

NATIONAL Work Life WEEK

精選課程 STAR PROGRAMMES

2024年「工作與生活平衡週」（10月7日至13日）將至，藉著這個普世關注的日子，讓我們重新檢視工作與生活之間的平衡。我們提供多項促進身心健康與職業發展的課程，幫助您的團隊在工作與生活之間取得更好的平衡以有效提升工作效能。
As we approach National Work Life Week 2024 (October 7-13), let's take this opportunity to prioritize work-life balance in our fast-paced environment. We offer a range of wellness and development programmes designed to help your team achieve greater harmony and productivity.

01 以簡勝繁 - 提升幸福感的新習慣 LESS IS MORE - ROAD TO A HAPPIER LIFE

- ◆ 認識簡約主義 Understand simplicity
- ◆ 辨別生活中重要的人、事、物 Identify priority of life
- ◆ 簡約主義在生活及思想當中的運用 Applying simplicity in living and thinking style

03 頌鉢·讓心靈放鬆 SINGING BOWL TO DEEP RELAXATION

- ◆ 頌鉢簡介 Brief introduction of Singing Bowls
- ◆ 精神和人體層面的療癒原理 Mechanism of sound healing
- ◆ 如何使用頌鉢 How to use a singing bowl
- ◆ 體驗鉢聲頻浴 Singing Bowl Sound Bath

02 健腦養心日常練 SIMPLE BODY MOVEMENT FOR BRAIN POWER AND MENTAL FITNESS

- ◆ 生活日常的大腦神經與心理學 The daily-life Neuroscience and Psychology
- ◆ 健腦小操練 Simple exercise to light up your brain and mind

04 中醫九型體質與調理 UNDERSTANDING YOUR BODY CONSTITUTION

- ◆ 甚麼是中醫九型體質 What is the nine-type constitution of Traditional Chinese medicine (TCM)
- ◆ 中醫九型體質自我檢測 TCM Nine-type Physique Self-Test
- ◆ 中醫調理原則 Principles of TCM conditioning



05 建立睡眠好習慣 ESTABLISHING BEDTIME ROUTINES THAT WORK

- ◆ 睡眠生理學 Sleep physiology
- ◆ 失眠的種類及成因 Types of insomnia and factors leading to insomnia
- ◆ 預防及應對失眠的方法 Preventions and solutions to insomnia

07 破解「越運動越增磅」之謎 WHY DO SOME PEOPLE GAIN WEIGHT AS THEY EXERCISE MORE?

- ◆ 探討新陳代謝和熱量平衡在體重管理中的角色 Exploring the role of metabolism and calorie balance in weight management
- ◆ 了解運動對食慾和食物渴望的影響 Understanding the impact of exercise on appetite and food cravings
- ◆ 揭示肌肉增長和身體組成變化的潛在影響 Uncovering the potential influence of muscle gain and body composition changes



09 椅子瑜珈 CHAIR YOGA

- ◆ 做好坐姿準備 Proper seated posture
- ◆ 椅子瑜珈式子：體現柔和的身體伸展 Chair yoga poses: experience to stretch our body
- ◆ 靜觀練習：平靜身心與提升自我察覺 Mindfulness practice for calming and self-awareness

06 靜觀生活 活在當下 MINDFULNESS - THE ART OF LIVING

- ◆ 靜觀效用及研究 Effectiveness of Mindfulness
- ◆ 正念呼吸練習 Mindful breathing
- ◆ 身體掃描練習 Body Scanning



08 「穴」按愈鬆 ACUPRESSURE FOR SELF-TREATMENT

- ◆ 常用穴位 Basic knowledge on acupressure
- ◆ 基本穴位保健法 Basic health care through massaging of acupuncture points
- ◆ 頭痛、肩頸痛、鼻敏感、胃痛、便秘及失眠的不同穴位按摩治療 Different acupressure point for headaches, neck and shoulder pains, nasal allergies, stomachaches, constipation and insomnia

10 春夏/秋冬飲食秘笈 DIET WISE IN SPRING & SUMMER / FALL & WINTER

- ◆ 常見季節性身體毛病 Common seasonal illnesses
- ◆ 養生湯水及食療 Chinese soup and food recipes
- ◆ 簡單養生防病穴位按摩 Basic acupressure techniques for maintaining health and preventing disease