



Wellness and Counselling Centre
Office of Student Affairs, The Chinese University of Hong Kong
香港中文大學 學生事務處 心理健康及輔導中心



Mental Wellness Promotion Day 2018

Embrace Yourself

uBuddies Training Workshop

By

U-Fire Networks



U-FIRE NETWORKS
榮火青年網絡

Ice Breaking Game!!!!!!

1.)

- Introduce yourself to your group mates with a move



Ice Breaking Game!!!!!!

2.)

- Walk around the room and play “Paper Scissors Stone” with whoever you met
- The winning side could put a label onto the losing side’s body



Sharing Time

- Share 3 of your weaknesses with your group mates
- After one had shared their weaknesses, other group mates gives words of affirmations/ appreciation, and tear away the labels on his or her body.



Event Details

Mental Wellness Promotion Day 2018
Embrace Yourself
uBuddies Training Workshop

Event Name: Mental Wellness Promotion Day

Date: 1st February, 2018

Time: 12pm – 5pm

Venue: Pommerenke Student Centre Plaza

Target Group: All CUHK staff and students

Event Theme: “Embrace Yourself”

Theme Icon: Dandelion (Taraxacum)



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What flower is this?



Our Theme Icon – The Dandelion

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It's Dandelion!!!



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The Dandelion

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- ✦ Normally we recognise Dandelion by the seeds instead of the flowers
- ✦ We would like to bring out a message of we usually have the identity of who we are through the recognition of people around us, which it might not be 100% correct
- ✦ Sometimes we do not know who we actually are, unless we could embrace ourselves and try to discover 'the real me'



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The Dandelion

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- ✦ Dandelion is with high mobility and adaptability, that they could adapt to most of the environment
- ✦ It can encourage us not to be stroke down in a hard environment. We do not have to look strong all the time, especially during the hard times.
- ✦ Our weak stage is important, can we see our vulnerability as beautiful or even powerful? Will we just give up? Or will we keep on watering ourselves with positive thoughts, encouragement and confirmation to ourselves, so that we can carry ourselves through the process and finally the life have grown.
- ✦ When we overcome the hard time, it could also be the blessings to others.



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Event Promotion

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- ✦ We would like to bring awareness to the event on 1st February, therefore we will have a promotion period to outreach to all the students and staff around the campus.
- ✦ **Promotion Period/ Time :**
 - 19/1 (Fri) : 12 - 2pm (with busking) & 5 - 7pm
 - 26/1 (Fri) : 12 - 2pm (with busking) & 5 - 7pm
 - 30/1 (Tue) : 12 - 2pm (with busking) & 5 - 7pm



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✦ Promotion Spots:

- 1.) Outside University Station
- 2.) The University Mall (百萬大道)
- 3.) Cultural Square
- 4.) From Pommerenke Student Centre to Yatsumoto International Academic Park (YIA)



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✦ Materials that we will be holding:

1.) the A4 size poster of the event

2.) Promotion Card

3.) A picture of Dandelion



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Step 1: Give a smile :) and a warm greeting

Step 2: Invite the person to play a small guessing game.



Which one is Dandelion?

Tip: there are 4 of them

Step 3: Show the picture of Dandelion to the person. Explain how Dandelion is related to “Embrace Yourself” to them.

Step 4: Give them the promotion card, and invite them to join the event on 1st February. Also remind them to bring the card to the Yummy Corner to redeem a cotton candy.



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Some tips for you!!!!

- ◆ EY [ACE]
- ◆ Keep smiling: Give good impressions and keep yourself happy!!
- ◆ Show your purpose : Attach them by the theme.
- ◆ Lack of Time: Just 5-6 mins
- ◆ Give them freedom: Don't force them.
- ◆ Promote by students: Students can help us to do promotion in school
- ◆ Ask your friends: your classmates are also CUHK students!!
- ◆ Work closely with each other, encourage each other, support each other with love.



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- ♦ Please fill in your name and contact details to the available time slot before you leave.
- ♦ More details on the logistics will be sent to all of you by email/ whatsapp on the week of 15th Jan.



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Thank You!!



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