

**Caritas Medical Centre
Happy Hospital Staff Campaign
2009-2010**

**Jointly Organized by Central Nursing Division (CND)
& Critical Incident Support Team (CIST)**

明愛醫院
「快樂員工運動」
2009-2010



Immense Workloads & Pressure



Psychological Stress



Emotional Disturbances



**WORK-LIFE BALANCE
AFFECTED**

Happy Hospital Staff Campaign

Caritas Medical Centre (CMC)

(June 09 to May 10)

- ▣ Staff Psychological Well-being
- ▣ Caring for 'Carers'
- ▣ Main Theme of HA Convention 2010

Happy Staff Healthy People

開心員工 共建民康



Objectives

- I. Staff Health, Wellness, & Happiness
- II. Work-Life Balance
- III. Positive Attitude
- IV. Minimize Negative Emotion /
Dissatisfaction

Methodology

- Open Recruitment of **“Happiness Ambassadors (快樂大使)”**
- Booths from April - May 2009



明愛醫院職員關懷系列之

「快樂員工運動」2009 暨 「快樂大使」招募月

招募日期：2009年4月15日至5月18日

招募攤位：4月15-29日(逢週三), 5月4-18日(逢週一)

攤位地點：懷愛樓地下近職員餐廳

「快樂員工運動」啟動禮：2009年6月16日(星期二)

「快樂大使」訓練課程：2009年7月至2010年4月

「快樂員工運動」內容包括：

嘉許：成為明愛醫院「快樂大使」的同事，會被邀在「快樂員工運動」啟動禮中獲頒授「快樂大使」徽章。

受訓：※接受為期一連十節的培訓工作坊(每月一次，每節一小時三十分鐘，共15小時，含15 CNE pts) 課程內容源自著名心理學家 Dr. Martin Seligman (美國心理學會會長)所發展的『正向心理學』Positive Psychology。

※「加油讀好書」每月每人借閱好書一本，書籍內容圍繞「快樂」、「情緒管理」及「優閒」等。

導師：游婉珍女士(職員關顧主任，已完成「快樂教練高級課程」)及其他嘉賓講者。

證書：凡受訓出席率達80%或以上者，均獲發由醫院行政總監及護理總經理聯合簽發之證書。

服務：樂意與身邊同事分享所學心得。

獎勵計劃：

「快樂大使」如在受訓期滿出席率達90%及完成「加油讀好書」8本或以上者，均獲發「快樂大使獎學金」。獎學金由**縱橫遊**贊助送出旅遊現金禮券每名\$300。並獲邀在2010年6月舉行之「快樂大使嘉許禮」中接受頒獎。

報名：

填妥報名表格，於攤位日即場交回
或傳真至 2741 7757

截止日期：

2009年5月18日，並於5月底前接獲通知。

參加資格：

(名額有限，報名從速)

假如你是屬於以下任何一項，均可報名。

- 願意跟人分享快樂/正面思想；
- 願意被人感染快樂/正面思想；
- 希望平衡生活/工作緊張，改善生活/工作情趣；
- 學習『正向心理學』Positive Psychology，把所學心得與人分享。

查詢：3408 7258 游小姐或
3408 6114 練小姐

鳴謝：**縱橫遊**、悅讀平台有限公司鼎力贊助



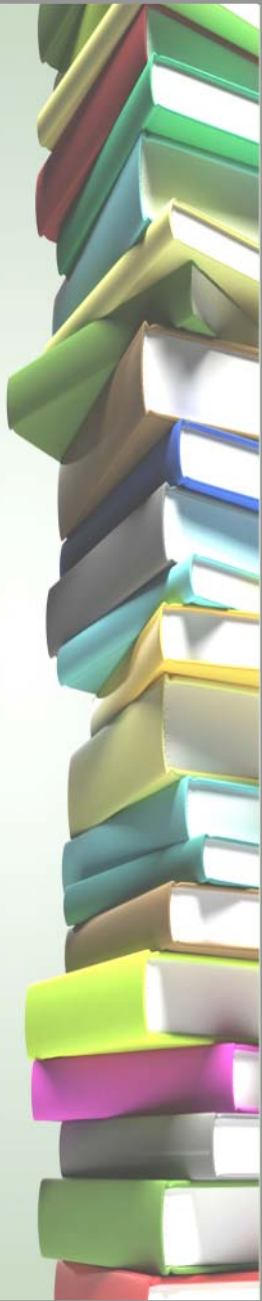
Ambassador Recruitment



Methodology (Cont.)

- 10- Session Training
- “Pre” & “Post” Surveys
- Mid-Event Survey in Jan
2010





Programme Highlights

1. Training

- 10 Sessions on “Positive Psychology”
- Skills & Tips to Happiness

2. Reading Programme

- Positive Emotion
- Relaxation Skills
- Interpersonal Relationship ...

Happy Ambassadors

- **Learn the Happiness tips and skills**
- **Share with colleagues, friends & families**
- **Heart-Shaped Badges**



Awards

- 80% Training → Certificate
- 90% Training + Completed
8 Books on Promoting
Happiness ...

ADDITIONAL AWARD

Travel Coupons!!



