

# Future-Ready Series : Research Postgraduate Wellness Initiative 2023/24

Ask Again

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## Research Postgraduate Wellness Ambassador Programme 2023/24: Mindfulness Facilitator Training

*(delivered by Jockey Club "Peace and Awareness" Mindfulness Culture in Schools Initiative (JC Panda))*

### **Subclass A (conducted in English)**

**Date:** Dec 14, 2023 (Thu)

**Time:** 2:30 - 4:50 p.m.

**Venue:** Main Campus, HKU

**Instructor:** [Mr. Michael R. Su, JC Panda](#)

### **Subclass B (conducted in Putonghua)**

**Date:** Jan 16, 2024 (Tue)

**Time:** 4:30 - 6:50 p.m.

**Venue:** Main Campus, HKU

**Instructor:** Mindfulness Teacher of JC Panda

### **Overview**

The training session is designed to provide RPg Wellness Ambassadors with a basic understanding of mindfulness. Building on this understanding, participants will be trained to facilitate the delivery of a mindfulness resource package, which aims to help university students manage their worries through simple mindfulness practices.

### **Learning Outcomes**

- Attaining a basic understanding of mindfulness
- Learning how to facilitate the delivery of a mindfulness resource package
- Learning to provide peer support with a non-judgmental, caring, and loving attitude

### **Learning Activities**

- Experiential psychoeducation
- Mindfulness practices

December 2023



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