

「破解危機 · 激發潛能」 領袖訓練證書課程

Hack the Crisis · Beyond Insights Leadership Certificate Course

過去一年，香港經歷重重難關。作為「被選中的一群」，青年面對危機時該如何自處？全球疫情肆虐期間，知名商業顧問公司調查顯示，大部份企業領袖只能處於被動狀態；**建議領導者必須展望未來，不斷主動調整方向。**青年如能及早整理經驗，調整心態，掌握技巧，不但能藉危機為學習，更能夠為新學年作好準備。

Since last year, it has been a hard time in Hong Kong. How should young people manage themselves during crisis? The survey of a well-known business consulting company shows that most corporate leaders could only respond passively to changing situations during the pandemic. The report recommends that **leaders should be able to look to the future and constantly adjust their direction.** If young people can consolidate their experiences, adjust their mentality, and master leadership skills, they will not only learn from the crisis, but also be well-prepared for the new school year.



模擬危機情景

Simulated Crisis Scenarios

經歷模擬情景，增加實戰感，提升掌控危機能力

Experience simulated scenarios to **enhance the ability to control the crisis**



3Q領袖培育

Cultivate 3Q Leadership Qualities

鍛鍊EQ、AQ和SQ領袖質素

Equip participants with **EQ, AQ and SQ leadership qualities**



配合課程需要

Match with the Curriculum

為高中課程提供案例分析

Provide case studies for **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，即可獲頒修業證書

Participants completing **3 or more sessions with good performance** will be awarded a **Certificate of Completion**

簡介 Introduction

課程通過**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和實踐領袖能力。

The programme comprehensively improves participants' **emotional intelligence (EQ)**, **adversity intelligence (AQ)** and **spiritual intelligence (SQ)** through **6 training sessions** with **3 training hours per session**. Participants will be able to adjust their mentality and practise leadership skills when face with challenges and difficulties.



提升對事物本質的**頓悟能力**和**直覺思維能力**，著重**品格的培養**，包括：同理心、尊重多元、有使命感和謙卑自覺等，指導領袖作出適當的決定。

To **enhance insight and intuitive thinking of the nature of things**, focusing on the **cultivation of morals**, including: empathy, respect for diversity, sense of purpose and humility, which **guide leaders to make suitable decisions**.



學習**管理自己的情緒**和**改善人際關係**的能力，包括：了解自身情緒、自我激勵、識別他人情緒和處理人際關係。

To learn to **manage one's emotions and improve interpersonal relationships**, including: understanding one's own emotions, self-motivation, recognising others' emotions, and dealing with interpersonal relationships.

鍛鍊個人在**不利或高逆環境中仍能處之泰然及勇於面對**的態度，發揮內在的潛能，懂得尋找外界的資源，克服挑戰。

To **enhance the ability to cope with problems calmly and actively in an unfavorable environment**. Leaders with high AQ will be able to use their inner potentials and know how to find external resources to overcome challenges.



EQ + SQ

W世代M思維 Wellness Generation & Mindfulness

🕒 3小時Hours

正念 (Mindfulness) 近來愈趨流行，不少國際企業如：Google、麥肯錫，都為員工培訓加入相關課題，協助他們減少焦慮，改善免疫力和大腦功能，提升績效。學習正念思維將讓**參加者更有自信**面對壓力，迎難而上，成為真正的「全健(W)世代」領袖！

Mindfulness has become increasingly popular nowadays. Many international companies, such as Google and McKinsey, have already introduced relevant topics in staff training to help them reduce anxiety and improve immunity and brain functions, thus improving performance. Learning mindfulness will make participants more confident when facing pressure and challenges and **become the leader of "Wellness (W) Generation"**!

