



change self-motivation collaboration SLTS team communication Goal

Student Leader Training Scheme

2020-2021

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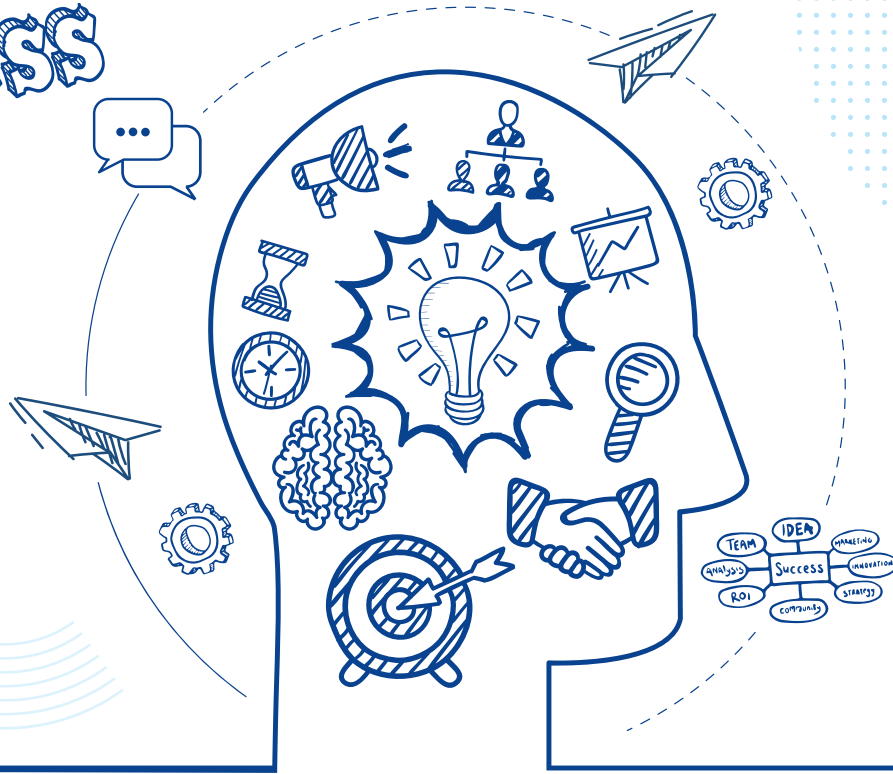
“The measure of intelligence is the ability to change.” -Albert Einstein

Changes are unavoidable constants in our lives. Adaptable leaders have the courage and ability to adapt to changes and adjust to the new and better conditions. They see changes as opportunities, instead of threats. To rise to challenges, it requires you to leave your comfort zone and explore to new possibilities.

COVID-19 pandemic has been threatening Hong Kong and the world. It also changes our ways of living. Maintaining social distancing, we almost connect with technology every day. How to reconnect with people? The main theme of Student Leader Training Scheme 2020-2021 is to groom our student leaders adapt to the changes. It aims to inspire our student leaders to enhance their self-motivation, set and review their goals, strengthen their new skills of time management, virtual presentation, communication and collaboration. Meanwhile, virtual team building activities and workshop on how to organize online events would be held. We encourage them to keep running their societies by organizing any virtual event.



Success



Goal

Scheme Summary



Scheme period	: Sep - Dec 2020
Format	: Online (Zoom/other cloud-based video conferencing services)
Eligibility	: CUHK full-time undergraduates (high priority for existing or potential committee members of student societies)
Medium	: Cantonese
Charge	: Free
Deposit	: HK\$300 (The deposit is refundable if you complete the scheme)

Workshops:



Compulsory workshops

1. Workshop on self-concentration (mindfulness and learning)
2. Workshop on self-motivation and goal setting

Optional workshops (choose at least two from below **four** workshops)

3. Workshop on virtual presentation **(FULL)**
4. Workshop on team building and leadership - Leaders in rapidly changing environment
5. Workshop on growth mindset and team challenging (BOMB 2.0) **(FULL)**
6. Workshop on how to organize an virtual event (event management)

Enrolment method

Please enroll at this application link (<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=10545317>) by 11:59pm, 5 October 2020. Successful applicants will receive a confirmation email before the beginning of the scheme. We will form a whatsapp group for the scheme members. All scheme members must join the whatsapp group. All workshops information will be released via the whatsapp group. Some trainers will form some small whatsapp groups with scheme members for some preparation works of their workshops. Scheme members will be assigned some tasks as well.

