

In-Motion: Walk with Emotion

Talks with USSDC points

Talk	Objective	Speaker	USSDC Point
<p>Anger Management for Students</p> <p>Language: Mandarin</p> <p>Date: 22 January 2018 Time: 10am – 12pm Venue: MPH (Hall A)</p>	<ul style="list-style-type: none"> - What is anger? - What is the hidden message behind the anger feeling? - What is the trigger the anger in daily life? - How to control / manage anger feeling. 	<p><i>Lily Wong</i></p> <ul style="list-style-type: none"> - Master in Counselling - Certificate in Choice Theory and Reality Therapy - Registered and licensed counsellor (KB; PA) - Joined NGOs as a volunteer counsellor - Provide counselling services and career guidance to teenagers, students and adults 	<p>Yes</p>
<p>Hypnosis: Managing Emotion at the Subconscious Level</p> <p>Language: English</p> <p>Date: 22 January 2018 Time: 1pm – 3pm Venue: KB112</p>	<ul style="list-style-type: none"> - How does stress affect one's emotional stability? - How does hypnosis help in reduce stress? - Provide experience and techniques to release stress through hypnosis. 	<p><i>Liang Yaw Wen</i></p> <ul style="list-style-type: none"> - Master in Clinical Psychology - Completed hypnotherapy training - Joined NGOs, give talks, trainings and emotional supports to minorities (such as refugees, people living with HIV, survivors of natural disaster) - Featured in media through interview (TV2, NTV7, Astro Channel, Ai FM, Oriental Daily, Sin Chew Daily) 	<p>Yes</p>

Talk	Objective	Speaker	USSDC Point
<p>Good Thought, Good Feeling 好想法, 好情绪</p> <p>Language: Mandarin</p> <p>Date: 23 January 2018 Time: 12pm – 2pm Venue: MPH (Hall A)</p>	<ul style="list-style-type: none"> - How does thinking affect one’s emotion? - How to maintain good thinking and good emotion? 	<p>Ma Long</p> <ul style="list-style-type: none"> - A writer (book, poet and song) - A spiritual course lecture - Founder and ex-president of International Cultural Exchange Association (ICIA) - Active in Youth Development Progeamme - Helps thousands of youth to live healthily through following the right path in life - Organized multiple activities and events, locally and internationally (at Taiwan, Singapore and South Korea) 	<p>Yes</p>
<p>Emotional Blackmail 情绪勒索</p> <p>Language: Mandarin</p> <p>Date: 23 January 2018 Time: 2pm – 4pm Venue: MPH (Hall A)</p>	<ul style="list-style-type: none"> - Recognize the different type of emotional blackmail. - Learn how to break the cycle of emotional blackmail. - Learn how to deal with emotional blackmail from other people. 	<p>Lee Shae Nee</p> <ul style="list-style-type: none"> - Registered and licensed counsellor (KB; PA) - Joined NGOs as a volunteer counsellor - Part time lecture and trainer - Practicing Expressive Art Therapy and Experiential Education - Featured in media through interview (China Press, Oriental Daily, NTV7, Ai FM, 988 radio station) - Provided emotional support to survivors of natural disaster 	<p>Yes</p>