



Awareness Leadership Workshop

“MASTER YOUR MIND, MASTER YOUR SUCCESS”

The art of effective leadership with awareness, compassion and wisdom

In the two-day workshop, various famous speakers from Tibetan Buddhist meditation master, neuroscience pioneer, internationally renowned psychologist, and movie celebrity respectively explore the intersection of mind, science and leadership and how altruistic careers and leadership can complement each other. Three local speakers, each a leader in their field, will share how awareness and meditation practices have helped them to become an outstanding leader and meet life's challenges.

Ven. Yongey Mingyur Rinpoche, a well-known Tibetan Buddhist meditation teacher, who was dubbed “the happiest man in the world” by Time Magazine and National Geographic. The author of the international bestseller *The Joy of Living: Unlocking the Secret and Science of Happiness*.

Prof. Richard J. Davidson, PhD, a world-class neuroscience pioneer and the scope of research include how meditation affects to the mind. He is also the Director of the Center for Healthy Minds, and Director of the Waisman Laboratory for Brain Imaging and Behavior, University of Wisconsin-Madison. He is one of TIME's 100 Most Influential People in the World.

Dr. Daniel Goleman, a world-famous psychologist & the Father of EQ, best known for his worldwide bestseller *Emotional Intelligence (EQ)*.

Mr. Jet Li, is a world-renowned martial artist, movie star, social entrepreneur, and advocate of social engagement by all towards well being of all. Jet founded One Foundation, a pioneer of China's nascent philanthropy sector and provides humanitarian assistance in natural disasters.

Mr. Andrew Fung, BBS, JP, Chief Financial Officer of Henderson Land Development Co Ltd. Currently his public appointments include Board Members of Hong Kong Airport Authority and Hospital Authority etc.

Dr. Rosalie Lo, the Head of the Corporate Clinical Psychology Services at the Hospital Authority in Hong Kong. She is a senior clinical psychologist, certified traumatologist, and qualified teacher of the “Mindfulness Based Stress Reduction” program. She has extensive experiences in managing various local and overseas disasters, and conducting related training courses for organizations here and abroad.

Mr. David Yeung, the co-founder of Green Monday and the Founder of Mind Reset Institute. He is also the author of a number of best-selling books on Zen wisdom and mindfulness.

Date: October 7-8, 2017

Venue: Crowne Plaza Hong Kong Kowloon East, Tseung Kwan O, Hong Kong

Address: 3 Tong Tak Street, Tseung Kwan O, Hong Kong

Language: English, Cantonese and Mandarin (with simultaneous interpretation service)

Activity fee: All fees include the attendance of the 2-day workshop with daily vegetarian lunch (accommodation NOT included)

Early-bird: HK\$4500 / USD580 (for registration on or before Sept 10, 2017)

Regular: HK\$5000 / USD645 (for registration on or after Sept 11, 2017)

Ordained Sangha : HK\$3500 / USD451

Language: English, Cantonese and Mandarin (with simultaneous interpretation service)

Entry requirement: Open for public

Program Rundown

Address: Unit 1-6, 1/F Wellbore Commercial Centre, 8 Java Road, North Point, Hong Kong SAR

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Day 1 - October 7, 2017

9:30 – 9:45	Introduction & Opening Ceremony
9:45-12:00	Keynote Speech <ul style="list-style-type: none"> - Ven. Yongey Mingyur Rinpoche: Awareness – The mind’s most vigorous status - Dr. Daniel Goleman: How meditation helps emotional intelligence in leadership? (Live Stream)
12:00-13:15	Lunch Break
13:15 – 14:00	Experiential Session
14:30 – 15:35	Inspired speech <ul style="list-style-type: none"> - Mr. Andrew Fung, BBP, JP: Awareness execution as a competitive advantage - Dr. Rosalie Lo: Mindful management of crisis and challenges at work - Mr. David Yeung: Unleashing creativity & innovation through mindfulness - Ven. Yongey Mingyur Rinpoche: Mission Possible: The need for transformative conceptual mind
15:35 – 16:30	Panel Discussion and Q & A: Transform your mind, transform your difficult life!

Day 2 - October 8, 2017

9:30 – 12:00	Keynote speech <ul style="list-style-type: none"> - Prof. Richard Davidson: The future of mind: perspectives from affective and contemplative neuroscience - Mr. Jet Li: To be confirmed
12:00 – 13:00	Lunch
13:30 – 15:00	Closing Panel Discussion Ven. Yongey Mingyur Rinpoche, Prof. Richard Davidson & Mr. Jet Li
15:00 – 16:00	Q & A and Closing Ceremony

Message from Speakers:

Ven. Yongey Mingyur Rinpoche https://youtu.be/9Fuyd_Ewv88

Prof. Richard J. Davidson <https://youtu.be/fY2WL7EHou8>

Prof. Richard J. Davidson https://youtu.be/lheEit_mpGU

Please register early as spaces are limited and available on a first come first served basis.

Enrolment link: <http://hk.tergarasia.org/eventregister.php?lang=en&code=WW.20171007ALW>

Workshop details: <http://www.tergarasia.org/asia-events/2017-awareness-leadership-workshop/>

Enquiry: WhatsApp [+852 5114 2368](tel:+85251142368)

Email: Leadership@tergarasia.org

Enrolment / Registration

Important notes:

Please read the terms and conditions carefully before registration.

All fees paid, if any, are non-refundable except where the activity is cancelled for such reasons as inclement weather, etc.



Supporting Organizations (in no particular order & updated on 20/8/2017)

- Buddhist Compassion
- Buddhist Fellowship Indonesia
- Buddhist in Hong Kong
- Buddhistdoor Global
- Green Monday
- Hong Kong Society of Dharma Supporters
- Hong Kong University Centre of Buddhist Studies Alumni Association
- Mind Reset
- School of Economics and Finance, The University of Hong Kong
- Social Ventures Hong Kong
- Society of Registered Financial Planners

Tergar Asia Foundation

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