

LAU, Ngar-Sze, PhD
Senior Lecturer
Department of Educational Administration and Policy
The Chinese University of Hong Kong
Shatin, NT, Hong Kong

Phone: +852 3943 6913
Email: ngarszelau@cuhk.edu.hk
Webpage: <https://ngarszelau.academia.edu/>

EMPLOYMENT

The Education University of Hong Kong (EdUHK)

Senior Lecturer II, Department of Social Sciences, 2021-2022
Lecturer I, Department of Special Education and Counselling, 2018-2021

Guest Lecturer (Part-time), The Education University of Hong Kong

Department of Literature and Cultural Studies, 2017-2018
Department of Social Sciences, 2014-2018
Department of Special Education and Counselling, 2014-2018

Instructor (Part-time), The Chinese University of Hong Kong (CUHK)

Department of Cultural and Religious Studies, 2017-18
Faculty of Education, 2008-2010

Visiting scholar, National Cheng Chi University, Taiwan, ROC

Graduate Institute of Religious Studies, 2016

Teaching Fellow I, The Hong Kong Institute of Education

Centre for Religious and Spirituality Education, 2006-2012

GM Teacher, Buddhist Mau Fung Memorial College

Subject coordinator (Ethics and Religious studies), 1998-2000; 2001-2005

EDUCATION

Lancaster University, UK

PhD, Religious Studies

University of Oxford, UK

MPhil, Social Anthropology

University of Hong Kong, Hong Kong S.A.R., China

MSSc, Buddhist Studies

The Chinese University of Hong Kong, Hong Kong S.A.R., China

MA, Religious Studies

MA, Philosophy

Certificate in Discipline

Postgraduate Diploma of Education

BSSc, Sociology

Teaching/Research interests

Life and Values education

Positive education and inclusive education

Contemplative and mindfulness education

Mental health and integrated education

Religion and mind-body healing

Qualitative research and Ethnography

生命與價值教育

正向教育和融合教育

靜修和正念教育

精神健康和融合教育

宗教、健康和療癒

質性研究和民族誌

OTHER ACADEMIC AFFILIATION

Assistant Professor (Part-time) & MA Student Supervisor, Fo Guang University, 2021-present
Research Associate, IWELL Centre, The Education University of Hong Kong, 06/2019-2022
Honorary Research Associate, Department of Cultural and Religious Studies, The Chinese University of Hong Kong, 2018-2022
Research Associate, New Asia Institute of Advanced Chinese Studies [新亞研究所], 2019-present

EDITORSHIP

Editorial Board member, *International Journal of Children's Spirituality* (Sept. 2018-present)

REVIEWER FOR ACADEMIC JOURNALS

International Journal of Children's Spirituality (Routledge)

Journal of Autism and Developmental Disorders (Springer)

Mindfulness (Springer)

Frontiers

LIST OF PUBLICATIONS

Refereed Journal Articles

- Kuang, Xiaoxue, Zhang, Xingzhou, Lee, C.K. John & N.S. Lau. (2022). The Relationships Between Teachers' Spiritual Well-being and Subjective Quality of Life: A Hong Kong Perspective. *Education Journal*.
- Lo, H.H.M., Au, A., Cho, W.V., Lau, E.N.S., Wong, J.Y.H., Wong, S.Y.S., Yeung, J.W.K. (2022). Mindfulness-Based Intervention for Caregivers of Frail Older Chinese Adults: A Study Protocol. *Int. J. Environ. Res. Public Health*, 19, 5447. <https://doi.org/10.3390/ijerph19095447>
- Zheng X, Zhang D, Lau ENS, Xu Z, Zhang Z, Mo PKH, Yang X, Mak ECW and Wong SYS (2022) Primary School Students' Online Learning During Coronavirus Disease 2019: Factors Associated With Satisfaction, Perceived Effectiveness, and Preference. *Front. Psychol.* 13:784826. <https://doi.org/10.3389/fpsyg.2022.784826>
- Lau, N.S. (2022). Equality of Access? Chinese Women Practicing Chan and Transnational Meditation in Contemporary China. *Religions*, 13, 61. <https://doi.org/10.3390/rel13010061>
- Lo, H.H.M., Lau, E.N.S., Tam, C.H.L. et al. (2021). Effects of a Mindful Parenting Workshop for Parents of Adolescents and Young Adults Following Social Unrest in Hong Kong. *Mindfulness*. <https://doi.org/10.1007/s12671-021-01790-7>
- Lau, N.S. (2021). Teaching transnational Buddhist meditation with vipassanā (neiguan 內觀) and mindfulness (zhengnian 正念) for healing depression in contemporary China. *Religions*. 12(3), 212; <https://doi.org/10.3390/rel12030212>
- Cheung Y.M.R. & Lau, N.S. (2021). Is Mindfulness Linked to Life Satisfaction? Testing Savoring Positive Experiences and Gratitude as Mediators. *Frontiers in Psychology* <https://doi.org/10.3389/fpsyg.2021.591103>
- Au, T.C. & Lau, N. S. (2021). Private music teachers' knowledge of and attitudes toward students with autism Spectrum Disorder. *J Autism Dev Disord*. <https://doi.org/10.1007/s10803-020-04809-5>
- Lau, N. S. (2020). Hybrid form of Buddhist meditation practice in contemporary China: Discussing the case of Mahasati Dynamic meditation. *International Journal for the Study of Chan Buddhism and Human Civilization*. Issue 7, 64-79.
- Lo, H.H.M., Ho, W.C., Lau, N.S., Lo, C.W., Mak, W.W.S., Ng, S.M., Leung, C.W.C. (2019). A brief mindfulness-based family psychoeducation intervention for Chinese young adults with first episode psychosis: A study protocol. *Frontiers in Psychology*, 10. doi.org/10.3389/fpsyg.2019.00516
- Chan, S. K., Zhang, D., Bögels, S. M., Chan, C. S., Lai, K. Y., Lo, H. H., Yip B. H., Lau N. S., Gao, T. T., Wong, S.Y.S (2018). Effects of a mindfulness-based intervention (MYmind) for

