



Stress, Motivation and Performance

Guest Speaker : **Mr Alex K Lam**
*VP - Global Learning Asia and Certified EQ Administrator (MHS),
 CoreNet Global Inc*

Date : **11 November 2005 (Friday)**
Time : **From 7.00 p.m. to 9.00 p.m.**
Place : **Rm UR11 SCOPE, 8/F United Centre,
 95 Queensway, Admiralty, Hong Kong**

Cost : **\$100 per person for Members**
\$150 per person for Non-members

Language : **English**

The closing date for reservation is **Monday 7 November 2005**.

Cheque should be made payable to "The HKIFM". Interested parties please complete and return the below slip together with the cheque to the HKIFM, Unit C 35/F Morrison Plaza, 5-9A Morrison Hill Road, Wanchai, Hong Kong, by mail or direct debit to our Bank of East Asia Account #514-40-55007-8 and fax the pay-in slip back to 25374426.

RESERVATION FORM

Stress, Motivation and Performance (CPD006/05)

The **closing date** for reservations is **Monday 7 November 2005**

Name: _____ Membership No.: _____
 Contact No.: _____ Mobile Phone No.: _____ Fax No.: _____
 No. of Reservation: _____ Chq. Amt.: _____ Chq. No.: _____ made payable to "The HKIFM"

The Hong Kong Institute of Facility Management ADMISSION TICKET/OFFICAL RECEIPT

(THE ORIGINAL OF THIS ADMISSION TICKET MUST BE PRESENTED AT THE EVENT)

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 Rm UR11 SCOPE, 8/F United Centre, 95 Queensway, Admiralty, Hong Kong

Reservation Fee HK\$..... for person(s), cash/chq #..... made payable to "HKIFM"
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Stress, Motivation and Performance

Program Highlights

- Elements of modern-day stress and minimizing your own personal stress and stress of others
- Forms of motivation and what you need to do to motivate yourself and your staff to influence performance
- Emotional intelligence (EQ) in workplace performance
- Key elements of optimal performance in today's CRE workplace and how to cope with do-more-with-less
- Creating an environment to reduce stress and maximize performance

Two elements that influence optimal job performance are stress and motivation. According to a survey prepared by Northwestern National Life, 40% of the workers reported their jobs are very or extremely stressful. People are subjected to stress constantly from commuter traffic, deadlines, bills, angry bosses, irritable spouses, noise, social pressures, physical sickness and mental challenges. For corporate real estate (CRE) professionals, we can add to the list: outsourcing, downsizing, job insecurity, under-funding, do-more-with-less, job dissatisfaction, lack of business direction and unclear career paths.

Much attention has been given to emotional intelligence (EQ) in recent years, and people with high emotional quotients are generally believed to be more resilient and more successful. The 1997 Wagner Study for the American Psychologist on effective job performance indicated that the influence of IQ represented only 6%, while EQ scored 27%.

The objective of this seminar is to examine job stress and how it bankrupts our work motivation. We will examine how the CRE job has changed over the years and how we must adopt a new paradigm in our thinking and approach in order to achieve optimal performance in today's demanding business environment.