

Joint Seminar

Exploring your Psychological Capital (PsyCap)

Jointly organized by

***Association of Women Accountants, Department of Accountancy &
Department of Sociology and Social Policy, Lingnan University***

In a global economic downturn, most organizations face challenges and crises. To meet these challenges, it is important for an organization to strive for health and productivity, through investment in human resources to enhance the motivation, work well-being, safety, and job performance of their employees. In line with the development of positive psychology, many psychologists advocate more positive organizational behavior (POB). Specifically, they call for psychological capital, or PsyCap, which implies investment in human resources, to enhance organizational members' sales, job performance, and job satisfaction. In this seminar, the speaker will share her research and practice in the following topics:

- Stress management
- Work-life balance
- Psychological Capital and Work Engagement

Specifically, the speaker will elaborate more on enhancing participants' psychological capital to cope with workplace stress and crisis.

Speaker: Professor SIU Oi-ling

Professor of Behavioural Science & Head, Department of Sociology and Social Policy, Lingnan University. Prof. Siu is also Guest Professor of Management School of Chinese Academy of Sciences. Prof. Siu has wide experience of designing training and consultancy work in public and private bodies in HKSAR and Mainland China, including HSBC, MTR Corporation, Airport Authority, Hollycrm (Beijing), EAP Co. (Beijing), Hospital Authority, Hong Kong Police Force, and Education Bureau. She has conducted intervention studies in organizations in training employees of different occupational groups, including social workers, health care workers (including nurses and doctors), police, transportation, telecommunication, and secondary school teachers. Training areas include stress management, safety, critical incidents, workplace violence, and crisis management.

Revised Seminar Details:

Date :	15 August, 2009 (Saturday)
Time:	9:30 a.m. – 12:30 pm
Venue:	* Lecture Theatre 2/F, Tsim Sha Tsui Centre, Lingnan Tsim Sha Tsui Education Centre 66 Mody Road, T. S. T. East, Kowloon
CPD hour:	3 hours
Language:	Cantonese, supplemented with English handouts
Fee:	HK\$150 for AWAHK members HK\$180 for non-members

** The Department of Accountancy and Department of Sociology and Social Policy, Lingnan University sponsor the venue for the seminar.*

Please fill in the attached reply slip, fax in at first instance and mail in your cheque together with the reply slip as soon as possible. Enrolment is made on a first come first served basis, but priority will be given to members in case of over-subscription.