

6. SELF-DEFENCE

This workshop will develop participants' awareness of basic self defence techniques and give them confidence in their ability to avoid and counter attacks. Basic techniques of handling dangerous situations will be demonstrated and discussed, and participants will then have the opportunity to practice these skills.

7. STRESS MANAGEMENT

The goal of this workshop is to provide participants with an opportunity to understand the concept of stress, to identify potential causes of stress on an overseas posting, to recognize its symptoms and related diseases and to learn strategies for coping with stress.

8. WILLS, ESTATE PLANNING, AND FINANCIAL MANAGEMENT

This one-day workshop is divided into two parts: the morning session stresses the importance of having a will and covers the various aspects related to wills and estate planning; the afternoon session will focus on different types of investments for consideration in financial planning.