

## **Workshop on Stress Management**

### **By Mr Gordon LEUNG**

On the evening of November 22, 2024, a transformative workshop was jointly organised by the YMC and the Continuing Professional Development Committee (CPDC). It delved into the intricacies of work-life balance and stress management, attracting a diverse cohort of young engineers keen to unravel the mysteries of maintaining equilibrium in the face of today's relentless professional demands.

As the workshop unfolded, a tapestry of insights was woven, illuminating the crucial role of work-life balance in preserving mental and physical well-being. As our esteemed speaker, Mr Donald Ma (Executive Consultant of MilestoneThree Ltd) eloquently can exact on individuals, urging participants to heed the warning signs and prioritise self-care amidst the disarray of their professional lives.

Guided by Mr Ma's expertise, attendees embarked on a deep dive into the labyrinth of human emotions and stress dynamics. They were introduced to an arsenal of techniques designed to bolster emotional intelligence, a skill essential to deciphering and managing the intricate tapestry of one's emotions. The workshop not only shed light on the transformative power of positive psychology but also empowered participants to transmute the negative energies of stress into wellsprings of constructive vigour.

Amidst the exchange of ideas and experiences, practical strategies as beacons of hope for those seeking to strike a harmonious chord between their work and personal realms. From time-honoured time management methodologies to the serenity-inducing practices of mindfulness, attendees were equipped with a diverse toolkit to carve out sanctuaries of balance in their lives.

The collaborative spirit that permeated the workshop fostered a nurturing environment where shared challenges metamorphosed into collective triumphs. As the workshop drew to a close, a poignant reminder reverberated in the hearts of all present – a reminder of the importance of safeguarding mental well-being as a linchpin of professional success.

The workshop emerged as an enlightening experience, endowing young engineers with a treasure trove of wisdom to navigate the tempestuous waters of their careers while upholding the sanctity of a balanced and nourished existence.



Mr Donald Ma, the guest speaker (1st left), leading the participants in a group activity