- children with ADHD and their parents: protocol for a randomised controlled trial. *BMJ-Open*, 8(11) doi:10.1136/bmjopen-2018-022514 [SCI journal, impact factor 2.496]
- Lau, N. S.** (2017) Desire for self-healing: Lay practice of *satipaṭṭhāna* in contemporary China. *Asian Medicine: Tradition and Modernity*, 12(1-2): 317-335.
- Lam, C. C., **Lau, N. S.**, Lo, H.H.M. & Woo, D.M.S. (2015) Developing mindfulness programs for adolescents: Lessons learnt from an attempt in Hong Kong. *Social Work in Mental Health*, 13(4): 365-389.
- Hue, M. T., & **Lau, N. S.** (2015) Promoting well-being and preventing burnout in teacher education: a pilot study of a mindfulness-based programme for pre-service teachers in Hong Kong. *Teacher Development*, 19(3):381-401.
- Lau, N.S.** & Hue, M.T. (2011) Preliminary outcomes of a mindfulness-based programme for Hong Kong adolescents in schools: well-being, stress and depressive symptoms. *International Journal of Children's Spirituality*, 16(4): 305-320.

Book chapters

- 劉雅詩(2022): 〈職前老師的正向價值教育〉, 輯於劉雅詩、盧希皿、李子建編《邁向正向幸福人生--以靜觀和正念培育兒童青少年正向價值和身心靈健康》。香港:中華書局。
- 劉雅詩(2022): 〈甚麼是靜觀和正念?--心理、宗教及教育的視角〉, 輯於劉雅詩、盧希皿、李子建編《邁向正向幸福人生--以靜觀和正念培育兒童青少年正向價值和身心靈健康》。香港:中華書局。
- 劉雅詩、盧希皿、李子建編(2022): 《邁向正向幸福人生--以靜觀和正念培育兒童青少年正向價值和身心靈健康》。香港:中華書局。
- Lau, N. S.** (2021) Changing socio-political identity and wellbeing: promoting positive education in Hong Kong. In Ruth Wills, Marian de Souza, Mukhlis Abu Bakkar, Jennifer Mata McMahon, Cornelia Roux (eds.) *The Bloomsbury Handbook of culture and identity*. London: Bloomsbury Academic.
- Lau, N. S.** (2021) Pilgrimage, travelling gurus and transnational networks: Lay meditation movement in Contemporary Chinese societies. In Jayeel Serrano Cornelio, Francois Gauthier, Tuomas Martikainen and Linda Woodhead (eds.) *Routledge International Handbook of Religion in Global Society*. Abingdon: Routledge.
- Lau, N. S.** (2020) Recent Emergence of Theravāda Meditation Communities in Contemporary China. In John Harding, Victor Sōgen Hori and Alec Soucy (eds.) *Buddhism in the Global Eye: Beyond East and West*. London: Bloomsbury Academic.
- Lau, N. S.** (2017) Chapter 5 Application of mindfulness approaches for promoting mental health of students in school counselling. In Ming-tak Hue (ed.) *School counselling in Chinese Context: School practice for helping students in needs in Hong Kong*. Abingdon: Routledge.
- Lau, N. S.** (2016) Buddhist modernism and development of contemporary meditation: the case of newly developed Theravāda Buddhist meditation practices in Hong Kong [佛教現代主義與當代禪修發展:以香港新興南傳佛教禪修發展為例]. In Zheng Xiaoyun 鄭筱筠 (ed.). *The Report of Southeast Asian Religion. The Transformation and Innovation of Southeast Asian Religions* [東南亞宗教研究報告--東南亞宗教的轉型與創新]. Beijing: China Social Sciences Press. [北京: 中國社會科學出版社]
- Lau, N. S.** (2014) Life Education in Contemporary Chinese Societies. In De Souza, Watson & Tousdale (eds.) *Global Perspectives on Spirituality and Education*. London: Routledge.
- Lau, N. S.** (2012) Buddhist spiritual education and modern school management [佛教的心靈教育與當代學校教育管理] in Xueyu (ed.) *Buddhism and Management*. Beijing: Social

