



香港青年協會
the hongkong federation of youth groups



香港青年協會領袖學院
The HKFYG Leadership Institute

2023-2024

「破危為機」領袖證書課程

Hack The Crisis
Leadership Certificate Course



成為抗「逆」領袖！
Be a Resilient Leader!

簡介 Introduction

過去數年，香港經歷重重難關，青年面對危機時該如何自處？

課程通過合共**6項培訓活動，每項3小時**，全面提升學員**情緒智商(EQ)**、**逆境智商(AQ)**和**靈感智商(SQ)**，讓青年應對挑戰和困難時能調整心態，成為抗「逆」領袖！

How should young people manage themselves during crisis over the past few years?

The programme comprehensively improves participants' **emotional intelligence (EQ)**, **adversity intelligence (AQ)** and **spiritual intelligence (SQ)** through **6 training sessions**. Participants will be able to adjust their mentality and practise resilient leadership skills when facing with challenges and difficulties.

活動特色 Programme Features



模擬危機情景

Simulated Crisis Scenarios

增加實戰感，提升掌控危機能力
Enhance the ability to control the crisis



3Q領袖培育

Cultivate 3Q Leadership Qualities

鍛鍊領袖質素 — EQ、AQ和SQ
Equip with EQ, AQ and SQ



配合課程需要

Match with the Curriculum

為高中課程提供相關案例分析
Provide case studies related to high school curriculum



全面知識探索

Explore Comprehensive Knowledge

涵蓋個人至社會，本地至環球課題
Cover topics from individual to society, from local to global



證書嘉許制度

Award a Certificate of Participation

學員參加三個活動或以上而表現良好，即可獲頒證書乙張
A certificate will be awarded if participants complete 3 or more sessions with good performance

提升直覺思維能力，同時培養品格，包括建立同理心、尊重多元、謙厚自覺及使命感。

To enhance intuitive thinking, whereas focusing on the cultivation of morals, including empathy, respect for diversity, humility and sense of vocation.



學習管理自己情緒和改善人際關係的能力，包括了解自身情緒及識別他人情緒。

To learn to manage one's emotions and improve interpersonal relationships, including understanding self-emotions and recognising others' emotions.

在不利或高逆環境中，鍛鍊個人處之泰然及勇於面對的態度；懂得適時應變，發揮潛能，克服挑戰。

To enhance the ability to cope with problems calmly and actively in an unfavorable environment. Know how to improvise and unleash potentials to overcome challenges.



情緒感知
Emotional
Awareness

EQ + SQ

W世代M思維

Wellness Generation & Mindfulness

3小時Hrs | HK\$270

正念 (Mindfulness) 近年愈趨流行。學習正念思維將讓參加者減少焦慮，更自信地面對壓力及挑戰，成為「全健世代」領袖！

Mindfulness has become increasingly popular nowadays.

Learning mindfulness will let participants be more confident when facing pressure and challenges, thus becoming the leader of "Wellness Generation"!

對象及名額 中一至中六 (20)

Target & Quota S.1 – S.6 (20)

目的 學習建立全健思維及靜觀正念

Objectives To learn wellness and mindfulness mindset

認識修習正念的4個方法

To learn 4 methods of practising mindfulness

內容 學習全健思維及靜觀正念概念及技巧

Contents Learning different concepts and techniques in wellness and mindfulness mindset

- 認識站姿、步姿和坐姿如何影響生理健康

How standing, walking and sitting affect physical wellness

- 通過互動環節，學習如何有效並準確表達個人感受

How to express personal feelings effectively and accurately through interactive sessions

- 學習正念呼吸、正念步行、正念進食、正念溝通

Practising mindful breathing, mindful walking, mindful eating and mindful communication



表達溝通
Expression &
Communication

EQ + SQ

說話的藝術

The Art of Communication

3小時Hrs | HK\$270

著名作家契訶夫曾提及：「書是音符，談話才是歌。」

你想成為一個出色領袖嗎？學會正向溝通，真誠地讚美別人，便能與團隊建立良好關係！

Chekhov, the famous writer, once mentioned, "Books are compositions, but speech is the song itself."

Want to become an outstanding leader? Learn to have positive communication in order to build good teamwork!