對象 中一至中六
Target S.1 – S.6

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
- 通過互動遊戲，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 games
- 學習正念呼吸、正念步行、正念進食、正念溝通
Practise mindful breathing, mindful walking, mindful eating and mindful communication

透過全健思維測試及活動，學習察覺自己各方面的領導表現
Recognising participant's leadership performance through wellness test and activities

名額 20
Quota



AQ + EQ

囚室解難 Team Problem Solving Challenge - Jail Cell

🕒 3小時Hours

在冰冷的囚室中，埋藏著千奇百怪的線索。如果你在限時之內不能**帶領團隊找到逃離方法**的話，你們的命運是……

Clues are hidden in the mysterious jail cell. If you cannot **lead the team to escape** within the time limit, you will end up……

對象 中一至中六
Target S.1 – S.6

目的 學習創意解難的理論與步驟
Objectives To learn key theories and steps of creative problem-solving

讓參加者認識自己的解難能力
To help participants understand their capacity in problem-solving

內容 進行個人解難能力測試及團隊囚室解難挑戰
Contents Taking problem-solving aptitude tests and jail cell team challenges

於「個人解決問題能力」分析環節中獲得相關分析報告
Acquiring analysis reports in the "Personal Problem-solving Capability" assessment session

名額 36
Quota



溝通行者 Communication Walker

🕒 3小時Hours

一個領袖的感染力，建基於良好的溝通能力和自信。學會有效溝通的秘訣，使你的人際溝通能力「贏在起跑線」！

The appeal of a leader is based on good communication skills and confidence. Learn the secrets of effective communication, you will **have a head start on your interpersonal communication skills!**

對象 Target	中一至中三；中四至中六 S.1 – S.3 ; S.4 – S.6
目的 Objectives	學習有效溝通的基礎理論 To learn the basic theories of communication 掌握溝通的相關技巧及溝通原則 To understand the key concepts of communication skills and rules
內容 Contents	探索個人接收訊息與發放訊息的模式 Exploring individual communication mode 練習各種溝通的技巧及改善溝通盲點 Practising different communication skills and avoiding communication blind spots
名額 Quota	30



讚美的藝術 The Art of Appreciation

🕒 3小時Hours

人際關係學大師戴爾·卡耐基說：「一個人事業上的成功，只有15%是由於他的專業技術，另外的**85%要依賴處理人際關係的交際本領**。」要成為一個出色的領袖，學習發現人性的優點，由衷地滿足別人的重要感，以真誠的讚美鼓舞他人，你也會發現「幸福」的感染力。

Dale Carnegie, the interpersonal relationship master, said: **"85% of job success comes from having well-developed soft and people skills, and only 15% of job success comes from technical"**. To become an excellent leader, it is important to learn to discover others' advantages, genuinely satisfy others' sense of importance, and encourage others with sincere praise. **You will also learn the appeal of "happiness"**.

對象 Target	中三至中六 S.3 – S.6
目的 Objectives	建立欣賞事物的態度 To build an attitude to appreciate others 學習人與人之間的尊重原則 To learn the principle of respect among people 了解讚美的正面影響 To understand the positive impact of appreciation 學習如何了解溝通內容的含義 To learn how to understand the meaning of verbal content
內容 Contents	學習讚美的方法和技巧 Learning methods and techniques of appreciation 練習用心觀察、仔細聆聽的溝通技巧 Practising communication skills with careful observation and active listening
名額 Quota	20



模擬城市的命運 The Destiny of the Sim-City

🕒 3小時Hours

當你所居住的小島沉沒時，你會帶走甚麼？停一停，諗一諗。沉沒？這是真的嗎？！千鈞一發之際，或去或留，決定權全在你手上。

The island where you live is sinking. What will you take with you when you have to escape? Stop and think. Sinking? Is this true?! At the critical moment, the decision of whether to go or not is in your hands.

