

MindfulU

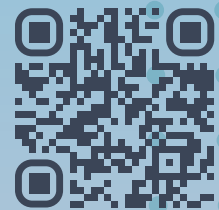
Talk Series

TUE
FEB
27

Cultural Intelligence

by Dr. Nimisha Vandan

2:30 - 4:00 p.m. / Zoom



Cultural Intelligence, also known as cultural quotient (CQ), refers to an individual's ability to understand and effectively operate in diverse cultural settings. It involves the capacity to recognize, interpret, and adapt to cultural differences in behavior, values, beliefs, and norms.

In this talk, participants can learn the methods to develop cultural intelligence and improve their effectiveness in cross-cultural interactions, build stronger relationships with people from different cultures, and contribute to more inclusive and diverse environments.

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WED
MAR
20

Interpersonal Relationship & Communication Skills

by Dr. Nimisha Vandan

2:30 - 4:00 p.m. / Zoom



In a world that is becoming increasingly interconnected, our ability to connect, communicate, and collaborate effectively with others is crucial.

In this talk, participants will gain valuable insights and practical tools that they can apply in their daily lives, both personally and professionally.

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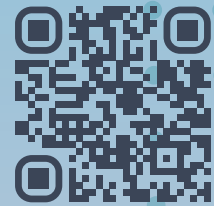
Talk Series

THU
APR
11

Stress Management & Resilience Building

by Prof. Nelson Yeung

2:30 - 4:00 p.m. / Zoom



In our fast-paced and demanding world, stress has become a pervasive part of our daily lives. We face numerous challenges and pressures, both personally and professionally, that can take a toll on our mental, emotional, and physical well-being.

During the talk, we will explore the impact of stress on our lives and delve into the strategies and techniques that can help us effectively manage it.

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THU
MAY
30

Mental Health 101

by Dr. Nimisha Vandan

2:30 - 4:00 p.m. / Zoom



In recent years, there has been a growing recognition of the significance of mental well-being in our lives.

In this talk, participants will know the common misconceptions, selected mental health diagnoses, how to help yourself or the others who is experiencing a mental health issue and how to look after your mental well-being.

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