Sciences Academic Press [北京: 社會科學文獻出版社]

Lau, N. S. (2009) Chapter 37 Cultivation of Mindfulness: Promoting Holistic Learning and Well-Being in Education. In M. de Souza, L. Francis, J. Norman and D. Scott (eds.) *The International Handbook of Education for Spirituality, Care and Wellbeing*. Dordrecht; London: Springer, 715-737.

Book translated

Bhikkhu Anālayo (2020). 《從比較的觀點看念住的實修方法》 [Perspectives of *Satipaṭṭhāna*]. (X.C. Shi, N.S. Lau & W.R. Lu Trans.). Taipei: Dharma Drum. (Original work published in 2013)

Book reviews

Lau, N. S. (2021). Religious education in Asia: spiritual diversity in globalized times. *International Journal of Children's Spirituality*, 25, 1-2.

Lau, N. S. (2010). Review of 'A Buddhist in the Classroom' by Sid Brown. *International Journal of Children's Spirituality*, 15(2), 195-197.

RESEARCH GRANTS

External Competitive Grants

Co-investigator with Tse, T.K.T. (PI). Religious Education Curricula in Hong Kong Schools: A Comparative Study across Religious Bodies and Time. **General Research Fund**, Project no. 14619920, 2020-22, HK\$629,484.

Co-investigator with Lo, Herman H.M. (PI), Wong Samuel Y.S., Wong Janet Y.H., Yeung, Jerf W.K., Au, Alma. Mindfulness-Based Intervention for Caregivers of Frail Older Chinese Adults: Testing a Model of Intergenerational Caregiving. **General Research Fund**, Project no. 15604220, 2021-23, HK\$936,000.

Co-investigator with Lo, Herman H.M.(PI), Tam, Cherry H.L., & Ngai, S.W. A Stepped-Care, Multi-disciplinary, Evidence-based Approach to Strengthen Adolescence and Family Well-being after Social Unrest, **PPR (Special Round)** 2019, SR2020.A6.004, HK\$560,165.

Co-investigator with Hay-ming Herman Lo (PI), W.C. Ho, C.W. Lo, S.Y. S. Wong, Winnie W.S. Mak, Brief mindfulness-based family psychoeducation for students with early psychosis: A mixed methods study. **General Research Fund**, Project no. 15604118,07/2019-06/2021, HK\$623,800.

Co-investigator with S.Y. S. Wong (PI), Kelly Yee-Ching Lai, Christian Shaunlyn Chan, Hay-ming Herman Lo, Hon Kei Benjamin Yip, Susan Bögels, Dexing Zhang, Kam Chung Stanley Chan The effects of a mindfulness based intervention - MYmind - for children with ADHD and their parents: a randomised controlled trial. **General Research Fund**, Project no. 14601017, 07/2017-08/2020, HK\$1,299,968.

Co-investigator with S.Y. S. Wong (PI), Cultivating Resilience in Youth: The Mindful Awareness Project for Youth & their Families. **D.H. Chen Foundation**, 09/2017-08/2020, HK\$2,698,115.

Co-investigator with H.K. Yip (PI), M.S. Wong, W.S. Mak, W. S. Mak, S.Y.S. Wong, C.Y. Cheng, W.K. Tsang, T.P. Lam & C.H. Chung. The use of mindfulness-based intervention for improving bracing compliance for adolescent idiopathic scoliosis patients: A randomized controlled trial. **General Research Fund**, 01/2017-12/2019, HK\$989,720.

Co-investigator with C.C. Lam (PI) & C.Y. Lo. Enhancing psychosocial well-being and academic performances of adolescents: Developing Mindfulness Training Program for Hong Kong students. **General Research Fund**, 01/2011-12/2012, HK\$497,433.

Co-investigator with C.Y. Lo (PI) & T.K. Au. Mindfulness Training for Children in Local School Setting. **Health Care and Promotion Fund Committee of the Food and Health Bureau**, 09/2010-08/2011, HK\$99,400.

Internal Grants

Caring Teacher Award 2020/21, FEHD, EdUHK, HK\$10,000

Mentoring Scheme for Preparation for Teaching Award 2021/22, EdUHK, HK\$10,000.

Project leader, Peace Ambassador Scheme 和平大使計劃: Enhancing Peace and Empathy with Meditation on the Soles of the Feet (SoF) for SEN students, Specific Student Empowerment Work Scheme (Specific SEWS) Funding 2021/22, **SAO, EdUHK, HK\$20,000.**

Co-Principal investigator with Cherry Y.N. Yum (PI), Horticultural Therapy and Positive Education: Developing a Pilot Programme for Teaching Students with SEN students. **Dept. Teaching Development Fund, 8/2021-07/2022, HK\$50,000.**

Principal investigator, Mentoring Scheme for Preparation for Teaching Award 2020/21, EdUHK, HK\$10,000.

