\_\_\_

Institution  
(if student) : \_\_\_\_\_ Year of Study  
(if student) : \_\_\_\_\_

Address : \_\_\_\_\_

Tel / Mobile : \_\_\_\_\_ E-mail: \_\_\_\_\_

**Payment** (Please mark your name, Membership no. and CPD Code at the back of the cheque)

Cheque No : \_\_\_\_\_ Bank: \_\_\_\_\_

Signature : \_\_\_\_\_ Date: \_\_\_\_\_

**Disclaimer:**

**The Hong Kong Institute of Construction Managers, Limited has not arranged any insurance coverage for any participants on any personal accident or virus infection arising from this event. Participants should make their own insurance arrangements at their own expenses.**