

職場制勝思維工作坊

Mindset for Success at Work

From "Managing Mindsets" to "Driving Performance" – A Strategic Workshop for HR Leaders

Enrol Now



8 September 2026 (Tuesday)
9:30am – 5:30pm
CPD Hours: 7



HKIHRM



Cantonese

DO ANY OF THESE SOUND FAMILIAR?

"That's not my job.
Someone else should
handle it."

「唔關我事㗎，你搵第二個
啦。」

"Why bother? Nothing
ever changes around
here."

「算啦，做嘢做去都係咁，改
變唔到㗎。」

"We've always done it this
way. There's no other
option."

「幾十年都係咁做㗎啦，邊有第
二個方法？」

"I'd love to improve things,
but my boss / the system /
the rules won't let me."

「我想做好㗎，但老細／制度／
規矩唔俾我改。」

"I'm too tired to think
positively. I just want to get
through the day."

「我連啲氣都覺得冇，仲講咩正
向思維？」



Every HR professional knows the familiar frustration: capable employees who wait for instructions, avoid ownership, or resist change – not because they lack skills, but because their default thinking patterns hold them back.

This workshop gives you a repeatable framework to shift those patterns – not through motivation speeches, but through proven mental-training techniques drawn from Olympic-level coaching and real-world corporate transformation.

WHAT YOU WILL LEARN

- Develop a **proactive mindset** and take ownership of challenges
- Apply **growth mindset and coaching techniques** to build positive culture
- Break through **limiting beliefs and assumed constraints**
- Strengthen **mental resilience and personal wellbeing**

PROGRAMME HIGHLIGHTS

- Recognise and break reactive thinking patterns
- Reframe language from "I have to" to "I choose to"
- Apply practical mindset-shifting techniques
- Build a personal action plan for lasting change
- Learn from real-life stories of an Olympian and award-winning coach
- Practice positive coaching and growth mindset exercises with peers



Dr Chester Tsang

ATD BEST award (1st in Asia /
2nd worldwide) &
Professional Certified Coach
(PCC)



Mr Sam Wong

Medal of Honor (MH) &
Three-time Olympian



Member

HK\$2,600

New Member

(Inclusive of new
membership joining fee)

HK\$3,845