Co-Principal investigator with Cherry Y.N. Yum. Promoting Positive education and pedagogy for students with SEN: with Chinese culture approach 給特教學生推廣正向教育和教學法: 以中國文化角度(for Capstone Project 2021-22), **Innovative Teaching Beyond E-Learning Grant 2020/21, FEHD, EdUHK, HK\$50,000.**

Principal investigator with Cherry Y.N. Yum. Promoting Wellbeing for students via Positive and Holistic Education Strategies: Horticultural Therapy, Tea Ceremony, Mindful Singing Bowl Therapy (for Honours Project 2020-21), **Innovative Teaching Beyond E-Learning Grant 2019-20, FEHD, EdUHK, HK\$50,000.**

Project leader, Mindfulness Ambassador Scheme: Promoting mental health at EdUHK, Specific Student Empowerment Work Scheme (Specific SEWS) Funding 2019/20, SAO, EdUHK, HK\$20,000.

Principal investigator with M.T. Hue, Promoting Wellness & Positive learning Community: Mindfulness, Resilience and Compassion (MRC) Project for School Teachers and Students, **FEHD, EdUHK, 08/2019-07/2021, HK\$123,196.50**

Principal investigator. Enhancing Anger Management of Students with SEN: Reducing Aggressive Behavior with Soles of the Feet Program, **FEHD, EdUHK, 08/2019-07/2021, HK\$41,065.50**

Principal investigator with M.T. Hue (CI), A Pilot Study of Mindfulness Programme for University Students. **Dept. Teaching Development Fund, 10/2018-09/2019, HK\$50,000.**

Principal investigator with M.T. Hue (CI), Building resilience in classroom: Developing School-Based Mindfulness and Self-compassion Programme for teachers and students. **Dept. Research Fund, SEC, EdUHK, 10/2018-09/2019, HK\$50,000.**

Co-investigator with Kai-tak Poon (PI), A better place to learn: School and student wellbeing. **Faculty Strategic L&T Project, EdUHK, 1/1/2020-31/12/2022, HK\$3,803,253.**

Co-investigator with Rebecca Yuen-man Cheung (PI), Mindfulness-based Training for Children in Preschool Setting: Effects on Self-regulation, School Adjustment, and Psychosocial Development. **Internal Research Grant, EdUHK, 09/2019-08/2020, HK\$80,000.**

Co-investigator with Thomas Kwan-choi Tse (PI), Primary School Religious Education Curricula across Religion-based School-sponsoring Bodies in Hong Kong. **Direct Grant, CUHK, 09/2017-08/2019, HK\$50,000.**

Co-investigator with M. T. Hue (PI) A Pilot Study on Mindfulness-intervention and Well-being, Attention level and Stress level of Hong Kong students. **Internal Research Grant, EdUHK, HK\$200,000.**

