



百科教育  
Bibliotheque

# 人工智能時代的人生策略 LIFE STRATEGY IN THE AI ERA

協同進化·智勝AI  
Co-Evolving with and Outwitting AI

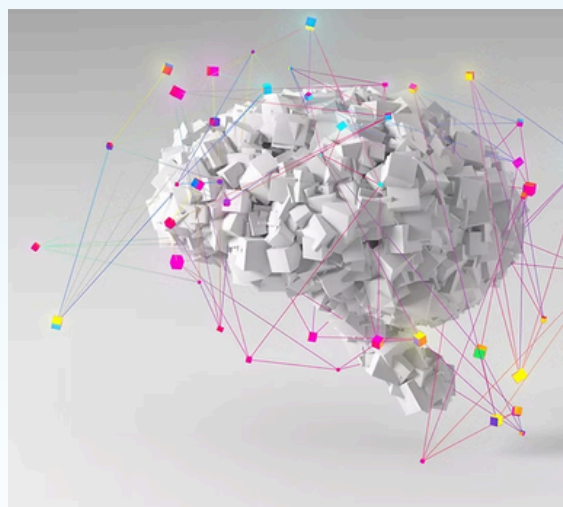




# 關於百科 About Us

百科教育透過為莘莘學子提供在認知、思維、技能及心態等多個層面的培訓，提高下一代應對挑戰與困難的能力，讓他們能為瞬息萬變的未來做好準備。在當今社會問題惡化和人工智能威脅越趨嚴峻的大環境中，我們希望略盡綿力，拯救我們的下一代免於明日的困局，助其轉危為機。

At Bibliotheque, we are on a mission to transform traditional education to meet the needs and hazards of the fast-changing world we live in. Our education project is designed to equip our future generations with the necessary skills and mentality for success in a world deeply impacted by societal problems and the displacing power of AI.



## 主要業務 Products and Services

**教育內容與教學課程**  
Educational Content  
and Programmes

**教育機構諮詢**  
Consultancy services  
for education  
institutions

**講座與論壇**  
Talks & Forums

**生活管理平台**  
Life management  
platform

## 主席簡介 Our Chairman



胡國亨教授是一位著名教育家及企業家，長期活躍於香港教育及其他行業。30多年前，他創辦「香港教育研究中心」及「英訊」（香港首個大型英語培訓連鎖）。他也是「香港高智能學院」的創辦人兼主席。他曾創辦《教育家》雜誌，並擔任《天天日報》及《公正報》主席。在經濟學領域，他多年前創立「國際經濟方法學會」並任執行董事，該學會曾有逾10位諾貝爾經濟學獎得主成員。

胡國亨現任香港大學香港經濟及商業策略研究所管理委員會主席、香港經濟研究中心董事，及國際經濟方法學學術期刊編輯。他亦參與了香港金融發展局粵港澳大灣區工作小組及《粵港澳大灣區的未來與香港的角色》研究督導委員會的工作。

Professor Henry K. H. Woo is a renowned educationalist. He is a serial entrepreneur in education and many other industries. He was founder to the Hong Kong Center for Educational Research and Technology and English Medium Limited, Hong Kong's first English tuition chain more than 30 years ago. He is also Founding Chairman of Hong Kong Institute of High Intelligence Education, Chief Editor of "The Educationalist", Chairman to two newspapers (Tin Tin Daily and The Hong Kong Globe), as well as Founder and Executive Director of the International Network for Economic Method, an international academic organisation with more than 10 Nobel Prize-winning members.

Henry currently serves as Chairman to the Management Committee of the Hong Kong Institute of Economics and Business Strategy under the University of Hong Kong and trustee to the Hong Kong Centre for Economic Research. He is also member of the Greater Bay Area Working Group under the Hong Kong Financial Services Development Council and Steering Committee on the the Study "The Future of the Greater Bay Area and the Role of Hong Kong" commissioned by group of advisers to the Chief Executive in collaboration with the Hong Kong Government.





# 項目概述 Programme Overview

人工智能正給我們的世界、生活、思維和未來帶來前所未有的衝擊和不確定性。  
我們極需及時幫助下一代（特別是他們의思想和心靈）作好準備：

- 具備與AI協作並掌控其應用的能力，確保人類主導而非被AI反向支配，實現人機共存
- 能夠更好地利用科技發展人類智能，而不是被科技取代
- 在信息爆炸與技術偏見共存的時代，保持獨立思考力、批判能力與創造力
- 在社會及未來不確定性持續加劇的環境下，保持心智與情感上的韌性，並於挑戰與機遇並存的發展進程中保持應變能力

**AI is bringing about unprecedented disruptions and uncertainties to our world, our lives, our minds and our future. We need to get our future generations (their brain and heart) prepared for tomorrow before it's too late:**

- Being able to work with and be in control of AI and not the other way round, and co-exist with AI
- Being able to better develop human intelligence leveraging tech instead of being replaced by tech
- Having independent thinking, critical power and creativity in a world of information explosion and tech driven biases
- Being able to mentally and emotionally navigate the growing uncertainties in society and the future, while remaining capable and adaptable in the face of upcoming challenges and opportunities