Major Dates

Happy Hospital Staff Campaign
Kick-off ceremony -

16 June 09

Happy Hospital Staff Campaign
Appreciation ceremony -

25 Aug 10

Results

- 149 Participants
- Positive & Encouraging Responses
- The Happiness Index (10-Point Scale) –
 - Pre-Campaign Survey: **5.8**
 - Mid-Way Survey: **7.3**
 - Post-Campaign Survey: **7.6**
- Conclusion –
 - Higher Morale
 - Aspiration to Happy Work & Family Life

Research-based Suggestions for Happy Living

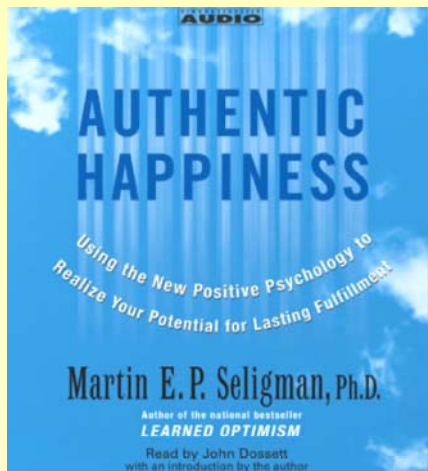


*Positive
Psychology*



MARTIN E. P. SELIGMAN, PhD

*The President's Address
APA 1998 Annual Report*



“Positive psychology” emphasizes the understanding and building of the most positive qualities of an individual:

Optimism

Courage

Work Ethics

Future-Mindedness

Interpersonal Skills

Capacity for Pleasure & Insight

Social Responsibility”

7 Tips of Happiness

Tip 1 - Appreciation, Gratitude, & Praise

Tip 2 - Healthy Living

Tip 3 - Enjoy Your Work

Tip 4 - Constructive Language

Tip 5 - Act of Kindness

Tip 6 - Forgiveness

Tip 7 – Love for Your Family & Friends



Appreciation

【謝】



Thanksgiving Thoughts → Contentment → Inner Peace
→ Happiness

*"Who Does not Thank for Little will not Thank
for Much."* (Estonian proverb)

Healthy Living

【康】



Health May Not be Everything, YET –

Without Health, Everything Else is Nothing

Sound Minds Reside in Sound Bodies

Enjoy Your Work

【勁】



W

Wages

O

Occupation

R

Relationship

K

Knowledge

S

Security

Constructive Language

【益】



Positive Word
Positive Thoughts
Positive Motivation
Positive Mind

Think Positive, Act Positive, & Stay Optimistic

Act of Kindness

【善】



Be Kind & Reach Out to Others in Need

Endorphin → HAPPY!!

Happiness Increases Helpfulness

Doing Good Also Makes One Feel Good in Return

Forgiveness

【恕】



Letting Go of Anger and Resentment -

Not Only for Goodness of the Person who
Receives it, but also for the One who Forgave

Love Your Family
& Friends

【愛】

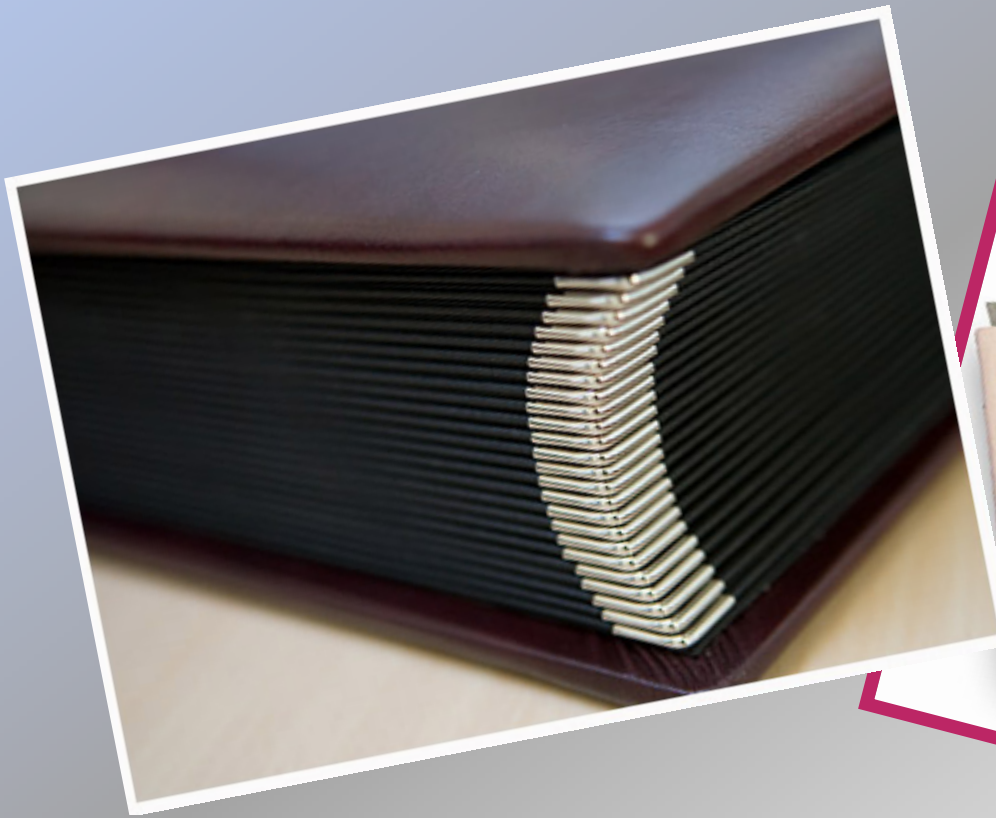


Home is the Harbour for Storms, Nest of Love

Intimate Relationship Weathers Storms of Difficult Times

**Do Not Take Close Relationship for Granted
Work Hard to Nurture It**

PHOTO SHARING





Thank You
You've Made My Day!! 😊



Q&A