Deadline

5 Oct 2020

Enquiry

Student Development and Resources Section, Office of Student Affairs
Tel: 3943 4798 (Ms. Mandy Wu) / 3943 5909 (Mr. Szeto Fung)
Email: mandyw@cuhk.edu.hk / szetofung@cuhk.edu.hk

Incentives

Scheme members who successfully complete the scheme will

1. receive a certifying letter;
2. be given priority for joining the leadership training programme (2nd academic term) organized by Student Development and Resources Section, Office of Student Affairs;

More incentives for those who submit 1 article in English (not less than 200 words) / 2 min video in Cantonese or English on your experience in the Student Leader Training Scheme)

3. be eligible to receive subsidy for organizing events of their student societies in 2020-2021;
4. be given priority for joining student helper scheme.



Are you ready to
adapt to changes?



Workshop		Date	Time	Format
Compulsory Workshops (Must Join 2 workshops)				
1. Workshop on self-concentration (mindfulness and learning)		9 Oct (Fri)	7:00 - 9:00pm	Zoom
2. Workshop on self-motivation and goal setting	Main lesson	20 & 27 Oct (Tue)	6:30 - 8:30pm	
	* Small group follow up classes (Optional)	Class A 3 & 10 Nov (Tue)	6:30 - 8:30pm	
		Class B 4 & 11 Nov (Wed)		
Optional workshops (choose at least two from four workshops below)				
3. Workshop on virtual presentation (FULL)	Main lesson	15 Oct (Thu)	6:30 - 8:30pm	Zoom
	* Small group follow up classes (Optional)	Class A 19 & 22 Oct (Mon & Thu)	6:30 - 8:30pm	
		Class B 3 & 6 Nov (Tue & Thu)		
4. Workshop on team building and leadership - Leaders in rapidly changing environment		3 & 10 Nov (Tue)	2:00 - 5:00pm	
5. Workshop on growth mindset and team challenging (BOMB 2.0) (FULL)		23 Oct (Fri)	2:00 - 5:00pm	
6. Workshop on how to organize an virtual event (event management)		30 Oct (Fri)	2:00 - 5:00pm	

* The enrolment link will be sent during the main classes of the workshops. First come, first served.

Compulsory Workshops

Workshop description: Mindfulness and Learning

How mindfulness lifestyle help you concentrate on your work?

How can you release your pressure immediately when you are too stressful?

Everyone has a “Monkey mind”. It is the natural state of mind that to be restless, jumping from one thought to another automatically. When we are not aware of the automatic pilot, we may react in unhelpful habitual ways.

Practising mindfulness is a way to cultivate awareness to what happen in here and now, becoming more aware of our experience, such as thoughts, feelings and body sensations, and choose to respond wisely. In this workshop, you will learn about the basic knowledge of mindfulness, and have deeper understanding about mindfulness through some practices.

1. Workshop on self-concentration (mindfulness and learning)

Main lesson (Compulsory)



9 Oct (Fri)



7:00 - 9:00pm
(Please rename and enter the zoom from 6:30 - 6:45pm.)



Zoom

Trainer

Ms. Molly Chan M N

Registered Social Worker (RSW), Bachelor of Social Work (HKU), Master of Arts in Family Counseling and Family Education (CUHK)

Ms. Chan completed one year Foundation Course of Teaching Mindfulness-Based Cognitive Therapy(MBCT) by OMC and HKCM and Teacher Training in Mindfulness-Based Eating Awareness Training, MB-EAT (Level 1 & 2) and RYT-200 hours Registered Yoga Teacher, Yoga Alliance (Yin Yang Vinyasa). She is also a certified Zentangle Teacher (CZT, US) and the committee member of Hong Kong Life & Death Studies Association (HKLDSA).

In the recent years, Ms. Chan has delivered mindfulness workshops and trainings in NGOs, communities and universities. She also brings the elements of mindfulness into counselling services provided.



Compulsory Workshops

Workshop description:

The workshops aim to help individuals in discovering, nurturing, and utilizing their character strengths and potentials, and in facilitating personal development on positive elements such as optimism, joyfulness, and love; and in turn, people can better encounter their stress and challenges in daily life, and ultimately to have a flourishing life.

Making use of personal development plan template to help students to understand, structure their thinking and create a strategic plan for achieving their goals.

