

LEADING ABOVE THE LINE LEAD WITH CALM, CLARITY, AND CHOICE

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28 October 2026 (Wednesday)
9:30am - 5:30pm
CPD Hours: 7



Member
HK\$2,400

New member
HK\$3,645

In a world of constant change and uncertainty, stress can pull even strong leaders “below the line”—into reactive habits and narrow judgment. This transformative workshop blends the Global Leadership Foundation’s Leadership Model with mindfulness practices drawn from Buddhist tradition to help participants lead from a place of calm, clarity, and choice in stressful situations.

KEY TAKEAWAYS

- ✓ **Lead with Flexibility:** Identify your signature leadership strength and its hidden risks under pressure.
- ✓ **Master Emotional Triggers:** Understand your emotional triggers to reduce reactive behavior.
- ✓ **Apply Mindfulness Practices:** Build habits that keep you calm and clear before responding.
- ✓ **Lead with Empathy:** Support team members with greater empathy while avoiding the trap of heroic over-functioning.

WORKSHOP HIGHLIGHTS

- Self-assessment of your signature trait and its reaction shadow
- Mindfulness exercises for real-time calm
- Tools to quiet unhelpful self-talk
- Empathy and compassion practices
- A simple habit-building method

Speaker **Iris FU**

- 15+ years of cross-field experience in business management, consulting, and Buddhist counselling
- Trainer, Centre for Buddhist Counselling and Meditation Guidance (HKU)
- Certified Coach, Erickson Professional Coach Certification
- Master of Buddhist Counselling (University of Hong Kong)

Speaker **Kelvin NG**

- 30+ years of cross-industry experience in leadership & organisational development
- 10+ years of experience in mindfulness practice
- Certified Trainer, ATD, Global Leadership Foundation™, ENS International, MBTI, Hogan
- Master Degree in HRM & Training (Leicester University)



HKIHRM, Units 1810-15, 18/F, Millennium City 2,
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3-minute walk from Ngau Tau Kok MTR station exit A)



Cantonese and Mandarin



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