

Course Name	Workshop on How to Control Oneself when You are running into Fury
Mode	Online Zoom
Date	29 Sept 2020 (Tue)
Time	10:30 – 12:30pm (for staff) 15:30 – 17:30 [CRN 5703](for students)
Speaker/Organisation	Ms Patsy WONG, Clinical Psychologist, Qualified in M.S.Sc in Clinical Psychology, Member of the Hong Kong Institute of Clinical Psychologists from Mental Health Association of Hong Kong
Language	English
Event Details	The trainer will first introduce emotions, its definitions, and its inter-relationship with positive and negative ways of thinking, and how emotions will affect our wellness personally and at work. The trainer will in the later part go deeper into anger management techniques and participants will learn how to control one's emotions when running into fury. Participants will learn through coursework training, case discussion and role play. Video clips will also be used to support the training within the 2-hour session.