

Asia-Pacific Conference on Applied Positive Psychology 2014 - Program Rundown (Tentative)**Conference Theme: Applying Positive Psychology in the 21st Century****Conference Day 1: 9 Jan, 2014 (Thursday) [City University of Hong Kong – Wei Hing Theatre]**

| Time | Session | Speaker(s) & {Moderator} | Topic | |
|--|----------------------------------|--|--|---|
| 08:30 – 09:00 | REGISTRATION | | | |
| 09:00 – 09:10 | Welcome Remarks | (1) Prof. Xiaowei ZANG, Dean, City University of Hong Kong (2) Dr. Alice Tak-fun YUK, JP, Chairman, United Christian Nethersole Community Health Service Mgt. Committee | | |
| 09:10 – 09:20 | Opening Address | Prof. Sophia S. C. CHAN, JP <i>Under Secretary of Food and Health Bureau, HKSAR</i> | | |
| 09:20 – 09:25 | Photo Taking | Photo-taking with guests, keynote speakers & OC members | | |
| 09:25 – 10:30 | Keynote Speech | Dr. Robert BISWAS-DIENER <i>Managing Director, Positive Acorn, LLC (in USA)</i> <i>(Moderator: Prof. Samuel Ho)</i> | Strengths Coaching and Learning from Mistakes: Recent Developments and Applications of Positive Psychology | |
| 10:30 – 10:50 | BREAK | | | |
| PLENARY SESSIONS on Applied Positive Psychology in the Workplace <i>{Moderator: Dr. G.C. Yiu}</i> | | | | |
| 10:50 – 12:30 | 10:50 – 11:20 | Plenary 1 | Prof. Samuel HO <i>Associate Head, SS, CityU</i> | Building Resilience through Positive Psychology for Healthcare Workers |
| | 11:20 – 11:50 | Plenary 2 | Dr. Rico LIU <i>Consultant (Oncology), Deputy HCE, QMH</i> | Creating Positive Workplace – The Experience of a Psychological Staff Support Service |
| | 11:50 – 12:20 | Plenary 3 | Ms. Rainbow CHEUNG, JP <i>General Manager, EDS, Hong Kong Christian Service</i> | Energizing and Transforming Organizations through Positive Organizational Initiatives |
| 12:20 – 12:30 | Discussion/ Q & A | | | |
| 12:30 – 14:00 | LUNCH | | | |
| SYMPOSIUMS on Applied Positive Psychology in the Fields of Workplace, Education and Health & Well-being | | | | |
| | | Symposium I (LT-401) “Workplace” <i>Moderator: Prof. Samuel Ho</i> | Symposium II (LT-1) “Education” <i>Moderator: Mr. Brian Lee</i> | Symposium III (LT-4) “Health & Well-being” <i>Moderator: Dr. Rosalie Lo</i> |
| | 14:00 – 14:35 | Dr. Robert BISWAS-DIENER (USA) | Mr. Joseph WONG Ms. Ida YIP (HK Christian Service) | Ms. Sania YAU Ms. Candy LING Ms. Gladys YEUNG (NLPRA) |
| | 14:35 – 15:10 | Ms. Sulynn CHOONG (Malaysia) | Dr. Sylvia KWOK (CityU) | Ms. Ada YUEN (CityU) |
| | 15:10 – 15:45 | Ms. Ingrid MAK (HK Police Force) | Ms. Myra CHIU & Mr. Theodore CHEUNG & (YMMSS) | Ms. Vivian MAK (HK Correctional Services) |
| | 15:45 – 16:20 | Ms. Wacy LUI (HA) | Dr. Sandra TSANG, JP (HKU) | Mr. Wenjie DUAN (CityU) |
| | 16:20 – 16:55 | Dr. Siu-Man NG (HKU) | Mr. Jac WEI & Ms. Iris KUNG (TWGHs) | Dr. Anthony TONG (UCEP) |
| | 16:55 – 17:00 | Q & A | | |
| 17:00 | END OF CONFERENCE (DAY 1) | | | |

Conference Day 2: 10 Jan, 2014 (Friday) [City University of Hong Kong – Wei Hing Theatre]