## 課程綱要與預期成果

## Programme Outline & Expected Benefits

1

### 了解人工智能 Understand Artificial Intelligence

什麼是人工智能  
What is AI

「通用人工智慧」時代  
Navigating the AGI Era

重新認識人類智能  
AI vs. HI (Human Intelligence)

### 發展人類智能 Develop Human Intelligence

2

覺知  
Awareness

自我意識  
與身份  
Self-awareness  
and identity

3

思維  
Thoughts

批判性思維  
與創造力  
Critical thinking  
and creativity

4

行動  
Actions

行動  
與生產力  
Action and  
productivity

5

情感  
Emotions

情緒智能  
Emotional  
intelligence

6

互動  
Interactions

社交智能  
Social intelligence



# 課程特色 Program Unique Offerings

1

## 遊戲化學習 Gamification

我們將遊戲化教學融入工作坊設計，把學習歷程轉化為探索之旅。透過定制卡牌及桌上遊戲，將課堂升級為具吸引力且互動性強的實踐型學習場景。

We turn learning into an adventure by infusing workshops with gamified teaching. Custom card decks and board games transform lessons into engaging, hands-on experiences.

**Guided interactive activities**

引導式互動活動

**Card and board games**

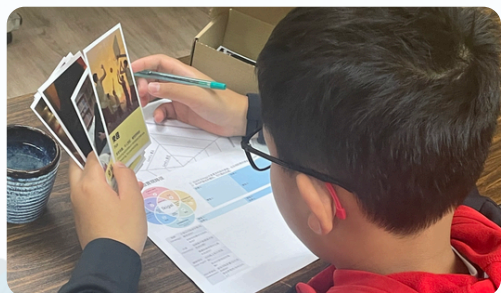
紙牌和桌遊

**Artistic and literary expressions**

藝術和文學表達

**Role-playing games & case studies**

角色扮演遊戲和案例研究



2

## 中國古典文化 Chinese Antiquarian Culture

本工作坊系列深植華夏經典哲思根基，融匯文學、詩歌、史學及藝術精粹，引領參與者探索與體會中華文化。

Heavily inspired by classic Chinese philosophies, while integrating literature, poetry, history, and art, our workshop series provides an immersive dive into antiquity's timeless richness.

**Philosophies**  
哲學

**History and traditions**  
歷史和傳統

**Poetry and literature**  
詩歌和文學

**Art**  
藝術







# 課程特色 Program Unique Offerings

## 3 胡國亨教授的研究及理論 Research and Theories by Professor Woo

我們的內容融合胡教授在教育與研究方面的豐富經驗，以幫助學子應對人工智能對教育領域即將產生的深遠與變革性影響。透過此課程，胡教授希望傳授給學生強大的工具與知識，包括：

Our content leverages Professor Woo's extensive experience in education and research to address the imminent and transformative impact of AI on the educational landscape. Through our program, Professor Woo intends to impart to our students tools and knowledge include:

人類意識  
總論

Human  
Consciousness  
Theory

科學與哲學  
方法論

Scientific and  
philosophical  
methodologies

科學基礎原理

Fundamental  
principles of  
science

多樣化分析  
框架及工具

Diverse  
analytical  
frameworks

全球知識  
定位系統

Global  
Knowledge  
Positioning  
System

## 4 自主研發教育內容與遊戲 Original Educational Content and Games

我們的課程基於自主研發的理論和模型，以及現代心理學的啟發，結合獨創的測試和遊戲，構建跨維度學習生態。

Our curriculum is built on self-developed theories and models, as well as modern psychology inspirations, paired with custom-designed tests and games.



自主研發理論及模型  
Self-developed theories  
and models

AI影響力模型  
Original AI impact modelling

個人價值分類系統  
Personal values inventory

目標設定機制  
Goal setting tools

創意激發系統  
Creativity stimulation tools

拖延症診斷系統  
Procrastination diagnosis

逆境管理系統  
Adversity management framework

自主設計測試及桌遊  
Self-designed tests  
and games

個人價值卡牌遊戲  
Personal values card game

「智富人生」桌上遊戲  
"The Culture Tycoon" monopoly

「情感韻律」卡牌遊戲  
"Ink of Emotions" guessing game

友情 "MBTI" (關係質量測試)  
Friendship "MBTI"  
(Relationship Quality Test)

「逆境詩意」角色扮演遊戲  
"Verses of Resilience" RPG game

「戰勝拖延」密室逃脫遊戲  
"The Procrastination Escape"

