

Centre of Development and Resources for Students (CEDARS) - Counselling and Person Enrichment (CoPE)
 Person Enrichment Workshop Calendar 2015-16 Semester 2

FEBRUARY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>
<u>8</u>	<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>
<u>15</u>	<u>16</u> 17. General Presentation Skills - How to Overcome Stage Fright and Communicate with Impact? (Group 1) (English) 11:30am-1:00pm	<u>17</u>	<u>18</u> 18. General Presentation Skills - How to Overcome Stage Fright and Communicate with Impact? (Group 2) (English) 11:30am-1:00pm 9. Workshop on Effective Listening Skills 6:00pm-8:00pm	<u>19</u>	<u>20</u> 13&14. A Simple Dating Experience (Cantonese) 2:00pm-6:00pm
<u>22</u> 21. MHFA Training Standard Course (Cantonese) 6:00pm-9:00pm	<u>23</u> 19. Impromptu Speaking Skills - How to Think and Speak on your Feet? (Group 1) (English) 11:30am-1:00pm	<u>24</u> 21. MHFA Training Standard Course (Cantonese) 6:00pm-9:00pm	<u>25</u> 20. Impromptu Speaking Skills - How to Think and Speak on your Feet? (Group 2) (English) 11:30am-1:00pm 10. Workshop on Empathetic Responding (Cantonese) 6:00pm-8:00pm	<u>26</u>	<u>27</u> 16. Effective Public Speaking (English) 10:00am-1:00pm, 2:00pm-5:00pm
<u>29</u> 21. MHFA Training Standard Course (Cantonese) 6:00pm-9:00pm					

MARCH 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>29</u>	<u>1</u> 1. How to Get Things Done without Delay? 6:00pm-7:30pm	<u>2</u> 21. MHFA Training Standard Course (Cantonese) 6:00pm-9:00pm	<u>3</u> 11. Workshop on Assertiveness 6:00pm-8:00pm	<u>4</u> 4. Mindfulness for stress management (Group 1) (Cantonese) 1:00pm-3:00pm	<u>5</u>
Reading Week <u>7</u>	Reading Week <u>8</u>	Reading Week <u>9</u>	Reading Week <u>10</u>	Reading Week <u>11</u>	Reading Week <u>12</u>
	8. How to be a Lady/Gentlemen? (Social Etiquette Training) (English) 9:30am-5:30pm	15. How to Say What to Whom? (English) 10:00am-1:00pm	15. How to Say What to Whom? (English) 10:00am-1:00pm	15. How to Say What to Whom? (English) 10:00am-1:00pm 5. Mindfulness for Stress Management (Group 2) (English) 1:00pm-3:00pm	15. How to Say What to Whom? (English) 10:00am-1:00pm
<u>14</u> 2. How to Turn Stress into Energy? 6:00pm-7:30pm	<u>15</u>	HKU Foundation Day <u>16</u>	<u>17</u> 12. Workshop on Teamwork (Cantonese) 6:00pm-8:00pm	<u>18</u>	<u>19</u>
<u>21</u>	<u>22</u>	<u>23</u>	<u>24</u>	<u>25</u>	<u>26</u>
<u>28</u>	<u>29</u>	<u>30</u>	<u>31</u> 3. Workshop on Choice Anxiety and Decision-making 6:00pm-8:30pm	1	2

APRIL 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>28</u>	<u>29</u>	<u>30</u>	<u>31</u>	<u>1</u>	<u>2</u>
<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u> 6. Image Building 1001 (Female) (Cantonese) 5:00-8:00pm	<u>8</u>	<u>9</u>
<u>11</u>	<u>12</u>	<u>13</u> 7. Image Building 1001 (Male) (Cantonese) 5:00-8:00pm	<u>14</u>	<u>15</u>	<u>16</u>
<u>18</u>	<u>19</u>	<u>20</u>	<u>21</u>	<u>22</u>	<u>23</u>
<u>25</u>	<u>26</u>	<u>27</u>	<u>28</u>	<u>29</u>	Last Day of Teaching <u>30</u>