



Joint Seminar NLP in Transforming “Stress” into “Motivational Energies”

Chartered Institute of Housing Asian Pacific Branch and The Hong Kong Institute of Housing are organizing a seminar bringing professional to share with you his experience and knowledge for enhancement.

Topic:	NLP in Transforming “Stress” into “Motivational Energies”		
Content:	<p>With this fast pacing society that we are working & living in. Everyone is facing more and more stress. Without the ability to master Emotion and Stress effectively, we may soon be “Burnt-out.” What benefits will be there for the persons as well as for the organization; if there is a way: to oversee and take charge of Emotions / Stress?</p> <p>1. <u>What is Stresses?</u></p> <p>a) How do stresses develop?</p> <p>b) How do we know we are suffering stress?</p> <p>c) What did we do when we were suffering under stress?</p> <p>2. <u>How to manage Stress with NLP?</u></p> <p>a) How does “Mind-Body-Emotions” System trigger and dissipate our stresses?</p> <p>b) Re-define the meanings of stresses and Transform “Stress” to “Energy”</p> <p>c) The functions of stresses in our works, relationship & life</p>		
Speaker:	<p>Dr. Alex Cheung, <small>FHKIE, FICE, FCIQB, FIOSH</small></p> <p>Dr. Alex Cheung is a Chartered Civil & Structural Engineer, Chartered Builder & Chartered Safety Practitioner. He is a Fellow Member of many professional bodies. Dr. Cheung is well trained in Engineering and Management as well as in Behaviour Psychology (NLP). His extensive experience, expertise & commitment to serve the Community make his trainings distinguishably different. Participants often find his course inspiring and practical, throwing new light in their perception of their work / career.</p>		
Date & Time:	7:00 p.m. – 9:00 p.m., 5 November 2009 (Thursday)		
Venue:	29/F, Times Media Centre, 133 Wanchai Road, Wanchai, Hong Kong.		
Fee:	HK\$50 (Registered Student Concession)	HK\$80 (Member)	HK\$100 (Non-Member)
Capacity:	80 persons (first-come-first served)	CPD Units:	2 Units (Personal Development)
Language:	Cantonese	Deadline:	30 October 2009

Interested members please enroll by completing the below **Reply Slip**, making cheques payable to “**Chartered Institute of Housing Asian Pacific Branch**” and returning by post/fax to this office on or before the 30 October 2009. Should you have any queries, please feel free to contact the Institute’s Secretariat CIHAPB on 2356 8680 or HKIH on 2544 3111.

Standard Reservation Form

To: CIHAPB / HKIH
Units 2709-11
Shui On Centre
6-8 Harbour Road
Wanchai, Hong Kong

Fax: 2356 7332 (CIHAPB) / 2544 3112 (HKIH)

Member Details

To facilitate our allocation of seats, please indicate your dual membership of CIHAPB & HKIH by indicating your membership numbers for both Institutes below, if applicable.

HKIH No. _____ CIHAPB No. _____

Event Details

Date of Event _____

Topic of Event _____

Name _____

Cheque No. _____ Bank _____ Amount _____ HK\$ _____

Company _____

Tel No. _____ Mobile _____

Email _____ Fax No. _____

(for email confirmation purpose) _____ Date _____

Remarks

1. Payment can be made by cheques made payable to “Chartered Institute of Housing Asian Pacific Branch”.
2. Reservations by fax are accepted but would only be confirmed upon receipt of **FULL PAYMENT**.
3. Full payment must be received prior to the commencement of the seminar.
4. Reservations cannot be confirmed until expiry of enrolment deadline.
5. Cheques received would be shredded for all unsuccessful reservations.
6. Official receipts are available upon request.

香港灣仔港灣道 6-8 號瑞安中心 2709-2711 室

香港房屋經理學會

電話 Tel: 2544 3111 傳真 Fax: 2544 3112

網址 Website: www.housing.org.hk 電子郵件 Email: info@housing.org.hk

Units 2709-2711, Shui On Centre, 6-8 Harbour Road, Wanchai, HK

英國特許房屋經理學會亞太分會

電話 Tel: 2356 8680 傳真 Fax: 2356 7332

網址 Website: www.cih.org.hk 電子郵件 Email: apb@cih.org.hk