

Building a Resilient and Happy Workforce

Beyond Employee Satisfaction Score



24 Nov 2026 (Tuesday)
9:30am – 5:30pm
CPD Hours: 7



Cantonese
(with English materials)

Apply Here



HKIHRM

Units 1810-15, 18/F, Millennium City 2,
378 Kwun Tong Road, Kwun Tong, Kowloon
(3-minute walk from Ngau Tau Kok MTR station exit A)

Employee well-being drives productivity, creativity, and commitment – yet many leaders lack the skills to foster it. This workshop teaches positive psychology principles and practical strategies to boost well-being, support colleagues, and build a happier, more engaged workforce.

Key Takeaways



Hedonic and Eudaimonic Well-being:

Understand different pathways to creating a positive and meaningful work environment.



The PERMA–HR Matrix: Learn how positive workplace practices can promote employee flourishing.



Leveraging Character Strengths: Enhance job satisfaction by helping employees identify and apply their strengths at work.



Supportive Coaching: Develop coaching skills that strengthen personal resilience and support the resilience of others.



Well-being Measurement: Learn how to evaluate and demonstrate the effectiveness of workplace well-being initiatives.



\$

Price

Early Bird offer

[Only if enrolment & payment are received by 2 Oct 2026]*

Member

HK\$2,500

HK\$2,000

New Member

HK\$3,745

HK\$3,245



Trainer
Mr Celso Wan

CCT-ACF, CEC-ACF, !CMF-ACF, CPSQA-TTI, CPEQA-TTI
Executive Coach & Trainer –
Leadership Development & Communication



Ms Bowie Chan (852) 2837 3811 | learning@hkihrm.org