

# Managing Stress in Legal Profession

*What you need to excel besides good grades*



## CPD-LG.59, Centennial Campus, 4:30 pm, 19 Nov (Tue)

*The legal profession is a stressful yet rewarding one. With his experience working as a trainee solicitor, Dr. Gabriel Hung will explore the role of stress in our daily lives and the importance of sleep and good coping skills as you embark on your career.*

***This talk will focus on practical tips and useful information to enhance your psychological well-being and to prepare you for the challenges ahead.***

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### Speakers:

**Dr. Gabriel B. K. Hung**

**MBBS (HK), MRCPsych, FHKCPsych, FHKAM (Psychiatry) Specialist in Psychiatry**

Dr. Gabriel Hung is a psychiatrist in private practice and an Honorary Clinical Assistant Professor at the HKU Faculty of Medicine. He is also a Solicitor of the High Court of Hong Kong and previously worked as a trainee solicitor in a large international firm. His main interests are in the assessment and treatment of stress and mood disorders and medico-legal issues.

**Dr. Eugenie Leung**

**B.Soc.Sc., M.Soc.Sc., PhD, FHKPsS. Registered Clinical Psychologist**

Dr. Eugenie Leung is a clinical psychologist and Director of Counselling and Person Enrichment, Centre of Development and Resources for Students, The University of Hong Kong.