



Self-Leadership Program Schedule (Fall 2023)

^ Each program participant will receive a personalized Lumina Spark Portrait and debriefing by certified a Lumina Practitioner upon completion of the Lumina Spark Psychometric Assessment.

Class 1 Face-to-face (Cantonese)	Class 2 Face-to-face (English)	Event & Theme
19 Sep (Tue) 6:30 - 8pm	20 Sep (Wed) 4:30 - 6pm	My Values and Beliefs #WhySelfLeadership #WhatIsImportantToMe #AmIWhoISayIAm
26 Sep (Tue) 6:30 - 8pm	27 Sep (Wed) 4:30 - 6pm	My Superpower^ (Lumina Spark Debriefing) #MyPortrait #MyTrueColors #MyInnerSpark
3 Oct (Tue) 6:30 - 8:30pm	4 Oct (Wed) 4:30 - 6:30pm	Team Building Fun #WhyATeam #MyRoleAndContribution #TimeToHaveFun

One-on-One Advising

Individual schedule is to be arranged with Trainer. Attend at least one session.

7 Nov (Tue) 6:30 - 8pm	8 Nov (Wed) 4:30 - 6pm	Be Kind to Yourself #WhatWhyHow #AmIGoodToMyself #BefriendMyself
14 Nov (Tue) 6:30 - 8pm	15 Nov (Wed) 4:30 - 6pm	Self-visualization & Motivation #ExploreOptions #SuccessImage #BecomeWhoIWantToBe

This is a HMAW1905-recognized program in the "Personal Enrichment & Community Service" category under the "Self-directed Experience" of HMAW1905. You need to attend at least 4 sessions in full to get 6 - 8 hours.



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