

工作坊主題 Workshop title	正念減壓體驗工作坊 Mindfulness Stress Reduction Workshop
導師 Trainer :	李昇恒先生 Mr. Sam Lei -澳門大學心理輔導員 -澳門心理學會副理事長 -澳門註冊心理治療師 -台灣臨床心理師 - UM Psychological Counseling Associate -Vice Chairmen of The Macau Psychology Association -Registered Psychotherapist of Macau -Clinical psychologist of Taiwan
日期及時間 Date & Time :	27 /07/2019, 15:00 - 16:30
地點 Venue :	劉少榮樓(E4) 課室 Classroom at E4
對象 Target :	澳大校友 UM Alumni
名額 Class size :	15-30
語言 Language:	廣東話 Cantonese
內容 Content :	<p>校友們在各自的專業領域中表現傑出，然而面對工作、人際、家庭等各種壓力，容易出現緊張焦慮，情緒失控及身體問題等狀況。為協助校友更好的因應壓力，本次工作坊將介紹全球一流人士均在學習的正念減壓術，透過初步體驗，認識正念並掌握簡單的正念練習方法。</p> <p>Alumni are outstanding in their respective fields of expertise. However, in the face of various pressures at work, interpersonal or family, they tend to be more prone to tension, anxiety, emotional problems and physical problems. To help alumni better cope with stress, this workshop will introduce the value of mindfulness decompression therapy, which become increasingly popular among the world's leading people. Through the workshop, you can get a good sense of what mindfulness is and learn about some simple mindful exercises.</p>