



Healthy Minds

1. Objectives

According to the study of neuroscience, our body has the ability to self-regulate and grow. We can restore inner equilibrium through mindful somatic sensation exercises which help release stress in our body.

The goal of this workshop is to have a time of fun and relaxing activities to raise awareness of healthy mental state and practice good self-care. There will be body-oriented experiential activities to enhance self-awareness and connection with other people, so that participants are better prepared in handling various stressful situations in life.

2. Format

Body-oriented experiential and interactive activities

3. Participants

Colleagues who want to learn to cultivate healthy minds and self-care, or colleagues with mild or moderate mental health concerns. Colleagues are welcome to join the 2 workshops with different contents or choose either one according to your time.

4. No of participants

Up to 20 per workshop

5. Outline

Session	Theme & contents
(I) 14:30-17:30	Theme: Expanding your inner and outer resources <ol style="list-style-type: none">1. Assessing your own stress level2. Understanding comprehensive ways to handle stress3. Understanding how neuroscience informed mood-regulation exercises help4. Interactive stress reduction activities5. Practicing Body-oriented exercises

Session	Theme & contents
(II) 14:30-17:30	Theme: Raising self-awareness, lowering stress <ol style="list-style-type: none">1. Interactive stress reduction activities2. Practicing Body-oriented mindful breathing exercises3. Understanding well-balancing life4. Healthy boundary exercise5. Seeing you own vocation in life



6. Trainer

Ms. Esther POON (潘偉儀女士) Psychotherapist and training consultant

Work:

- Founder and director of Hong Kong Centre for Healing Trauma
- Tutor of Hong Kong Baptist University Continuing Education
- Adjunct Lecturer in Baptist Theological Seminary
- Clinical Counselling Supervisor

Professional Qualifications:

- Master of Marriage & Family Therapy in University of Hong Kong
- Master of Social Science in Counselling in University of South Australia
- Bachelor of Education in University of Nottingham (UK)
- Associate Clinical Member of AAMFT
- Certified Clinical Supervisor of Hong Kong Marriage & Family Therapy Association (HKMFTA)
- Certified AEDP Therapist & Supervisor of AEDP Institute (US)
- Certified Somatic Experiencing Practitioner® (SE® Trauma Institute US)
- Certified Counsellor in Hong Kong Professional Counselling Association (HKPCA)
- MBTI Certified Practitioner
- NLP Practitioner

Experience:

- Had been the Clinical Supervisor of Master of Counselling course in HK City University and HK Baptist University
- Had been invited to over 50 organizations leading talks and workshops on positive psychology, handling stress and trauma healing etc.