


Proactive & Positive Thinking for Workplace Effectiveness

Master Your Mindset. Take Charge. Stay Positive.

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



HKIHRM



Cantonese



Enrol Now

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，做嚟做去都係咁，改變唔到咩。」

"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."

「我想做好嘢，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？」



This 1-day workshop helps you shift from reacting to taking ownership, build a positive mindset, and develop practical strategies to stay effective and resilient at work.

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