



*Professional Training
for Tung Wah Group of Hospitals:*

Mindfulness for Holistic Wellbeing



It is a professional training program for social workers, counselors and clinical psychologists to understand and experience the essences of Mindfulness practice as a way of living. The workshop helps exploring ways to apply and deepen Mindfulness practice in both personal and professional lives.

Program Content:

- What is Mindfulness?
- Mindfulness and Body-Mind-Spirituality
- Essential Teachings of Mindfulness
 - Mindfulness Born Peace and Happiness
 - Manifestation-Only Psychology
 - Full Awareness of Breathing
 - Four Establishment of Mindfulness
 - Seven Factors of Awakening
- Enjoy the Basic Mindfulness Practices
 - Mindful Singing
 - Mindful Breathing / Guided Sitting
 - Mindful Walking
 - Total Relaxation
 - 10 Mindful Movements
 - Tea Meditation
 - Mindful Sharing



- Hand-on experience in facilitating different Mindfulness practices
- How to apply and deepen Mindfulness practices in personal and professional lives

Testimonials:

"Wonderful training to enhance my understandings and enrich my positive experience towards mindfulness and self. I appreciate the trainer in integrating lecturing and coaching to us, such that I can learn both the spirit of mindfulness and how to apply it to my daily life as well as workplace. Thank you!"

Ryan Wong
Counselor
Integrated Centre on Addiction Prevention and Treatment
Tung Wah Group of Hospitals

"Impressed by the sharing of the trainer with passion and joy! The training not only provides the experiential learning but also theory-based backup. The training is so rich and a good guide for future learning in mindfulness."

Chloe Lo
Clinical Psychologist
Even Centre
Tung Wah Group of Hospitals

"It's practical, I love the sharing of manifestation-only psychology which is shared in a simple way. I love the try-out or break-out process in the training. I can feel the passion of the trainer. I can review what I practice before and find out what I need to improve."

Meko Ng
Social Worker
CEASE Crisis Center
Tung Wah Group of Hospitals

"I am grateful to have the opportunity to experience Mindfulness practice facilitated by the trainer. During the training, I find out mindfulness practice can be integrated into daily life as a way of living. The training reconnects me with the relationship with nature, creator (spiritual) and life. The training also offers new nourishment and experience, so my heart is full of joy. Thank you. Wish I could apply it and transform more in daily life. "

Hannee Chan
Social Worker
Integrated Family Service Centre
Tung Wah Group of Hospitals