



Press Release

Career and Life Planning – Leap of Mind’s Team of Counseling Psychology Professionals

In recent years, more emphasis has been put to the professional concept, “Career and Life Planning.” The government of HKSAR announced in the 2013 Policy Address that additional funding and resources will be allocated in education of “Career and Life Planning” starting from 2014/15 school year. Nevertheless, due to the misunderstandings of this professional concept held by the public, the society and schools encounter many challenges and obstacles in the implementation of comprehensive career and life planning education and make inappropriate matches and decisions regarding student’s education and careers, all of which contributes to the confusion often seen in youths.

As one of the psycho-education organizations that emphasize the promotion of comprehensive career and life planning, Leap of Mind recruits a team of professionals specializing in counseling psychology with formal training in career and life (planning) psychology. Instead of solely assisting students in identifying their career paths, we strives to promote authentic career and life planning in the public and assist students in developing the blueprint of life with the approach of balancing “individual,” “family,” “school/work,” and “community.” Undoubtedly, the United States has already developed theories on career choices as early as the 20th century. Career and life planning has been a rather systematic and developed discipline in the western countries. Conversely, rather delayed, Hong Kong is only starting to develop career and life planning education in the recent

Leap of Mind has identified the importance of career and life planning and its challenges in implementation prior to the government’s emphasis and drive. We have been actively providing trainings, educations and events related to career and life planning in the past two years in the attempt to rectify the misconceptions of the public and fellow frontline social services providers. In addition, we have also been designing various systematic trainings and events on career and life planning for youths to assist them to effectively make plans and identify goals in life. Leap of Mind’s Team of Counseling Psychology Professionals is professionally trained with ample clinical and practical training experiences. Our team has provided relevant services for numerous schools and organizations and received positive feedbacks. In the coming year, as one of our missions, we are to continue promoting comprehensive career and life planning education, responding to the needs of the schools, matching the trends in the schools and society to provide tailor-made events, groups, workshops and trainings in the hopes to provide the keys to effective career and life planning to our future generation of the society.

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To further the public's understanding of psycho-education, Leap of Mind has organized a series of seminars on effective stress management in July and August 2014 for frontline counseling services providers and the public. Of which, Career and Life Planning Seminars specifically for teaching and counseling staff and parents will be on August 25, 2014 at 2pm to 4pm and 6pm to 8pm, respectively. The location will be at the Hung Hom Community Hall. Please contact Ms. Yick of Leap of Mind at 3152-2265 for more information and registration.

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Leap of Mind in Brief

Leap of Mind was founded in 2010 as a non-profit charity organization. We are a subsidiary organization of Health Promotion Association (HK) Limited. We are a dynamic organization with the vision to raise public's awareness on the importance of mental health; to assist our children and youth in strengthening their psychological quality; and to assist in building strong and harmonious families. We operate as a social enterprise to provide services for various sectors including schools, social services organizations, communities and corporations by balancing "individual," "family," "school/work," and "community" aspects of life. All proceeds will be used for psycho-education and counseling services for people in need.

Media Enquiries

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