對象 Target	中三至中六 S.3 – S.6
目的 Objectives	學習建立慎思明辨的論證技巧 To develop critical thinking 認識議會議事流程及規則 To understand the meeting procedures and rules 學習多角度思考，以自信的方法發表觀點 To express opinions with multiple perspectives in a confident way
內容 Contents	了解價值觀、法則的差異，從而了解自己的思考模式 Understanding your own thinking patterns through knowing the differences in values and rules among people 了解政策分析的過程、分析層面和考慮因素 Understanding the policy analysis process, level of analysis and considerations 學習議會議事流程及規則 Knowing the meeting procedure and rules 於數碼演講廳即場進行議會辯論 On-site parliamentary debate in the digital chamber
名額 Quota	30



全球化的未來？ The Future of Globalisation?

🕒 3小時Hours

全球化為環球社會和經濟增添活力，卻同時為世界帶來不少煩惱。正當世界各國正為氣候變化議題漸漸達成共識之際，在疫症肆虐之下，各地又再各自築起圍牆，封境鎖國。原本各國**互相依存的關係**是否正在瓦解？我們是否正在經歷「去全球化」(Deglobalisation)呢？青年領袖的**世界公民角色**將會有何轉變？

Globalisation injects vitality to the global society and economy, but at the same time, it brings a lot of troubles to the world. Countries are gradually reaching consensus on the issue of climate change, however, various countries and regions have re-built their own walls and sealed off the country in the plight of pandemic. Are the **interdependent relations among various countries disintegrating**? Are we **experiencing "deglobalisation"**? What will happen to the **role of young leaders as world citizens**?

對象 Target	中三至中六 S.3 – S.6
目的 Objectives	反思全球化在現今世界的實踐 To rethink 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 thinking
內容 Contents	透過真實個案分析，拆解全球化/去全球化的過程和影響 Analysing the process and impact of globalization / deglobalization through case study 了解國際合作關係的歷史和未來發展 Understanding the history and future development of international relations
名額 Quota	20

詳情 Details

活動費用 Course Fee

每人每項港幣260元正
HK\$260 per person per session

個人參與方式 Participation Method

參加者可選擇不同項目及班別，並填妥網址內的報名表格及繳款。

Participants can choose different sessions and classes, and complete the online application form and payment.

授課語言 Medium of Instruction

廣東話
Cantonese

學校自訂日期方法 Customisation of Class

如學校/團體希望自訂日期參與任何一項培訓活動，歡迎致電與負責同事溫小姐聯絡。

Please contact Ms WAN for the Course on scheduling a customised class.

關於我們 About Us

香港青年協會自2000年開始，已為本港超過15萬名學生領袖提供專業及具系統的培訓。建基於多年的經驗，青協活化前粉嶺裁判法院，成為「**香港青年協會領袖學院**」，並提供營舍，為中學至在職優秀青年提供更全面領袖訓練。學院下設五個院校，重點培訓領袖技巧、提升傳意溝通、加深認識國家發展、開拓全球視野，以及推動社會參與。其中《香港200》領袖計劃，每年選拔具領導潛質的青年學生，培養他們願意為香港貢獻的心志。學院更與One Young World、薩斯堡世界論壇及和平號等國際組織合作，為本地青年提供開拓國際視野的機會，進一步實踐回饋社會的心志。

The HKFYG has provided comprehensive leadership training for nearly 150,000 student leaders since 2000. Building on this solid foundation of leadership training, the HKFYG has revitalised the former Fanling Magistracy and established the **HKFYG Leadership Institute** in 2019 with a new lodge. The Institute, targeted at secondary and tertiary students and young executives, consists of five Schools that emphasise on instilling Leadership Skills, developing Communication Abilities, enhancing an Understanding of China, ensuring Global Exchanges and encouraging Public Engagement. "Hong Kong 200" Leadership Project, for example, focuses on nurturing student leaders with both competency and commitment. Partnership with renowned global organisations like One Young World, Salzburg Global Seminar and Peaceboat enable local young leaders to learn from international leaders.

報名 Application

<https://leadershipinstitute.hk/event/hackthecrisis>



香港青年協會領袖學院
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