PAPER PRESENTATION AT ACADEMIC CONFERENCES

- ‘Promoting social harmony with transnational Buddhist meditation traditions: ‘Thousand people Zen meditation’ event in contemporary Hong Kong’, **XIXth Congress of the International Association of Buddhist Studies (IABS)**, Seoul National University, 15-19 August 2022
- ‘Establishing the transnational Buddhist network in Southeast Asia during the crisis of Chinese Buddhism in the Republican era’, **AAS2022**, 24-27 Mar. 2022
- ‘Embodied Experiences of University Students Attending Online Mindfulness Programme: A Qualitative Study’, **ICLT2021**, EdUHK, 8 Dec. 2021
- 劉雅詩，以質性研究檢視新冠疫情下小學生網上正向和正念教育課程 HKERA-APERA 2021, CUHK 10 Dec. 2021
- ‘Building resilience in classroom: Promoting holistic education with School-Based Mindfulness and Self-compassion Programme for teachers and students’, **The 7th Roundtable Meeting of Asia-Pacific Network for Holistic Education**, Theme: Holistic education for Peace Gyeongin National University of Education in Anyang, Korea, 24-26 Oct. 2019
- ‘Promoting Chinese Buddhism as social reform in the global religious context: The education approaches of Master Sheng Yen’, **The 2019 International Conference on Buddhism and Social Science**, Sheng Yen Education Foundation, Dharma Drum Institute of Liberal Arts (DILA), Taiwan ROC, 28-30 Jun. 2019
- ‘A pilot study of Sanfengpai meditation sickness poem’, **The Third Conference on Texts and Studies on East Asian Buddhism from the 16th to 19th Centuries**, Fo Guang University, Taiwan ROC, 18-19 May 2019
- ‘Pilgrimage, travelling yogis and transnational networks: Lay meditation movement in Contemporary China’, **The Metamorphosis of Buddhism in New Era China**, INALCO, Paris, France, 22-23 Mar. 2019
- ‘Chan revival and female spirituality: Chinese women practicing transnational meditation in contemporary China’, **The 4th Modern Chinese Buddhism Forum**, Sheng Yen Education Foundation, Dharma Drum Institute of Liberal Arts (DILA), Taiwan ROC, 7-9 Jan. 2019
- ‘Geography, space and sacred: Reflecting the development of mindfulness movement’, **New Perspectives in Religious Studies: 30th Anniversary of Department of Religious Studies, Fu Jen Catholic University**, Taiwan ROC, 14-15 Dec. 2018
- ‘Exploration of inter-religious meditation experience: mindfulness practices of Christians in Hong Kong’, **International Conference on Mindfulness**, University of Amsterdam, 11-13 Jul. 2018
- ‘Meditation sickness’ (*Chanbing*) and modern society: exploring Master Sheng Yen’s understanding’, **The 7th Chinese Buddhism & Sheng Yen International Conference**, National Taiwan University, 28-30 June 2018
- ‘Constructing Burmese meditation communities in mainland China through Buddhist Tourism’, **XVIIIth Congress of the International Association of Buddhist Studies (IABS), University of Toronto**, 20-25 August 2017
- ‘Lay people practicing *satipaṭṭhāna* in contemporary China’, **International Conference on Buddhist meditation across traditions and disciplines: Theories and Practices**, The Chinese University of Hong Kong, 19-21 May 2017
- ‘Practicing transnational Theravāda meditation practices by Han Chinese in mainland China’, **Buddhism in the Global Eye: Beyond East and West Conference**, University of British Columbia, Vancouver, 10-12 August 2016
- ‘Exploration of inter-religious meditation experience: Mindfulness practice of Christians in Hong Kong’, **British Sociological Association (BSA) Sociology of Religion Study Group (SocRel) Annual Conference 2016**, Lancaster University, UK, 15-16 July 2016
- ‘Becoming lay meditation teachers in contemporary Chinese Societies: cases in Hong Kong and Taiwan’, **XVIIth Congress of the International Association of Buddhist Studies (IABS)**, University of Vienna, 18-23 August 2014
- ‘Transforming suffering in a secular global city: embodied experiences of vipassanā and mindfulness meditation practitioners in Hong Kong’, **UK Association of Buddhist Studies (UKABS)**, University of Leeds, 1-2 July 2014

INVITED PRESENTATIONS/ LECTURES/WORKSHOPS

Invited Lecture / Presentations at Universities

Invited lecturer, Pilgrimage, travelling yogis and transnational networks: Lay meditation movement in contemporary Chinese societies, Institute for the Study of Humanistic Buddhism, University of the West, 26 Apr. 2022 (virtual mode)

劉雅詩，〈以學校的宗教和靈性教育促進共同生活的人類博愛〉，香港中文大學天主教研究中心「人類兄弟情誼與社會友誼——宗教交談」(2021年12月9日)。

‘Mindfulness and Health’, Hong Kong Management Association, 30 Apr. 2021 (100 participants)

‘Mindfulness and Education: Experiences of Promoting Mindfulness in Schools & Benefits for students, teachers and parents’ 靜觀與教育:在校園推行靜觀的經驗及對學生、老師及家長的好處, Jockey Club School Mindfulness Scheme 賽馬會校園靜觀計劃, 24 Apr. 2021 (over 150 participants)

‘Reflecting the role and development of mindfulness in school education: Moral & civic education, religious and spiritual education, integrated education and teacher profession, CUHK Faculty of Education Alumni Association & Hong Kong Teachers' Centre, 27 Mar. 2021 (over 110 participants)

‘May the force be with you--religions in daily life’, 11 Mar. 2021, Student Affairs Office, EdUHK (over 40 participants)

‘A Glance at Positive Education’, 4 Mar. 2021, Student Affairs Office, EdUHK (over 40 participants)

‘Integrating Mindfulness Practice in Psychotherapy, education and social change’, EMP2671H-Buddhist Meditative Traditions, **Emmanuel College, University of Toronto**, (Zoom) 4 Feb. 2021 (25 students)

‘Contemporary Mindfulness and Dharma’, Taiwan Mindfulness Development Association, 17 Jan. 2021 Zoom & Facebook live (Over 150 participants)

‘Dialogue on Buddhist meditation and secular mindfulness in contemporary world’, **University of Hong Kong**, 24 Jul. 2019 (about 200 participants)

‘Pilgrimage, travelling yogis and transnational networks: Lay meditation movement in Contemporary China’, The Metamorphosis of Buddhism in New Era China, **INALCO, Paris, France**, 22-23 Mar. 2019

‘Geography, space and sacred: Reflecting the development of mindfulness movement’, New Perspectives in Religious Studies: **30th Anniversary of Department of Religious Studies, Fu Jen Catholic University, Taiwan ROC**, 14-15 Dec. 2018

