



BSOMES

Building Services Operation and
Maintenance Executives Society
屋宇設備運行及維修行政人員學會

Seminar on Stress Management after COVID

Co-organized by

Building Services Operation and Maintenance Executives Society (BSOMES)

Psychological Support Service, Hong Kong Red Cross

Date, Time & Venue

Date : 21 Oct 2022

Time : 7:00pm to 9:00pm (Registration to be opened at 6:45pm)

Venue : By Webinar via Zoom

Summary

Topic : Stress Management after COVID

In this seminar, psychologist will discuss the stress management skills at work, and share the tips for handling stress in post-pandemic period.

Speaker: Ms Priscilla Law, Educational Psychologist, Psychological Support Service, Hong Kong Red Cross

Ms. Law is a registered Educational Psychologist and provides professional support to the Psychological Support Service of Hong Kong Red Cross. She has experience in delivering Psychological First Aid training to local and international participants, as well as other psychoeducational talks and workshops.

Fee

Free of Charge

Media

Cantonese supplemented with English Terminology & PPT presentation



Registration & Certificate

This Webinar is free of charge and is based on first-come-first served. For registration, please enroll by ["Clicking here for Event Online Signup"](#) or the QR code.

The deadline for application is 13 Oct 2022 (Thu) or when registration is full. Name of successful applicants will be informed by receiving a Confirmation E-mail & webinar link One day (1 day) before the date of webinar. If the applicants did not receive any confirmation e-mail on the aforesaid verification date, their applications will be regarded as unsuccessful. CPD certificate will be emailed to participants within 1 month after the completion of the webinar.



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Enquiry

For enquiry, please contact Mr. Nicky Lam at 9022 8474 / Mr. KW Ho at 9458 2777 or email to kwhobsomes@gmail.com

Remarks

- 1) If the Typhoon Signal No. 3 or above / Red Rainstorm Warning is in force during session, or Typhoon Signal No. 3 or above is hoisted within 2 hours before the webinar commences, or the special incident happens, the affected webinar will be postponed.
- 2) The organizer reserves the rights to amend the terms and conditions without prior notice.
- 3) In case of any disputes, the decisions of the organizer shall be final and conclusive.

Supporting Organizations:



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