The workshops will be accounting to positive education and comprising five elements (PERMA), namely Positive Emotion, Engagement, Relationship, Meaning, and Achievement.

No sole elements can determine flourishing, self-management, and problem solving.

2. Workshop on self-motivation and goal setting

Main lesson (Compulsory)



20 & 27 Oct (Tue)



6:30 - 8:30pm

(Please rename and enter the zoom from 6:00 - 6:15pm.)



Zoom

Small group follow up classes

(optional)



Class A - 3 & 10 Nov (Tue)
Class B - 4 & 11 Nov (Wed)



6:30 - 8:30pm
(Please rename and enter the zoom from 6:00 - 6:15pm.)



Zoom



8 - 10 participants per class



The enrolment link will be sent during the main class of this workshop. The total quota is 16. **First come, first served.**



Class description:

The small group follow-up classes aim at Understanding Motivation and Conflict resolution for promoting personal growth and working with others.

For Understanding Motivation, the small group class will help the participants to understand the importance of motivation in leadership, learn different theories of motivation, identify different motivation strategies and how they relate to leadership style. The group will put emphasis on learning how to work with varied motivations within a team as well as giving feedback and reward strategies

The small group class will also cover the issues of Conflict Resolution including understanding the nature of conflict and power, identifying common sources of conflict, learning the steps in diagnosing the cause of a conflict, learning strategies to deal effectively with conflict, understanding the impacts of conflict on individuals, teams and organizations, and learning how to approach conflicting values.

Trainer

Mr. Kennedy Ng, kwok-hung. A Life for challenging.

- A businessman working for a famous U.S. Chain store buying office in Hong Kong upon university graduate (about 10 years). A journey with global and local visions!
- M.S.Sc (in social work) graduate from the Dept. of Social Work, the Chinese University of Hong Kong in 2007. For pursuit the dreams of life.
- Working for an NGO from 2003 to 2010 as social worker for providing adventure-based training. Establishing the groundworks and roads for a start-up company.
- Program Manager for the Path-finding Adventure Project (PAP), School of Public Health & Primary Care, Medicine Faculty, The Chinese University of Hong Kong (2011-2013). Let us do something with evidentiary and effectiveness!
- The founder of a private company, namely Upward Horizons Limited. Start-up a company.
- The Chairman of the Broad, Positive Youth & Family Development Association Hong Kong China Limited (NGO under Section 88 since 2017). Let us serve the community.



Optional Workshops

(FULL)

3. Workshop on virtual presentation

Workshop description:

This workshop provides foundation tips on presenting to the camera, including how to support your message using voice and body language techniques and maximize the impact of students' visuals.

1. How to presenting to camera
2. Virtual presentation equipment knowledge
3. How to overcome the 'stage fright'
4. How to use body language
5. How to use voice techniques
6. How to keep the message clear
7. How to use compelling graphics
8. Pre-performance checks
9. Virtual presentation etiquette

Main lesson (basic class)



15 Oct (Thu)



6:30 - 8:30pm

(Please rename and enter the zoom from 6:00 - 6:15pm.)



Zoom

Small group follow up classes



Class A - 19 & 22 Oct (Mon & Thu)
Class B - 3 & 6 Nov (Tue & Thu)



6:30 - 8:30pm
(Please rename and enter the zoom from 6:00 - 6:15pm.)



Zoom



8 participants per class



The enrolment link will be sent during the main class of this workshop. The total quota is 16. **First come, first served.**



Class description:

This workshop provides follow-up and personal coaching to students based on using the Basic class presentation tips.

1. Camera image arrangement
2. Dress code and appearance guidance
3. Facial expression and eye contact guidance
4. Voice control guidance
5. How to use energy to attract audiences
6. How to present in 'confidence' and 'professional' mode
7. Individual presentation practice

Trainer

Ms. Amanda Fok

Founder, Unlimited Power Production and Training Limited

Ms. Fok is a seasoned trainer and facilitator. She offers professional training courses on communication, public speaking skills, and online presentational skill to various public sectors, charitable organizations, companies, and schools in Hong Kong and Macau. Clients included Dior, Kimberley Clark, Dairy Farm, Clinique, Jockey Club, and others.

Apart from training services, Amanda has over 20-years MC event, TV host, and online facilitator experience, and she is the champion of the 1st Hong Kong Masters of Ceremony Competition in 2005. She has participated in over 1,300 MC events, and clients include the European Union, HSBC, WWF, and others.



