



S1FUT003T

(Not-token required)

🔍 Future Insight Talk Series

On My Own Way

Ms WONG Shin Tung
Founder and Director of Kusala Education



Application Deadline

27 February 2023

12:00 noon

Intended Learning Outcomes

Upon completion of the programme, participants should be able to:

1. gain a general understanding of the situation of establishing a body-mind-spirit education sector in Hong Kong;
2. infuse their interest and insight into various learning aspects;
3. appreciate others' good and wholesome in daily life and spread it out to the society.



◆ Introduction

We now live in an era of information explosion, the information including health, lifestyle and entertainment is readily available. It is difficult to make a correct decision when there are too many opinions. The speaker Ms WONG Shin Tung, an alumna of the HKAGE, will share her experiences on how to develop her career from personal ideals and how to promote diversified education and take action on kindness and caring in various forms to achieve physical and mental health and happiness.

Ms Wong is the founder and director of Kusala Education and graduated with Bachelor of Chinese Medicine at CUHK and Master of Buddhist Counselling at HKU. She is committed to bringing the practice of mindfulness regardless of religious boundaries to different fields and sharing this innate peace and happiness with the public.

◆ Schedule

Session	Date	Time	Venue
1	3 Dec 2022 15 April 2023	10:00 a.m. – 12:00 noon	SKH Bishop Baker Secondary School Room 105, HKAGE

◆ Target Participants

- S1 – S6 HKAGE student members in 2022/23 school year only.
- Class size: 80
- * First-come-first-served.

◆ Medium of Instruction

Cantonese

◆ Certificate

E-Certificate will be awarded to participants who have attended the talk.

This talk is one of the items in the four domains of the Holistic Talk Series. The objective is to facilitate the all-round development of student' gifted potential.



The Hong Kong Young Academy of Sciences (YASHK) talk series

Talks are about emerging technology to inspire students' motivation in pursuing knowledge in specialized areas.



Academic Introductory Talk Series

Introduce trendy topics to widen the students' horizons.



Celebrities Talk Series

Celebrities share their life-changing moments to enhance students' aspirations for life.



Future Insight Talk Series

Professionals explain the latest trend in their industry to give students an insight to plan their future.