對象及名額 中三至中六 (20)

Target & Quota S.3 – S.6 (20)

目的 建立欣賞事物的正向態度

Objectives To build a positive attitude of appreciation

學習换位思考及尊重他人

To learn to be empathetic and respectful towards others

了解有效溝通及讚美的正面影響

To understand the positive impact of effective communication and appreciation

內容 進行小組活動及討論

Contents Having group activities and discussions

- 練習用心觀察、仔細聆聽的溝通技巧

Practising communication skills with observation and listening

- 學習有效讚美的方法和技巧

Learning methods and techniques of praising others



自我認識
Self-Discovery

AQ + EQ

自我放大鏡

The Self Mirror

3小時Hrs | HK\$330

心理學家卡爾·榮格曾說：「向外張望的人在做夢，向內審視的人才清醒。」

你準備好用放大鏡審視自己了嗎？

The Psychiatrist Carl Jung once said, "who looks outside, dreams; who looks inside, awakes."

Are you ready to know yourself better through a magnifying glass?

對象及名額 中一至中六 (25)

Target & Quota S.1 – S.6 (25)

目的 學習自我探索，以提升情緒管理能力及抗壓力

Objectives To enhance emotional management skills and stress resistance by self-discovery

促進個人成長及與人溝通

To enhance personal growth and promote teamwork

內容 進行性格透視®評估，了解自己的性格及強弱項

Contents Taking the Personality Dimensions® assessment to understand your own personality, strengths and weaknesses

進行小組活動及討論，認識不同的性格類型及特質

Taking the Personality Dimensions® assessment to understand your own personality, Recognising different personality types through group activity and discussion



明辨思維 Critical Thinking

AQ + SQ

模擬城市的命運 The Destiny of the Sim-City

3小時Hrs | HK\$270

當你所居住的小島即將沉沒時，你會有何行動？

停一停，諗一諗，究竟真相是什麼？！去或留，決定權全在你手。

The island where you live will sink soon. What is your action? What is the truth?!

At this critical moment, to leave or stay, the decision is yours.

對象及名額 中三至中六 (28)

Target & Quota S.3 – S.6 (28)

目的

Objectives

學習建立慎思明辨的論證技巧

To develop critical argumentation skills

學習多角度思考，自信地發表觀點

To express opinions confidently with multiple perspectives

內容

Contents

進行情境模擬及角色扮演

Having simulated scenarios and role-play

- 了解價值觀差異，學會多角度分析

Understanding the differences in values so as to analyse from multiple angles

- 了解政策分析的過程和考慮因素

Understanding the policy analysis process and related considerations

- 學習事實查核的技巧

Learning the skills of fact check



前瞻思維 Forward Thinking

AQ + SQ

全球化的未來 The Future of Globalisation

3小時Hrs | HK\$270

全球化為環球社會和經濟增添活力，卻同時為各國帶來不少挑戰。作為全球化下的世界公民，青年領袖將扮演什麼角色？

Globalisation injects vitality to the global society and economy, but it also brings lots of challenges to the countries .

As world citizens, what are the roles of young leaders?

對象及名額 中三至中六 (24)

Target & Quota S.3 – S.6 (24)

目的

Objectives

反思全球化在現今世界的實踐

To have reflection on the practice of globalisation in today's world

了解世界公民的義務和責任

To understand the obligations and responsibilities as a world citizen

學習建立慎思明辨的論證技巧

To develop critical argumentation skills

內容

Contents

透過真實個案分析，拆解全球化的過程和影響

Analysing the process and impact of globalization through case study

進行角色扮演，了解國際合作關係的歷史和未來發展

Having role play to understand the history and future development of international relations



創意解難 Creative Problem-solving

AQ + EQ

囚室解難 Team Problem Solving Challenge - Jail Cell

3小時Hrs | HK\$330

在冰冷的囚室中，埋藏著千奇百怪的線索。如在限時之內未能與團隊找出逃離的方法，你們的命運將會是……

Clues are hidden in the mysterious jail cell. If your team cannot escape within the time limit, you will end up with...

