

# 三個有關幸福的秘密 講座 3 PROVEN SECRETS FOR HAPPINESS SEMINAR

「你現在的生活幸福嗎？」  
ARE YOU HAPPY WITH YOUR LIFE NOW?

「過去一年，你有重大的改變嗎？」  
HOW HAS YOUR LIFE CHANGED OR STAYED  
THE SAME IN THE LAST YEAR?

FINDING HAPPINESS IS A JOURNEY. "WHEN WE ARE NO LONGER ABLE TO CHANGE A SITUATION, WE ARE CHALLENGED TO CHANGE OURSELVES," VICTOR FRANKL (1905-1977).



DATE: 16.2.2022 (WED)  
TIME: 13:00-14:30  
VENUE: ZOOM  
LANGAUGE: CONDUCT MAINLY IN CANTONESE,  
WITH ENGLISH MATERIALS  
QUOTA: 20 STUDENTS

ENROLLMENT LINK:  
(\* THIS IS A CCL RECOGNISED EVENT)

[HTTPS://BIT.LY/3GIF8NL](https://bit.ly/3GIF8NL)  
OR  
SCAN QR CODE:

ENQUIRY: MS. YUEN CHAN 3411 3303/ CIESDC@HKBU.EDU.HK