| Time | | Session | Speaker(s) & {Moderator} | Topic |
|------------------------------|---------------|---|---|--|
| 08:45 – 09:15 | | REGISTRATION | | |
| 09:15 – 10:20 | | Keynote Speech | Prof. Jennifer Teramoto PEDROTTI <i>Professor, Dept. of Psychology & Child Development, California Polytechnic State University</i> <i>Moderator: Prof. Samuel Ho</i> | Shifting the Lens: Including Culture in Discussions of Positive Psychology |
| 10:20 – 10:40 | | BREAK | | |
| | | PLENARY SESSIONS on Recent Developments of Positive Psychology in the Asia-Pacific Region <i>{Moderator: Dr. Sandra Tsang}</i> | | |
| 10:40 – 12:30 (Plenary) | 10:40 – 11:10 | Plenary 1 | Prof. Zhanbiao SHI <i>Director of Center of Mental Health Promotion, Institute of Psychology, Chinese Academy of Sciences</i> | Practical Application of Positive Psychology in China—Mental Health Services to EAP, Disaster Assistance and Civil Servants |
| | 11:10 – 11:40 | Plenary 2 | Mr. Shih-Ming SHIH <i>Clinical Psychotherapist Koo Foundation Sun Yat-Sen Cancer Center, Taipei City, Taiwan</i> | The Experiences of Applying a Psycho-spiritual Transformation Model in the End-of-life Psychological Care: Exploring Positive Perspectives from Ego to Authentic Self and Non-self |
| | 11:40 – 12:15 | Plenary 3 | Prof. Fumin FAN <i>Associate Head Department of Psychology, Tsinghua University, China</i> | Current Situation, Application and Trend of Positive Psychology in Mainland China 積極心理學在中國大陸的現狀、應用及發展趨勢 <i>(with on-stage translation from Mandarin to English)</i> |
| 12:15 – 12:30 | | Discussion/ Q & A | | |
| 12:30 – 14:00 | | LUNCH | | |
| | | SYMPOSIUMS on Applied Positive Psychology in the Fields of Family, Education and Expressive Arts | | |
| | | Symposium I (LT-401) “Family” <i>Moderator: Dr. Anthony Tong</i> | Symposium II (LT-1) “Education” <i>Moderator: Mr. Brian Lee</i> | Symposium III (LT-4) “Expressive Arts” <i>Moderator: Ms. Carol Yew</i> |
| 14:00 – 17:00 (Symposium) | 14:00 – 14:35 | Ms. Kitty HEUNG (TWGHs) | Mrs. C. C. LU (Youth Outreach) | Dr. Jordan POTASH (HKU) |
| | 14:35 – 15:10 | Prof. Cynthia LEUNG (PolyU) | Dr. Paul WONG (HKU) | Ms. Fiona CHANG (CUHK) |
| | 15:10 – 15:45 | Prof. Tai Hing LAM (HKU) | Dr. Annis FUNG (CityU) | (B5-211) <u>Experiential Workshop (A)</u> Ms. Josephine CHENG (QMH) |
| | 15:45 – 16:20 | Dr. Anna HUI (CityU) | Ms. Christine MAK & Dr. Dannii YEUNG (CityU) | |
| | 16:20 – 16:55 | Mr. Man-Yiu TSANG (Caritas) | Dr. Tak-Yan LEE (CityU) | |
| | 16:55 – 17:00 | Q & A | | |
| 17:00 | | END OF CONFERENCE (DAY 2) | | |

Post-Conference Workshop:**Date** : 11 Jan, 2014 (Saturday)**Time** : 09:15 – 17:00

Registration 09:00-09:15

Lunch 12:30-14:00

Venue : City University of Hong Kong – **LT-401, Amenities Building****Topic:****Positive Psychology in Action:****Discovering and Utilizing Character Strengths for Personal and Professional Development**

In this day-long workshop participants will be introduced to the applied side of the science of positive psychology. We will begin by reviewing the history and philosophy of positive psychology and will pay special attention here to the ways that culture impacts these topics. From here we shift to the science of strengths. Participants will learn a variety of practical strengths-tools including "strengths spotting," "strengths vocabulary building" and "strengths ownership" techniques for working with clients. We will also explore new findings from strengths development theory. These techniques are widely applicable to business, education, health care, and mental health contexts. We will conclude the workshop by looking at more advanced tools related to the science of hope and the science of curiosity.

Speaker : Dr. Robert BISWAS-DIENER

Managing Director, Positive Acorn, LLC, USA

Part-time Instructor, Portland State University, USA



Dr. Robert Biswas-Diener is widely known as the “Indiana Jones of Positive Psychology” because his research on happiness has taken him to such far-flung places as Greenland, India, Kenya and Israel. He is a leading authority on strengths, culture, courage, and happiness and best known for his pioneering work in the application of positive psychology. He has published nearly fifty scholarly articles and multiple books on diverse psychological topics.

Popular Books:

The Courage Quotient (2012), *Positive Psychology as Social Change* (2010), *Practicing Positive Psychology Coaching* (2010), *The Strengths Book* (2010), *Happiness: Unlocking the mysteries of psychological wealth* (2008) and *Positive Psychology Coaching* (2007)

Dr. Biswas-Diener is the foremost authority on positive psychology coaching and has consulted with a wide range of international organizations on performance management and leadership development. He conducts trainings on coaching, strengths, positivity, courage and appreciative inquiry with organizations and businesses around the world and has trained professionals in America, Europe, Asia, Africa, Australia, South America and the Middle-east.

He obtained his PhD in 2009 from the University of Tromso (Norway), and his dissertation focused on “Material Wealth and Subjective Well-being”. He is a member of American Counseling Association (ACA) and International Society for Quality of Life Studies (ISQOLS), as well as a Certified Mentor Coach. Since 2006, he has been active on several editorial boards, including *Journal of Positive Psychology*, *Journal of Happiness Studies*, and *Coaching: An international journal of theory, research, and practice*.