



Be an effective person in 2015! Person Enrichment Workshop registration starts on 28 January

To be an effective individual nowadays, one needs to have a better self-management (ZOOM IN) and the ability to maintain a positive relationship with others (REACH OUT).

CEDARS-Counselling and Person Enrichment encourages you to “ZOOM IN to yourself and REACH OUT to others” in 2015. We have prepared a variety of enrichment workshops to let you experience all-rounded explorations and improvements:

Join our workshops to ZOOM IN to your heart and develop deep understanding of yourself:

[Relationship Workshop Series: Fighting for love & “I” in a relationship – Understanding yourself in a relationship](#)

[Rise and Shine! Ways to Improve your Sleep](#)

[Excessive Internet Use...?](#)

[Mindfulness Relaxation & Progressive Muscular Relaxation Exercises](#)

[Image Building 1001](#)

With a better self, you can also REACH OUT and be confident at social occasions:

[How to Prepare and Give a Speech on a Semi-Formal Occasion](#)

[Being Assertive Without Being Aggressive](#)

[A Simple Dating Experience](#)

[Active Listening & Empathetic Responding](#)

Other programme highlights:

[Coffee Brewing as an Art](#)

[Study Smart Programme](#)

[Mental Health First Aid Training](#)

A full list of workshops is available at <http://wp.cedars.hku.hk/web/cope1415b/>. Registration begins on 28 January at Room 408, 4/F, Meng Wah Complex on a first-come, first-served basis. For enquiries, please call 2857-8388 or email cedars-cope@hku.hk

Start your 2015 by **ZOOMING IN** & **REACHING OUT!**

Counselling and Person Enrichment (CoPE)
Centre of Development and Resources for Students (CEDARS)