



Accountants, WeCare

With the COVID-19, members are facing increasing stress and anxieties. The following accounting associations are joining hands once again to present Accountants, WeCare stress management sessions for accountants to learn how to enhance our own well-being and performance and/or those of our friends and families.

壓力，今天疫情之下，變得愈益常見，對我們的生活影響甚深。了解並掌握壓力的來源，刻不容緩！今年，以下會計師專業團體再次携手合辦會計師減壓持續進修課程，全新系列 WeCare 為同儕加加油、鬆一鬆，寓減壓於學習。讓我們一起成為更自信、更美好的自己！

如何面對「去或留」的沖擊和提升精神健康

2021年9月3日（星期五）

時間: 19:00-21:00

(以 zoom* 進行網上講座)

(報名請按此[鏈結](#))



Speaker

Dr. MA Yin Ying 馬燕盈醫生

Psychiatrist, Mental Health

香港大學精神醫學系榮譽臨床助理教授
精神科專科醫生



在動盪時期保持心理彈性

2021年9月20日（星期一）

時間: 19:00-21:00

(以 zoom* 進行網上講座)

(報名請按此[鏈結](#))

Speaker

Dr. Adrian Low 劉英健博士

Chartered Psychologist

President, Hong Kong Association of Psychology

*: The Zoom webinar is hosted by The Society of Chinese Accountants & Auditors. By registering for this webinar, you understand and agree that your data will be handled and used in accordance with The Society of Chinese Accountants & Auditors' [privacy policy](#).

Lead Organizer:



Organizers:



Co-organizers:



Supporting Organization: **Baptist Oi Kwan Social Service**



Accountants, We Care

Language

Cantonese

Fee

Free of charge for members or students of Organizers and Co-organizers

Participants

Accountants who wish to learn about the causes and effects of their stress and how it may be better managed in order to enhance their well-being and performance.

The Organizers reserve the right to limit the number of sessions enrolled by each participant.

CPD hours

2 hours for each session

Confirmation email or rejection email will be sent to you 3 working days before the webinar.

我們將在講座開始三個工作天之前，向閣下發出座位確認信。

For any enquiries, please email to acawecare@gmail.com or call 9305 9551 (Elsa) or 2522 7605 (Elizabeth Law).

如欲查詢，請電郵至 acawecare@gmail.com；或致電 9305 9551 (Elsa) 或 2522 7605 (Elizabeth Law)。



Lead Organizer:



Organizers:



Co-organizers:



Supporting Organization: Baptist Oi Kwan Social Service