

STUDENT DEVELOPMENT UNIT (SDU)

SERIES OF HEALTHY MINDS WORKSHOPS

3-year Degree, Top-up Degree, Advanced Diploma and Professional Diploma Students (Full-time & Part-time Programmes)

SUMMARY

Join our series of **THREE** workshops designed to promote healthy minds for daily living. These workshops will be held between February and April 2024 for SCOPE students. Don't miss out on these valuable workshops to enhance your mental well-being.

1. Stress Management

- What are reliable indicators of burnout
- Burnout and Bodily Symptoms
- Effective tips for stress management
- Resources for extra mental health assistance

2. Sleep & Mental Health

- Common Myths on Sleep
- Functions of Sleep
- Bad habits affecting sleep
- Effective tips for sleep

3. Mindfulness and Mental Health

- What is mindfulness
- Common myths on mindfulness
- Does mindfulness fit all people
- Effective mindfulness training

SPEAKER



Mr. Alex TSANG, Registered Clinical Supervisor / Counsellor (APCPA)

Mr. Alex Tsang is a highly accomplished and experienced professional in the field of psychology and counselling with over 15 years of clinical experience. He has emerged as a trusted Registered Clinical Supervisor, Counsellor (Asian Professional Counselling & Psychology Association, APCPA), and Psychotherapist. He has dedicated himself to helping individuals overcome emotional and mental challenges. In addition to his clinical practice, he is also an esteemed Psychology Lecturer. He shares his wealth of knowledge and insights with aspiring psychologists and mental health professionals, inspiring them to develop their skills and make a positive impact in their own practice.