



香港防癆心臟及胸病協會
The Hong Kong Tuberculosis, Chest and Heart Diseases Association

Seminar on

Stress Management「壓力管理」 for Nurses

護士訓練課程



Date : 12th September 2015 (Saturday)

Time : 9:30am to 11:45am (2 Hours)

**Venue : Lecture Theatre, LG 1, Ruttonjee Hospital,
266 Queen's Road East, Wan Chai, Hong Kong**

CNE : 2 points (to be confirmed)

Date	Topic	Speaker
<p>12th September 2015 9:30am-11:45am</p>	<ul style="list-style-type: none"> • Possible stress that nurses face in their workplaces; • Relationship between stress and emotion; • How to stay positive in facing different requests, demands and expectations • To learn Optimism, Gratitude and Resilience from Positive Psychology • Stress Reduction Exercises : Breathing Relaxation exercise 	<p><i>Ms. Cathy YAU,</i> Senior Service Supervisor, Hong Kong Baptist Hospital Holistic HealthCare Centre</p>



Seminar on “Stress Management” for Nurses

Objectives:

- 1.To strengthen, update and develop knowledge and coping techniques of nurse professionals on the topic of Stress Management.
- 2.To enhance their skills and technique in daily practice.

Targets:

Nurses from all aspects

Contents and speakers:

Date	Topic	Speaker
12 th September 2015 9:30am-11:45am	<ul style="list-style-type: none">• Possible stress that nurses face in their workplaces;• Relationship between stress and emotion;• How to stay positive in facing different requests, demands and expectations• To learn Optimism, Gratitude and Resilience from Positive Psychology• Stress Reduction Exercises : Breathing Relaxation exercise	<i>Ms. Cathy YAU,</i> Senior Service Supervisor, Hong Kong Baptist Hospital Holistic HealthCare Centre

Mode of delivery

The teaching medium will be mainly in Cantonese supplemented by English as necessary.

Venue

Lecture will be held at: **Lecture Theatre, LG 1, Ruttonjee Hospital, 266 Queen’s Road East, Wan Chai, HK. (*Parking space is NOT available*)**

CNE points

Participants can be accredited **2 points of Continuing Nursing Education (to be confirmed)**

Course Fee

\$200 (non-member of our Centre) or \$150 (member of our Centre)

Registration Method

Please mail completed form with payment (**cheque only**) to: **The Hong Kong Tuberculosis, Chest and Heart Diseases Association, 266 Queen’s Road East, Wan Chai, Hong Kong. Registration could not be cancelled or modified after confirmation.**

(Cheque payable to “The Hong Kong Tuberculosis, Chest and Heart Diseases Association”)

Number of Participants

Seats are limited, First come first served.

Note

- 1.Training materials will be distributed during the seminar if available.
- 2.Certificate will be awarded to participants.

Seminar on “Stress Management” for Nurses

Registration Form

Please ✓ your choice

	12th September 2015
<i>Non-member of our Centre (\$200 per each module)</i>	<input type="checkbox"/>
<i>Member of our Centre (\$150 per each module)</i>	<input type="checkbox"/>

Personal Particulars

Title: Prof. Dr. Mr. Mrs. Ms. Miss Others

Name: _____(Chi) _____(Eng)

Department / Post: _____

Institution _____

Telephone: _____ Mobile: _____ Fax: _____

{Please fill in the fax number / email address for our Centre to send the confirmation letter}

Email Address: _____

Mailing Address: _____

Cheque : _____(Bank) _____(Cheque Number)

[Cheque payable to: “The Hong Kong Tuberculosis, Chest and Heart Diseases Association]

[Please put down your name and contact number at the back of the cheque]