

CPD Seminar

1.5 CPD hours

Mental Health in Construction under COVID-19 and Social Unrest Mindfulness-based Stress Reduction

- Date : 18th Nov 2020 (Wed)
- Time : 20:00-21:30
- Venue : **Online Seminar** (Detailed information will be sent to applicants; participants will only need a device which can get access to the internet and has AV system.)
- Seminar Highlights : Due to the social issues and the Covid19 over the past year, construction performance has been significantly affected (e.g., lack of materials, project delay, over budget, & poor relationships). In fact, over 60% construction professionals admitted that they are suffering from high stress level. It does not only induce poor performances, but also cause them both emotional and physical health problems. Hence, it is necessary to well manage your stress for the high demanding tasks.
- Since 1990s, a Mindfulness-based Stress Management (MBSR) workshop has been initiated by Prof. Jon Kabat-Zinn at the University of Massachusetts Medical School focusing on the experiential cultivation of both "formal" and "informal" mindfulness practices such as sitting meditation, mindful walking, body scan, mindful yoga, etc. It is designed to teach participants how to integrate and apply mindfulness in our everyday lives and to the range of challenges arising from medical and psychological conditions and life stresses. The program has actually been widely adopted by various professions in different countries with positive responses for our individual life satisfaction and task performance.
- Apart from the basic knowledge of MBSR, we shall also *practice mindfulness exercises* during the seminar. ***Hope you will enjoy it and take opportunity to take care of your body and mind.***
- Speaker : Dr. Mei-yung LEUNG
- PhD, BRS, BSc(Hons), MHKIS, MRICS, MHKICM, MCIQB, CVS, FHKIVM
 - Associate Professor, Department of Architecture and Civil Engineering, City University of Hong Kong
 - Past President and Fellow of HKIVM; Members of HKIS, RICS, HKICM, AIB, CIOB, etc.
 - Lead facilitator, 8-week formal *SSM workshops to general public*, 2010-present.
 - Facilitator, 8-week formal *MBSR training workshops for construction practitioners*, ISHP 2015-18.
 - First author of a book entitled: '*Stress Management in the Construction Industry*' with Wiley-Blackwell in 2015.



- Completion of an 8-day Teacher Development Intensive for MBSR teachers at the *University of Massachusetts, USA* in 2011.
- Completion of a 9-day Intensive Practicum in MBSR training in 2010.
- Completion of a 7-day Professional Training Retreat in MBSR in Mind-body Medicine organized by the *Stress Reduction Centre in Australia* in 2009.
- Completion of an 8-week MBRS training organized by the *Hospital Authority in HK* in 2009.

Language medium : Cantonese

Admissions : **Free for participation**
(Cost of electronic CPD certificate:
HK\$100 for ISHP members / members of supporting organizations; and
HK\$200 for non-members)

Places : 50 (First-come-first-served)

Enquiry : Please contact Ms. Yu at 91801788.

Supporting organizations:





THE HONG KONG INSTITUTE OF
VALUE MANAGEMENT
香港價值管理學會

Application Form

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Mental Health in Construction under COVID-19 and Social Unrest Mindfulness-based Stress Reduction

Name : _____
Company/ University/ Institute : _____
Position/ Major & Year (For student only): _____
Address : _____
Tel no. : _____
Email : _____
(Certificate, if needed, will be sent to you via email.)

Please tick the applicable item:

Attending the seminar without CPD certificate.

Please email the application form to ishp-admin@ishp.org.hk (Email subject: CPD-20201118).

Attending the seminar with CPD certificate.

ISHP member HK\$100 (Membership no.: _____)

Supporting organizations member HK\$100 (Organization: _____ Membership no.: _____)

Non-member HK\$200

Payment:

Bank transfer

HSBC account number: 078-366358-838; Account name: The Institute of Safety and Health Practitioners Limited
Please email the application form & bank transfer receipt to ishp-admin@ishp.org.hk (Email subject: CPD-20201118).

Application deadline: **15th Nov 2020**

Bank transfer number : _____

Bank name : _____

Payment amount : HK\$ _____

Signature : _____

Date : _____

* While ISHP will not arrange insurance policy for participants, please consider arranging your own insurance policy to cover your own risks

