

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



Maximising Your Networking Advantage and Communication Mastery (with Origami Art Workshop)

Dr. Nimisha Vandan

Date: April 24, 2024 (Wednesday)

Time: 2:30 p.m. – 5:20 p.m.

Venue: Centennial Campus, HKU

Overview

Humans, being social animal, always look for connections through communication. Social connections (networks) and communication (interaction) between individuals or groups give birth to social capital. Apart from knowledge and skills, you must have good social capital to be successful. Higher level of social capital is the foundation for better outcomes in health, education, employment, and productivity. In addition to economic growth, it also brings positive influence to your future well-being.

Learning Outcomes

- Identify the needs and methods of networking.
- Analyse one's communication style.
- Maximise the effectiveness of existing network through mastering your communication style.
- Able to strive for expanding one's network for future well-being.

Learning Activities

- PowerPoint Presentation (25 mins)
Highlighting the importance of networking and communication
- Fun Time, Reflection & Explanation (60 mins)
Game 1: Communication skill game
Game 2: Listening skill game using balloons

Break (5 mins)

- Activity Time, Reflection & Explanation (60 mins)
Activity 1- Paper chain making in teams focusing on communication
Activity 2- Individual origami making focusing on connection making (networking)
- PowerPoint Presentation (30 mins)
Discussing various ways to improve and leverage networking and communication skills
Q&A

Remarks

Please bring a pen and some paper.

About the Instructor

Dr. Nimisha Vandan, co-founder and Director of OkayMinds (a social enterprise to promote mental health and wellness), is a former Post-doctoral Fellow at the School of Public Health of the University of Hong Kong. Nimisha also worked for ethnic minority mental health projects at the Hong Kong University of Science and Technology. She has completed her PhD on patients' experience with Hong Kong healthcare system from the University of Hong Kong. She has completed her master's in international health from the University of Tokyo, Japan and has published several research papers and articles in various international high impact peer-reviewed journals. She is passionate in helping students to become emotionally and mentally resilient, with strong soft skills to become successful professional.