對象及名額 中一至中六 (36)

Target & Quota S.1 – S.6 (36)

目的

Objectives

學習創意解難的理論與步驟

To learn key theories and steps of creative problem-solving

讓參加者認識自己在解難上的長短處

To help participants understand their strengths and weaknesses upon problem-solving

內容

Contents

進行個人解難能力測試

Taking problem-solving aptitude tests

進行團隊囚室解難挑戰

Taking jail cell team challenges

詳情 Details & Application

授課語言

Medium of Instruction

廣東話

Cantonese

個人參與方式

Individual Participation

參加者可瀏覽網站上的活動時間表，並透過網上報名及繳費（學院在收到報名後會以電郵形式通知繳費方法），報讀不同活動及班別。

After browsing the online timetable, Participants can choose different activities and classes by completing the online application form and payment.

學校自訂日期方式

Tailor-made Class

如學校希望自訂日期參與任何一項培訓活動，歡迎致電負責同事查詢詳情。

Please contact responsible staff on scheduling a customised date for a class.

活動時間表及報名
Programme Timetable
& Application



<https://leadershipinstitute.hk/event/hack-the-crisis>

學生回饋 Student's Feedback

自我放大鏡

The Self Mirror

導師講解生動有趣，能讓同學對自己的性格特質、長短處有更深入了解。

The instructor's talk is lively and interesting, which let students have a deeper understanding of their own personality, strengths and weaknesses.

劉立懿同學

基督教宣道會宣基中學

Christian & Missionary

Alliance Sun Kei Secondary School



模擬城市的命運

The Destiny of the Sim-City

我最欣賞活動設有自由辯論環節，能讓我提升談判技巧及解難能力。

What I appreciate the most is that a debate session is designed in the activity, which allows me to improve my negotiation and problem-solving skills.

蔡文慧同學

Student - Choi Man Wai

東華三院甲寅年總理中學

TWGHs Kap Yan Directors' College



全球化的未來

The Future of Globalisation

活動十分有趣，讓我能全面地認識全球化。

The activity was very intriguing and provided me a comprehensive picture of globalisation.

李嘉凱同學

Student - Li Ka Hoi

香港浸會大學

Hong Kong Baptist University



活動數字概覽 — 學員滿意度

Programme Figures Overview -

Overall Satisfaction of Participants

05/2022-04/2023

4.3

活動內容
Content

4.3

活動形式
Format

4.5

導師表現
Performance of Instructor

4.1

相關知識及技巧增長
Knowledge & Skills Enhancement



關於我們 About Us

為香港未來添上一筆

香港青年協會領袖學院是專為青年而設的學院，自2000年起，學院專業而有系統地培訓逾20萬名青年領袖。

學院現時坐落於別具歷史價值的前粉嶺裁判法院。經活化後，法院保留了殖民時期建築的優雅風格，同時融入了現代科技，為中學生、大專生以至在職青年，提供更全面的領袖培訓、跨文化交流及親身體驗。青年領袖將在本地、國家和國際層面，**提升個人素養、公民意識、責任感以及服務心志。**

同時，香港青年協會提倡**六大未來技能**，裝備青年軟、硬技巧。領袖學院之培訓課程圍繞四大主題，包括：**可持續發展領袖、服務型領袖、抗逆領袖及溝通協作領袖**，亦涵蓋其他特色課程，為求裝備青年在未來承擔領導角色，領創新天。

Brushing Colour into Hong Kong's Future

The HKFYG Leadership Institute is dedicated to creating a new generation of leaders for Hong Kong, more than 200,000 have been trained since 2000.

The home of The HKFYG Leadership Institute is the historic former **Fanling Magistracy**. After revitalisation, the court combines the heritage of a graceful colonial building with immersive and interactive technology. Young people will be engaged and involved in high-quality programmes, inter-cultural exchanges and hands-on experiences to **enhance their intellect, responsibility and service locally, nationally and globally.**

Meanwhile, The HKFYG advocates **SIX Future Skills**, strengthening youth's hard and soft skills. The Institute offers training programmes in four main themes, namely **Sustainability Leadership, Service Leadership, Resilience Leadership and Communication and Collaboration.** Signature programmes are also provided. Through our curriculum, young people are empowered to take up leadership roles and **Make Wonders.**



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