

SELF-LEADERSHIP

YOUR BEST INVESTMENT IS YOU!

Date: June 7, 2011

Time: 8:30am - 2:00pm

Location: The Excelsior Hotel, Hong Kong

Hong Kong's business environment is characterized by its high pace, strong work ethics and the drive to succeed in a short time. As a result, executives and entrepreneurs alike tend to be extremely busy people who often miss to take good care of themselves, in terms of work-life-balance, optimal career development, eating habits and finances.

Join an expert panel of very experienced advisors and coaches who will share with you best practices and help you see, how you can best invest in your own future in a holistic way, considering all important aspects of your life.

WHO SHOULD ATTEND?

- **Executives** who want to take their personal and professional life to the next level
- **Entrepreneurs** who have achieved success but look for more
- **Senior HR executives** who care about the career and wellbeing of their employees
- **Anyone else** who is open to lead a more meaningful and sound life

WHAT YOU WILL LEARN?

About your career

- How to go about optimizing your career success in your current career
- How to identify your optimal career (if you consider a career change)
- How to find better work-life-balance while maintaining a successful career or business

About your finances

- What is lifestyle financial planning?
- How to choose a good advisor?
- How to set your lifestyle goals?
- Why seeking advice can be liberating?

About your health & wellbeing

- How mindfulness can be used to improve sleep
- How mindfulness can be used to change limiting thoughts about fitness
- How mindfulness can be used to achieve a healthy weight and healthier eating habits

ALL YOU NEED TO KNOW ABOUT EXECUTIVE COACHING

How to Maximize Your Investment in Professional Coaching

PROGRAM OUTLINE

Time	Contents	Methodology
08.30 - 09.00	Registration & Networking	
09.00 - 09.20	Introduction of participants and speakers	<i>Interactive Exercise</i>
09.20 - 10.00	Optimizing career development and finding the 'right' career	<i>Presentation & Group Discussion & Role Play</i>
10.00 - 10.30	Finding the 'balance' - what it takes to succeed at work while keeping a healthy balance	<i>Presentation & Group Coaching</i>
10.30 - 11.00	Coffee Networking Break	
11.00 - 11.45	The benefits of taking control of your financial future - wealth creation & protection	<i>Presentation & Group Discussion</i>
11.45 - 12.35	Breaking free from unhealthy habits using mindfulness (insomnia, lack of exercise, mindless/stress eating)	<i>Presentation & Group Discussion & Role Play</i>
12.35 - 12.45	Mind Body Scan and Mindful Eating Exercise	<i>Group Coaching & Exercise</i>
12.45 - 13.00	Q & A	
13.00 - 14.00	Networking Lunch	

Benefits for participants include

- Gain clarity about **developing your optimal career** and **work-life-balance**
- Understand how to **create and protect wealth**
- Learn how to **enhance your health and wellbeing through a mindfulness-based lifestyle**

"This course is very different from the other coaching courses that I have attended. The skills learned from the program are very solid and practical. The program is inspiring and very useful."

Learning & Development Manager
Lloyds TSB

ALL YOU NEED TO KNOW ABOUT EXECUTIVE COACHING

Your Facilitators



CHARLIE LANG

Trainer & Executive Coach, Managing Partner of Progress-U Limited

Charlie Lang is a certified professional coach and a pioneer of coaching in Asia-Pacific. He has extensive experience both as a senior executive himself and in coaching other senior executives at multinational companies with a strong presence in Asia-Pacific (total over 3,000 coaching hours).

Some clients he has served include: Alcatel-Lucent, Allianz, AON, BASF, BAYER, BNP Paribas, Chanel, DMG, Google, Hang Seng Bank, General Electric, HP, Johnson & Johnson, Lego, L'Oreal, Lloyds TSB, New York Life, Otis, Porsche, RBS, Saint Gobain, TESCO, Volvo, UBS, and many more.

His company, Progress-U supports its clients in finding and developing a successful career, developing leadership capability and achieving sales excellence through the innovative 'Stop Selling!' approach.



ANDREW HAYES

Financial Advisor

Andrew Hayes is an experienced financial adviser who believes in providing tailored holistic advice. This ensures his clients meet their goals in a manner that is appropriate for their risk tolerance levels and investment time frames.

In order to craft tailor-made solutions, Andrew makes it his business to thoroughly understand his clients' evolving needs and priorities. He believes the best results are achieved by working cooperatively with his clients' existing accountants and solicitors.

Andrew holds a Bachelor of Arts from Sydney University and a Master of Applied Finance from Macquarie University. He holds a Graduate Diploma in Applied Finance and Investment, and Financial Planning, from the Financial Services Institute of Australasia. Andrew is a licensed representative with the Securities and Futures Commission.



JULIE CHIU

Mindful Living Coach, Director of Mindful Eating Lifestyles Ltd.

Julie Chiu, RN, MS(Hons), CHC, IC® is a certified health coach, seminar leader, trainer, nurse, and pioneer of mindfulness-based coaching in Asia-Pacific. She is Hong Kong's only Certified Health Coach (National Society of Health Coaches), Intrinsic Coach®, Certified Intuitive Eating Pro® Counselor and Mindful Living Behavior Specialist.

Julie is known as the "How To" Lady on breaking free from unhealthy lifestyle habits and helping clients achieve personal success and freedom through creating positive behavioral changes in their lives through individual coaching, corporate seminars, and group workshops. In addition to coaching clients, she writes for online and print media and conducts lectures and workshops on mindful living (eating, weight management, stress reduction, effective communication, etc.) and evidence-based health coaching.

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Practical Information

COMMENTS OF PAST PARTICIPANTS

"This course is very different from the other coaching courses that I have attended. The skills learned from the program are very solid and practical. The program is inspiring and very useful."

----- Principal Consultant, Bethel International

"Thanks for the excellent training I received last week. During the years, I have undertaken a number of training courses and I would like to say that last week was one of the most enjoyable and personal rewarding I have completed for a long time."

----- Business Improvement Manager
Hong Kong Aero Engine Services Ltd.

PRACTICAL INFORMATION

Your investment: HKD\$680 including lunch (2/3 of regular investment [HKD\$2000] sponsored by facilitators) Members of HKICC, Russian Club, Red Group Asia and Canadian Chamber of Commerce receive a 10% membership discount.

Since this is a sponsored event, we reserve the right of declining any registration at our discretion.

Reservation

Please reserve _____ place(s)

CONTACT DETAILS

Please print in BLOCK LETTERS

Name (Mr./Mrs./Ms./Dr.) _____ Date _____
(Surname) (First Name)

Company Name _____ Title _____

Tel _____ Fax _____ Email _____

PAYMENT

By Telegraphic Transfer

Account Name: Progress-U Limited.
Bank: The Hongkong and Shanghai Banking Corporation
Account No: 183-545 268001
SWIFT: HSBCHKHHHKH

By Cheque

Payable to Progress-U Ltd.
Please send in your cheque together with registration form to
Progress-U Limited
21B, DotCom House, 128 Wellington Street, Central, Hong Kong

* Please email your registration and telegraphic transfer acknowledgement to vanessa.lui@progressu.com