Professional
Confidence

Optional Workshops

4. Workshop on team building and leadership - Leaders in rapidly changing environment

Workshop description:

The workshop is designed according to the special needs of the participants that they are ready to be leaders in the near future in the university life. The content will highlight the basic concepts and principles of leading, communication and influential skills, differences between leader and supervisor. Meanwhile, D.I.S.C, a personality tool will be adopted to facilitate participants understanding oneself, and peers in the workshop. Situational simulations, discussion, case-sharing, and role-plays with critique and debriefing will be illustrated to strengthen participants' learning. Successful cases or examples to handle peers with different emotions and problem, and perform effective leading, communication and influential skills will also be demonstrated.



3 & 10 Nov (Tue)



2:00 - 5:00pm
(Please rename and enter the zoom from 1:30 - 1:45pm.)



Zoom

Trainer

Mr. WAN, Tsz-fung, Celso

Training Consultant from Vital Employee Service Consultancy

Mr. Wan has over 10 years of experience in designing and providing training services, and conducting trainings to various companies and organizations, such as Civil Service Bureau, Food and Environmental Hygiene Department, Customs and Excise Department, City University of Hong Kong, Vocational Training Council, etc. in relation to communication, leadership skills, customer service and complaint handling. He also specializes in providing training on positive psychology emotional management, and personality tool such as D.I.S.C.



Optional Workshops

(FULL)

5. Workshop on growth mindset and team challenging (BOMB 2.0)

Workshop description:

This workshop introduces the Fixed and Growth mindset theory. Illustrate why our thinking often defaults to Fixed Mindset, how our mindset and thinking are formed based on the latest neuroscience. Case discussion plus personal stories on how Growth Mindset development changes organization, team and individual.

Participants are encouraged to apply the learnings with some experiential exercises; working in a team environment to solve a challenging task during the workshop.

Group discussion to understand the important of growth mindset, the essences of building up an effective team.



23 Oct (Fri)



2:00 - 5:00pm

(Please rename and enter the zoom from 1:30 - 1:45pm.)



Zoom

Remarks:

Participants are required to have computer with Windows 10+ or Mac OS. With (tablet and smartphone are not preferred), Zoom & Google Chrome browser, Google Remote Desktop pre-installed. 10Mbps upload and download internet bandwidth (please install speed test app via speedtest.ofca.gov.hk for bandwidth testing)

Trainers

Dr. Andrew MA, PhD, MBA

Director & Co-Founder of Steam Building Co. Limited

Dr. Ma is one of the co-founders with a strong desire to reconnect people in this age of technology. Coming from a high-tech background, he has extensive global management experience in diverse disciplines, including marketing, business development, strategic & product management, system engineering, and consultancy & training.

In addition to his solid practical leadership experience, he is also recognized for outstanding academic achievements, including a Ph.D from School of Business and Leadership, with a research focused on cross-cultural & cross generational leadership, MBA; M.Sc. (Optical Communication); B.Sc. (Electrical Engineering); and BA (Economics).



Trainers



Mr. Warren Li

Chief Marketing Officer, Steam Building Co. Limited

Mr. Li is a successful entrepreneur for the past 18+ years with his marketing, sales & logistic services reaching customers internationally. He has trained more than 2000 participants since 2018 from different industries; education institution, properties, logistics, finance and banking, retail, IT & government bodies in different cities in Asia; HK, Shanghai, Dongguan & Taiwan.

Mr. Li has also played an important role in deploying the new company initiative of Virtual Event Production and Consultancy services in 2020, where the service has reached & benefited thousands of participants around the globe.