Invited Mindfulness Workshops for Teachers/Students of Schools (2016-2022)

60 school teachers, Workshop on Prospect of School-based Positive Curriculum[校本正向課程展望], Staff Development Day, Elegantia College (6 July 2022)

靜觀文化與身心靈的發展, 香港天主教教區小學宗教教育委員會(13 July 2022)

Horticultural therapy and mindful healing(園藝治療與正念療癒講座), HKATH (7 June 2022)

50 parents, Building up positive relationships with children, Elegantia College (21 Dec. 2021)

60 school teachers, Workshop on Growth Mindset, Staff Development Day, Elegantia College (21 Dec. 2021)

200 school teachers, Mindfulness & Positive Edu for SEN students, HK Special School Council (18 Nov. 2021)

60 school teachers, Workshop on positive education, Catholic Siu Ming College (26 Aug. 2021)

50 parents, Building up positive relationships with children, Elegantia College (21 Dec. 2021)

80 parents, Officiate the election of Parent-teacher Association, Buddhist Tai Hung College (30 Oct. 2021)

Mindfulness workshop for P.1 students, Chai Wan Kok Catholic Primary School (16 Nov. 2020)

Mindfulness workshop for P.1 students, Chai Wan Kok Catholic Primary School (13 Sept. 2019)

Mindfulness workshop for staff, Po Leung Kuk Yu Lee Mo Fun Memorial School (4 Sept. 2019)

Mindfulness workshop for teachers and parents “老師和家長如何透過正念(mindfulness)幫助孩子正向思維?”, Centre of Psychological Health, EdUHK (4 May 2019)

Mindfulness workshop for all school teachers, Chi Lin Buddhist Primary School (2 May 2019)

Mindfulness workshop for all school teachers, Fanling Lutheran Secondary School (15 Mar. 2019)
 Mindfulness workshop for all school teachers, Aplichau Kaifong Primary School (14 Nov. 2018)
 Lecture on Meditation, Science & Well-being, Buddhist Tai Hung College (over 850 students) (27 Jun. 2018)
 Mindfulness workshop for teachers and parents “以覺察和慈心連結自己和他人”, Centre of Psychological Health, EdUHK (21 Apr. 2018)
 Mindfulness workshop for teachers, Centre for Quality-Life Education, Divinity School of Chung Chi College 崇基神學院, CUHK (12 & 19 Jan. 2018)
 Mindfulness workshop for teachers, S.K.H. Holy Trinity Church Kindergarten (3 Jan. & 13 Feb. 2018)
 8-week MBCT course for in-service teachers, HKPTU (Oct. to Dec. 2017)
 4-lesson Class for teachers teaching mindfulness in classroom, HKPTU (May 2017)
 6-session of Paws b programme for students of HKUGA Primary School (Oct. to Nov. 2016)
 Mindfulness workshop for parents, HKUGA Primary School (港大同學會小學) (6 Oct. 2016)
 Lecture on stress-reduction for all students of Buddhist Wong Fung Ling College (1 Feb. 2016)

Training education professionals, principals and in-service teachers in Hong Kong

8-week MBCT for HKIEd students (Oct. to Dec. 2016)
 8-week MBSR for HKIEd students (3 Feb. to 31 Mar. 2015)
 Invited workshop for Educational Psychologists of Education Bureau, HKSAR (12 Sept. 2013)
 Invited workshop for retreat camp for teachers on life education: Life is celebration—Dazzle in fragility--‘Scheme of diversity and harmony’ (QEF project), organised by Dept. of Cultural and Religious Studies, CUHK (20-21 Apr. 2012)
 Invited workshop for Staff Development Day for the school teachers from the Ching Chung Taoist Association (3 Jan. 2012)
 Students of Self and Personal Development, MEd (LS) programme, HKIEd (23rd Nov. 2011)
 Invited workshop for Students of Spirituality Education Across the Curriculum, M Ed in Life and Spirituality Education (16 Nov. 2011)
 Invited workshop for Spiritual education and life education, 『協助小學規劃生命教育計劃』 (2010-2011) by EDB & HKIEd (4 Dec. 2010)
 Staff Development Day of St. Joan of Arc Secondary School (聖貞德中學) (29 Oct. 2010)
 Invited workshop for Spiritual Leadership and Mindfulness, Hong Kong School Principals’ Conference 2010, HKIEd (29 Mar. 2010)
 Invited workshop for Teachers Development Day 2010, Hong Kong Professional Teachers Union (香港教育專業人員協會) (26 Mar. 2010)

