



Accountants, WeCare

As members are facing increasing stress and anxieties, the following accounting associations are joining hands again to present Accountants, WeCare stress management sessions for accountants to learn how to enhance our own well-being and performance and/or those of our friends and families. 壓力，變得愈益常見，對我們的生活影響甚深。了解並掌握壓力的來源，刻不容緩！今年，以下會計師專業團體再次攜手合辦會計師減壓持續進修課程，全新系列 WeCare 為同儕加加油、鬆一鬆，寓減壓於學習。讓我們一起成為更自信、更美好的自己！



「為什麼我明明很努力，結果卻不似預期？」－會計人的存在價值焦慮與自我認同重建
Reclaiming and rebuilding purpose when hard work seems to fall short

Date 日期: 2025.5.7 (Wednesday 星期三)

Time 時間: 18:30-20:30

Mode 形式: Hybrid (實體* + 線上#) (報名請按此[鏈結](#))

Speaker

Dr. TSANG, Y.P. Bill 曾育彪博士

Senior Counselling and Training Consultant

BS, MS, MA, EdM, EdD (PhD equivalent, Harvard)

Licensed Mental Health Counselor (Massachusetts, USA; 2001-2007)

Registered Psychologist, Hong Kong (since 2009)



成就情緒智能 - 達致「健康快樂、豐盛成功」的人生
Better Emotional Quotient – Living a Fulfilling and Successful Life

Date 日期: 2025.6.24 (Tuesday 星期二)

Time 時間: 18:30-20:30

Mode 形式: Hybrid (實體** + 線上#) (報名請按此[鏈結](#))



Speaker

Dr. LIU Kwong Sun 廖廣生醫生

精神科專科醫生

香港大學防止自殺研究中心副總監

香港大學精神科學系名譽臨床副教授



Lead Organizer:



Organizers:



Co-organizers:



Supporting Organization: Baptist Oi Kwan Social Service



Accountants, We Care

Topics

2025.5.7 「為什麼我明明很努力，結果卻不似預期？」——會計人的存在價值焦慮與自我認同重建

「在這動盪的城市——當事業、身份與未來皆充滿不確定——我們如何超越職銜、薪金與社會期望，重新定義自我價值？

一場專為專業會計師設計的深度工作坊，結合心理學、存在哲學與跨文化視角，帶您：

- ☑ 重塑成功定義——當經濟下行時，如何以「意義感」對抗無力感
- ☑ 探索專業以外的生命支點——無論您選擇堅守或轉型，找回不隨環境動搖的內在價值

* SCAA, 6/F, 88 Lockhart Road, Wanchai, Hong Kong

The Zoom webinar is hosted by The Society of Chinese Accountants & Auditors.

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2025.6.24 成就情緒智能-達致「健康快樂、豐盛成功」的人生

良好的情緒及壓力管理是美滿愉快生活的重要元素和基礎，加上擁有正確和積極進取的態度及信念，便會達致豐盛成功的人生。盼望透過講座大家能夠在工作、家庭生活及教養子女上一同學習和增值。

** ACCA/CAANZ, Room 3003-04, 30/F Oxford House, Taikoo Place, 979 King's Road, Quarry Bay, H.K.

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Language 語言

Cantonese 廣東話



Fee 費用

Free of charge for members or students of Organizers and Co-organizers 主辦及合辦機構會員費用全免

Participants 參加者

Those who wish to learn about the causes and effects of their stress and how it may be reduced to enhance their well-being and performance

希望瞭解壓力成因和影響，以及如何減輕壓力以提高大家的福祉和工作表現

Competency 能力

Management, leadership and soft skills 管理、領導和技能

CPD hours 學習時數

2 hours 二小時

Confirmation email or rejection email will be sent to you 3 working days before the webinar

我們將在講座開始三個工作天之前，向閣下發出座位確認信

For any enquiries please email to acawecare@gmail.com or call Elsa at 9305 9551 or Elizabeth Law at 2522 7605

如欲查詢，請電郵至 acawecare@gmail.com 或致電 9305 9551 (Elsa) 或 2522 7605 (Elizabeth Law)

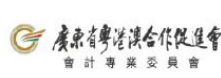
Lead Organizer:



Organizers:



Co-organizers:



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