



# 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攜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！



## 逆中求變

2021 年 3 月 31 日 (星期三)

時間: 19:00-20:30

(以 zoom\* 進行網上講座)

(報名請按此 [鏈結](#))



Speaker

**Ms. Shirley Loo BBS MH JP 羅乃萱女士**

家庭發展基金有限公司總幹事



## 如何利用個人資源提升抗壓能力

2021 年 4 月 23 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. Sylvia Chen 陳嘉璐醫生**

精神科專科醫生

\*: 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:



THE ASSOCIATION OF  
CHRISTIAN  
ACCOUNTANTS  
基督徒會計師團契

Organizers:



Hong Kong Institute of  
Certified Public Accountants  
香港會計師公會



香港華人  
會計師公會  
SCAACPA



Co-organizers:



Think Ahead



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.

## Competency

Management, leadership and soft skills

## CPD hours

31 March 2021 (Wed): 1.5 hours

23 April 2021 (Fri): 2 hours

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](mailto:acawecare@gmail.com) or call Elizabeth Law at 2522 7605 or 9305 9551.

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



Lead Organizer:



THE ASSOCIATION OF  
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