COURSE MODULES DEVELOPMENT AND TEACHING

Course to be taught at the Chinese University of Hong Kong

Values Education in Early Childhood Education

EDUC 2220 Educational Thought

EDUC 3290 Meaning Concerns, Life and Death Education

PGDE 5211 Structure & Process of Schooling

PGDP 5301 Structure & Process of Schooling

PGDP 5318 Ethics and Professional Standards for the Teaching Profession

Course modules developed at the Education University of Hong Kong

GEA1012 Buddhist ethics: conflicts and dilemmas in modern world

GEA1020 Buddhist Paths to Liberation in Modern Life

GEC1016 Food, Culture and Lifestyles

GEA2025 Spirituality, Health and Well-being

GEF2017 Mindfulness Approaches for Promoting Well-being and Health in Modern World

Mindfulness, Sports and Wellbeing (with Dr. Yeung Siu Sze & Lau Kam Mei Kammy)

Life coaching through Sports (with Dr. Lam Chi Ming & Li Chin Wa)

Courses taught for the Education University of Hong Kong

Undergraduate or postgraduate level

CUS1002 Introduction to Chinese Culture (2018)

CUS3008 Buddhism in HK (CMI) (2018)

GEA1012 Buddhist ethics: conflicts and dilemmas in modern world (2007-2017)

GEA1020 Buddhist Paths to Liberation in Modern Life (2007-2012)

GEC1016 Food, Culture and Lifestyles (2008-2016)

GEF2017 Mindfulness Approaches for Promoting Well-being and Health in Modern World (2017)

GEK2008 Positive Education for Well-being in Everyday Life (CMI/EMI) (2016-2018)

GEK1004 Civic Values, Character Formation and Positive Education (2021-22)

SSC2210 Classical Social Thought and Contemporary social theories (EMI)

INS4010 Trends and Development in General Studies (EMI) (2021-22)

INS4012 Model & Approaches of General Studies (EMI) (2021-22)

INS5067 Curriculum and Methods in Citizenship and Social Development II (CMI)

PFS5035 Positive Pedagogy: An Applied Framework (2017-2021)

SED3001 School guidance & Managing diversity (EMI) (2014-2021)

SED2053 Research Methods (EMI) (2017)

SSC1011 Chinese Culture and Identity (2021-22)

TLS2004 Effective teaching & Positive classroom learning (EMI) (2018-2021)

Master level

EPC6145 Self and Personal Development (EMI) (2014-15)

SED6008 Advanced Studies in Special Needs, Giftedness & Counselling (EMI) (2018-19)

SSC6117 Society and Culture: Issues and Perspectives (EMI) (2017-18)

Doctoral level

SSC7250 Social Science Education in Schools

Course taught for Master program at Fo Guang University

Thesis Supervision for MA Theses

Thesis Writing

Buddhist Meditation in Contemporary World

Teacher Professional Development on Catering for Students with Special Education Needs (SEN) for in-service teachers 2018-20 (EDB funded)

Advanced course on Catering for Diverse Learning Needs

- Mental health in whole-school approach; Mindfulness and school mental health

Thematic course on Supporting Students with Special Educational Needs

- Facilitating children and the youth to manage emotion and aggressive behavior with Meditation on the Soles of the Feet

Supporting students to explore innovative research with innovative teaching fund

- Having sought the *Innovative Teaching Beyond e-learning Grant 2019/20 (HK\$50,000)* (with Dr. Cherry Yum as co-I) from FEHD with title ‘Promoting Wellbeing for students via Positive and Holistic Education Strategies: Horticultural Therapy, Tea Ceremony, Mindful Singing Bowl Therapy’ (以正向和整全教育策略提昇學生幸福: 園藝治療、茶道、正念馨療), final year students of BA(SE) are supported to receive formal training in tea ceremony and horticultural therapy for their Honours Projects
- Students with training are motivated to serve parents and students with SEN in the community with tea ceremony and horticultural therapy as interventions

Knowledge transfer: Mindfulness Ambassador promoting well-being at EdUHK

Further development of students

- In 2019-20, I have sought SEWS fund from SAO (HK\$20,000) to support students who have completed GEK2017 to become Mindfulness Ambassadors to promote well-being at EdUHK
- 9 Mindfulness Ambassadors were selected after recruitment to organize a series of mindfulness workshops for members of EdUHK and community to promote mental health
- 6 workshops were conducted in March and April 2020 via Zoom due to pandemic
- 217 participants registered and 119 attended for the 6 workshops in total

HONOURS PROJECT SUPERVISION & TEACHING PRACTICE SUPERVISION

Honours Project Supervision

2021-22	4 Year 4 students (Bachelor of Arts in Liberal Education)
	4 Year 5 students (Bachelor of Education) on special education
2020-21	12 Year 4 students Bachelor of Arts (Hons) in Special Education
2019-20	13 Year 4 students Bachelor of Arts (Hons) in Special Education
2018-19	11 Year 5 students Bachelor of Education (Hons) in English/Chinese
2017-18	11 Year 5 students Bachelor of Education (Hons) in English/Chinese/Music
2015-16	4 Year 4 students Bachelor of Arts (Hons) in Liberal Studies

