



# Kindfulness Symposium - HKPS Annual Conference 2024

cum 5th Anniversary Celebration of the Tsz Shan Institute Science & Art of Happiness Certificate Programme

Join us for the Kindfulness Symposium, co-organized by the Hong Kong Psychological Society (HKPS) and Tsz Shan Institute (TSI) in partnership with the UC Berkeley Greater Good Science Center!

- Theme:** [Cultivating Happiness, Compassion & Resilience](#)
- Date:** December 7-8, 2024 (Sat-Sun)
- Time:** 9am-6pm
- Onsite option:** Tsz Shan Monastery, Tai Po, Hong Kong
- Online option:** Morning sessions only
- Language:** Morning sessions - English with Cantonese and Putonghua interpretation  
Afternoon sessions - Mainly Cantonese

## Keynote presentations (mornings)

8 inspiring talks featuring world-renowned scholars and local experts from UC Berkeley, University of Oxford, Harvard University, Brown University, University of Toronto Scarborough, and more

## Experiential workshops & activities (afternoons)

4 professional presentations hosted by HKPS Divisions  
4 experiential workshops hosted by HKPS  
4 mindfulness / spiritual activities hosted by TSI  
3 presentations hosted by TSI

## Keynote Speakers



**Dr. Emiliana Simon-Thomas**  
Science Director, Greater Good Science Center, UC Berkeley



**Prof. Willem Kuyken**  
Director, Oxford Mindfulness Centre, University of Oxford



**Prof. Zindel V. Segal**  
Distinguished Professor of Psychology in Mood Disorders, University of Toronto Scarborough



**Dr. Eve Ekman**  
Senior Fellow, Greater Good Science Center, UC Berkeley



**Dr. Tim Lomas**  
Psychology Research Scientist, The Human Flourishing Program, Harvard University



**Prof. Judson A. Brewer**  
Director of Research and Innovation, Mindfulness Center, Brown University



**Prof. Samuel Wong**  
Professor and Director, School of Public Health and Primary Care, The Chinese University of Hong Kong



**Prof. Shui-fong Lam**  
Director, Jockey Club 'Peace and Awareness' Mindfulness Culture in Schools Initiative, The University of Hong Kong

## Themes & Presentations

- A Life Well Lived: From preventing depression to promoting human flourishing: **Mindfulness-based Cognitive Therapy** comes of age
- Interface between **mindfulness**, sensory processing and mood disorders
- From anxiety to addiction: how to leverage curiosity for **habit change**
- Compassion and Mindfulness**: can we cultivate compassion through mindfulness training?
- Nurturing school communities with **mindfulness**
- Experiencing the **Power of Being Present** Through **Mindfulness Practices**
- Embedding **Positivity** for Resiliency in the HK Students: Po Leung Kuk Positive Education Movement from KGs to Secondary Schools
- A taste of different **relaxation techniques**: Finding your own peace

And many more!

[REGISTER NOW](#)



HKPS info page

TSI registration page



Co-organisers :



TSZ SHAN MONASTERY



慈山學院  
TSZ SHAN INSTITUTE



The Hong Kong Psychological Society

In Partnership with :



University of California, Berkeley

Supporting Organisations:



Department of Social Work and Social Administration, The University of Hong Kong, 香港大學社會工作及社會行政學系



Mindfulness Research and Training, CUHK Thomas Jing Centre, 香港中文大學經國中心



CBSAA, 香港大學佛學研究中心校友會, Hong Kong University Centre of Buddhist Studies Alumni Association



香港浸會大學, HONG KONG BAPTIST UNIVERSITY, 傳理學院 SCHOOL OF COMMUNICATION



香港教育大學, The Education University of Hong Kong





## Panel discussants, experiential workshops & activities speakers include:



**Ms. Hilary Chan**

Head of Engagement & Inclusion, DFI Retail Group



**Prof. Kevin Chan**

Professor and Head, Department of Psychology, The Education University of Hong Kong



**Prof. Bonnie Hayden Cheng**

Associate Professor, The Hong Kong university



**Dr. Amos Cheung**

Vice-President and Registered Clinical Psychologist, The Hong Kong Psychological Society



**Mr. Ryan Cheung**

Supervisor, Educational Psychology Service, Project Director, Positive Education Movement in Secondary Schools, Po Leung Kuk



**Mr. Gary Chin**

Lead consultant, A leading HR consulting firm



**Ms. Susanna Choy**

Council Member and Registered Clinical Psychologist, The Hong Kong Psychological Society



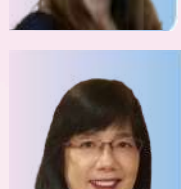
**Prof. John Nguyet Erni**

Chair Professor of Cultural Studies & Dean of Humanities, The Education University of Hong Kong



**Ms. Natasha Kwok**

Project Leader, Positive Education Movement in Primary Schools, Po Leung Kuk



**Mrs. Winnie Lee**

Founder of Mindful Living Academy, Mindfulness Practice Supervisor and Teacher



**Ms. Olivia Low**

Deputy Secretary General (Education & External Affairs), Tsz Shan Monastery



**Dr. Stephen Mann**

Former Chairman, The Division of Counselling Psychology and Registered Counselling Psychologist, The Hong Kong Psychological Society



**Mr. Walter Ngai**

Secretary General, Tsz Shan Monastery



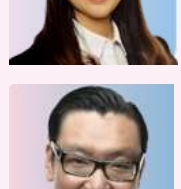
**Dr. Anthony Tong**

Chairman of the Association for Contextual Behavioral Science, Hong Kong Chapter



**Ms. Felice Wong**

Project Leader, Positive Education Movement in Kindergartens, Po Leung Kuk



**Prof. Paul Wong**

Associate Professor, Department of Social Work and Social Administration, The University of Hong Kong



**Dr. Jennifer Yim**

Deputy Secretary General (Social Services), Tsz Shan Monastery



**Dr. Nick Zhang**

Assistant Professor, School of Communication, Hong Kong Baptist University

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## Get your tickets now!

- Onsite: Limited seats available for morning keynotes
- Online: Attend from the comfort of your home
- Hybrid: Enjoy morning online and afternoon onsite experiences

Visit [https://www.hkps.org.hk/en/conferences\\_and\\_events/](https://www.hkps.org.hk/en/conferences_and_events/) for details and <https://www.tszshansymposium2024.org/> for details and registration.

**Spread the word! Invite your colleagues, friends and family. Let's discover, connect and transform at the Kindfulness Symposium!**



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