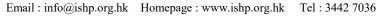


1.5 CPD hours

CPD Seminar

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

Date	•	18 th Nov 2020 (Wed)				
<u>Date</u> Time	•	20:00-21:30				
Venue	•	Online Seminar (Detailed information will be sent to applicants;				
Vonue	•	participants will only need a device which can get access to the internet and has AV system.)				
<u>Seminar Highlights</u>	:	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 <i>practice mindfulness exercises</i> during the seminar. <i>Hope you will enjoy it and take opportunity to take care of your body and mind.</i>				
<u>Speaker</u>	:	 Dr. Mei-yung LEUNG PhD, BRS, BSc(Hons), MHKIS, MRICS, MHKICM, MCIOB, 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 <i>SSM workshops to general public</i>, 2010- 				
		 present. Facilitator, 8-week formal <i>MBSR training workshops for construction practitioners</i>, ISHP 2015-18. First author of a book entitled: '<i>Stress Management in the Construction Industry</i>' with Wiley-Blackwell in 2015. 				
	c					



		 Completion of an 8-day Teacher Development Intensive for MBSR teachers at the <i>University of Massachusetts, USA</i> 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 <i>Stress Reduction Centre in Australia</i> in 2009. Completion of an 8-week MBRS training organized by the <i>Hospital Authority in H</i>K in 2009.
Language medium	:	Cantonese
<u>Admissions</u>	:	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)
<u>Enquiry</u>	:	Please contact Ms. Yu at 91801788.

Supporting organizations:



















Application Form CPD Seminar

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

Name		:							
Company/ University/ Institute		:							
Position/ Major & Year (For	r student on	ly):							
Address		:							
Tel no.		:							
Email			ficate, if needed, will be sent to you						
Please tick the applicable ite	m:	(Certij	ficate, if needed, will be sent to you	i via email.)					
Attending the seminar without CPD certificate.									
Please email the applica	Please email the application form to <u>ishp-admin@ishp.org.hk</u> (Email subject: <u>CPD-20201118</u>).								
Attending the seminar with <u>CPD certificate</u> .									
ISHP member		HK\$100	(Membership no.:)					
Supporting organizations	member	HK\$100	(Organization:	Membership no.:)					
Non-member		HK\$200							
Payment:									
Bank transfer HSBC account number: <u>078-366</u> Please email the application form									
Application deadline: <u>15th No</u>	v 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