Supervision of Practicum at Schools or NGOs serving students with SEN

2020-21 Semester II	1 Year 3 students (Bachelor of Education in Special Needs)(part-time)
2019-20 Semester II	2 Year 4 students (Bachelor of Arts in Special Education)
2018-19 Semester II	2 Year 3 students (Bachelor of Education in Special Needs)(part-time)
2015-16 Semester II	5 Year 4 students (Bachelor of Education (major in General Studies)
2015-16 Semester I	5 Year 4 students (Bachelor of Education (major in General Studies)
2014-15 Semester I	8 Year 4 students (Bachelor of Education (major in General Studies)

CONFERENCE AND ACADEMIC EVENTS ORGANIZED

Academic events of Visiting Scholars Prof. Nirbhay Singh and Asso. Prof. Rachel Myers

- One-day conference Positive Education Conference: Cultivating Wellbeing with Mindfulness Cum I-WELL's 3rd Anniversary Ceremony, 11 Jun. 2019 (300 participants)
- Public lecture on Effects of Mindfulness-Based Programs on SEN children and adolescents, 3 Jun. 2019
- Public lecture on Using Research on Mindfulness to Serve Children and Adolescents with Special Educational Needs, and their Parents from the Perspective of Professionals, 10 Jun. 2019
- 3-day workshop Practitioner Training in Meditation on the Soles of the Feet (SoF) for Managing Aggressive and Other Emotionally Arousing Behaviors, 4-6 Jun. 2019
- 3-day workshop Practitioner Training in Mindfulness-Based Positive Behavior Support (MBPBS), 12-14 Jun. 2019

Mindfulness retreats

- Zen Master Thich Nhat Hanh in HK 2010
 - Day of Mindfulness (over 900 participants) on 2011
- Zen Master Thich Nhat Hanh in HK 2007 (一行禪師香港之旅 2007)
 - a. Mindfulness Retreat (over 500 participants) from 11 to 15 May 2007
 - b. Day of Mindfulness (over 900 participants) on 16 May 2007
 - c. Public talk (over 5,000 participants) on 18 May 2007

Mindfulness, Well-being and Spirituality: Theory & Practice 2012

- Lectures with 200 participants
- Workshops on MBCT with 150 participants

INTERNAL SERVICES

Project leader, Peace Ambassadors Scheme 和平使者計劃: Enhancing Peace and Empathy with Meditation on the Soles of the Feet (SoF) for SEN students Specific Student Empowerment Work Scheme (Specific SEWS) Funding 2020/21, SAO, EdUHK, HK\$20,000.

Project leader, Mindfulness Ambassador Scheme: Promoting mental health at EdUHK, Specific Student Empowerment Work Scheme (Specific SEWS) Funding 2019/20, SAO, EdUHK, HK\$20,000.

BA(Special Education) Admission interviews of applicants, Dept. of SEC, July 2019; July 2020

EXTERNAL SERVICES

Lay Inspector, Council on Human Reproductive Technology, HKSAR, 2019-present

Marker for HKCEE, Buddhist Studies, HK Examinations and Assessment Authority, HKSAR, 2001-06

Setter for HKCEE, Moderation Committee on Buddhist Studies, HK Examinations and Assessment Authority, HKSAR, 2005-2007

Member, the CDC-HKEAA Committee on Ethics and Religious Studies (Senior Secondary), HKSAR (2004 - 2008)

ACADEMIC AFFILIATIONS

Committee member, International Association for Children's Spirituality (IACS)(2017-present)
Committee member and Postgraduate Representative, UK Association of Buddhist Studies (2014-16)
Member, British Sociological Association (BSA) Sociology of Religion (SOCREL), UK
Member, International Association of Buddhist Studies (IABS)
Member, Pāli Text Society, UK

AWARDS AND GRANTS

FE Supervision Appreciation Scheme - Award for Excellent FE Supervision, 2021-22 Semester I, EdUHK
Recipient, Inaugural Caring Teaching Award of Faculty of Education and Human Development (FEHD) at the university, 2020/21 (關愛育人獎), EdUHK
Long Service Bronze Award, Mentorship Programme, New Asia College, The Chinese University of Hong Kong, 2019
Bursary offered for paper presentation at "Buddhism in the Global Eye: Beyond East and West" Conference, University of British Columbia, Canada (CAD700) (10-12 August 2016)
Bursary offered for paper presentation, British Association of Sociology -- Sociology of Religion Annual Conference, UK (15-16 July 2016)
Bursary offered for paper presentation, Annual Conference of the UK Association of Buddhist Studies (UKABS) 2014, Leeds University, UK (1-2 July 2014)
Research Support Grant, Kellogg College, University of Oxford, UK (£200) (2012-13)
Postgraduate Scholarship from the Hong Kong Buddhist Association for studying the Master of Buddhist Studies (HK\$30,000) (2002-2003)
Certificate of Appreciation, School-based Curriculum Project Scheme (*Living in Buddhism*), Education Department, HKSAR, 2000