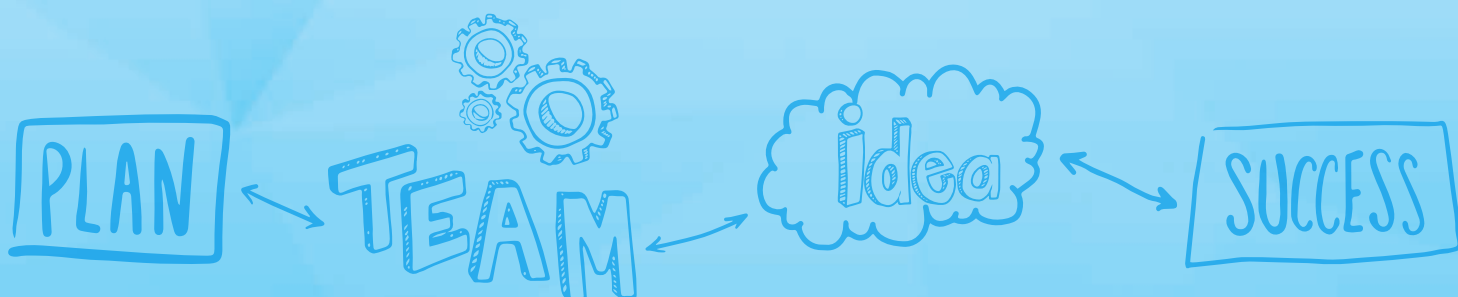


Mr. Jeffrey Yim

Chief Technology Officer, Steam Building Co. Limited

Mr. Yim is the Chief Technology Officer and Co-Founder with a passion to harness technology for Team Building 2.0 programs. Mr. Yim had 20 years' experience in Swire Properties Limited leading the e-Services department, managing the IT operations and implementing a host of innovating IT solutions for property development, property management and hotel operations.

Mr. Yim has a passion for flying and held a USA FAA Private Pilot License. Jeffrey has bachelor's degree from Reading University and attend INSEAD's Advance Management Program.



Optional Workshops

6. Workshop on how to organize a virtual event (event management)

Workshop description:

“Organizing a successful virtual event is a lot more than just using Zoom, WebEx, MS Teams, GotoWeninar or ... It takes a whole new perspective and a virtual production crews’ effort one can’t imagine. “

The workshop introduces some useful and practical tips in organizing a successful virtual event including software, hardware, preparation works, and facilitation skills. Students will have a quick glance how the world is adapting, changing and connecting virtually.



30 Oct (Fri)



2:00 - 5:00pm
(Please rename and enter the zoom from 1:30 - 1:45pm.)



Zoom

Trainers*

Dr. Andrew MA, PhD, MBA (Director & Co-Founder of Steam Building Co. Limited)

Mr. Warren Li (Chief Marketing Officer, Steam Building Co. Limited)

Mr. Jeffrey Yim (Chief Technology Officer, Steam Building Co. Limited)

* Regarding their biographies, please refer to workshop No. 5 - Workshop on growth mindset and team challenging (BOMB 2.0) .



highly recommend student leaders who run student societies to join

2020

Oct	9 Oct (Fri)	Workshop on self-concentration (mindfulness and learning) 7:00 - 9:00pm	Compulsory
	15 Oct (Thu)	Workshop on virtual presentation 6:30 - 8:30pm (FULL)	Optional
	19 Oct (Mon)	Workshop on virtual presentation *Small group follow up classes (Class A) 6:30 - 8:30pm (FULL)	Optional
	20 Oct (Tue)	Workshop on self-motivation and goal setting 6:30 - 8:30pm	Compulsory
	22 Oct (Thu)	Workshop on virtual presentation *Small group follow up classes (Class A) 6:30 - 8:30pm (FULL)	Optional
	23 Oct (Fri)	Workshop on growth mindset and team challenging (BOMB 2.0) 2:00 - 5:00pm (FULL)	Optional
	27 Oct (Tue)	Workshop on self-motivation and goal setting 6:30 - 8:30pm	Compulsory
	30 Oct (Fri)	Workshop on how to organize an virtual event (event management) 2:00 - 5:00pm	Optional
Nov	3 Nov (Tue)	Workshop on self-motivation and goal setting *Small group follow up classes (Class A) 6:30 - 8:30pm	Optional
		Workshop on virtual presentation *Small group follow up classes (Class B) 6:30 - 8:30pm (FULL)	Optional
		Workshop on team building and leadership - Leaders in rapidly changing environment 2:00 - 5:00pm	Optional
	4 Nov (Wed)	Workshop on self-motivation and goal setting *Small group follow up classes (Class B) 6:30 - 8:30pm	Optional
	6 Nov (Thu)	Workshop on virtual presentation *Small group follow up classes (Class B) 6:30 - 8:30pm (FULL)	Optional
	10 Nov (Tue)	Workshop on self-motivation and goal setting *Small group follow up classes (Class A) 6:30 - 8:30pm	Optional
		Workshop on team building and leadership - Leaders in rapidly changing environment 2:00 - 5:00pm	Optional
11 Nov (Wed)	Workshop on self-motivation and goal setting *Small group follow up classes (Class B) 6:30 - 8:30pm	Optional	

* The enrolment link will be sent during the main classes of the workshops. First come, first served.