現代心理學啟發  
Modern psychology  
inspirations

認知行為治療  
Cognitive Behavioral Therapy

接納與承諾治療  
Acceptance and Commitment  
Therapy

鮑恩家庭系統理論  
Bowen Family Systems Theory

聚焦體驗治療  
Focusing Therapy

正向心理學  
Positive Psychology

正法治療與正念  
Dharma Therapy & Mindfulness



1

## 理解人工智能 Understand Artificial Intelligence

什麼是人工智能？認識人工智能的概念、起源、應用與未來發展

**What is AI?** Understanding the concept, applications, and future prospects of AI

「通用人工智慧」時代：探索人工智能如何影響我們的生活和未來

**Navigating the AGI Era** : How will AI impact personal life, career, and society

重新認識人腦智能：審視、思考、發展並運用人腦智能的力量

**AI vs. HI (Human Intelligence)** : Rediscovering and leveraging the power of HI

2

## 自我意識與身份 Awareness and Identity

人類的自我認知：我是誰？人為何為人？

**Understanding Human Nature** : Who am I? What makes us human?

個人價值與動機：尋找自我價值與內在驅動力

**Personal Values and Motivations** : Finding our unique purpose and inner drives

目標制定與實現：目標制定實用工具與策略

**Setting and Achieving Goals** : Toolkits to set and achieve goals

3

## 批判性思維與創造力 Critical Thinking and Creativity

內置決策機制：運用坐標原理強化決策效能

**Our Built-in Decision Maker** : Leveraging the power of coordinate plane in decision making

人類的認知陷阱：了解、識別並認清偏見和邏輯謬誤

**How Paradigms Trick Us** : Identifying and dealing with biases and logical fallacies

創造力和創新：啟動認知及情感創意雙通道

**Creativity and Innovation** : Leveraging the power of cognitive and emotional connectivity

4

## 行動與生產力 Action and Productivity

專注力管理：活在當下，運用當下

**Focus Management** : Living & maximizing every moment

時間管理：剋服拖延症

**Time Management** : Conquering procrastination

逆境管理：剋服逆境，超越失敗

**Resilience against Adversities** : Manage and transcend failures & adversities

5

## 情緒智能 Emotional Intelligence

何謂情緒：我們的情緒生活

**Understanding Emotions** : Role of emotions in our life & well-being

情緒表達：藝術與文學中的情緒表達

**Ink of Emotions** : Expressing emotions through art & poetry

情緒管理：情緒「中西藥」

**Emotion Management** : Cross-cultural approaches to managing emotions

6

## 社交智能 Social Intelligence

友誼管理大師：誰是真朋友

**Friendships Management** : Assessing and managing friendships

有效溝通能手：溝通價值鏈

**Effective Communication** : Understanding, processing, and communicating messages

生活談判專家：促進人際關係，合作及成長

**Conflicts Management** : Fostering interpersonal understanding, collaboration, and growth



# 主題 1：理解人工智能



## 內容

- 什麼是人工智能？
- 「通用人工智慧」時代
- 重新認識人腦智能

## 預期成果

- 深化對人工智能（AI）基礎原理的理解
- 強化對AI時代機遇與挑戰的認知
- 在應對未來挑戰中提升開放性與自我完善驅動力

## 獨特優勢

基於我們自主研發的AI影響力評估模型，結合人類認知與人類智能領域的專業經驗打造



## 課節重點

## 遊戲和活動

### 工作坊 1A: 什麼是人工智能？

- 人工智能的發展歷史
- 人工智能的基本邏輯
- 人工智能的廣泛應用
- 人工智能的發展驅動因素
- 即將到來的發展

小測驗和問答挑戰 - 人工智能術語及歷史

猜謎遊戲 - 人工智能圖畫/啞劇猜謎

尋寶遊戲 - 人工智能應用與新聞尋寶

人工智能邏輯模擬 - 數據可視化挑戰、算法模擬

### 工作坊 1B: 「通用人工智慧」時代

- 從人工智能（AI）、通用人工智慧（AGI）到人工超智能（ASI）
- AI對外部世界的衝擊：(i) 宏觀（社會・經濟・政治・軍事・文化・倫理・法律・環境）；(ii) 行業層面（各產業領域的結構性變革）
- AI對內在世界的重塑：自我意識與身份、認知、情感、行為和人性

小測驗和問答挑戰 - 人工智能

辯論 - 人工智能倫理辯論

角色扮演 - 人工智能影響角色扮演

尋寶遊戲 - 人工智能的影響與新聞尋寶

### 工作坊 1C: 重新認識人腦智能

- 人腦智能的演化進程
- 人腦智能 vs 人工智能：比較視角
- 人工智能時代人腦智能的開發潛能
- 釋放人腦智能的演化優勢

小測驗和問答挑戰 - 人工智能 vs 人類智能

辯論 - 人工智能 vs 人類智能相關辯論

圖靈測試模擬

人機協作解題挑戰

# Topic 1: Understanding Artificial Intelligence



## Content

- What is AI
- Navigating the AGI Era
- AI vs. HI

## Expected Outcome

- Improved understanding of the fundamentals of AI
- Increased awareness towards opportunities and challenges in the AI era
- Increased openness and motivations to self-betterment in face of upcoming challenges

## Unique Offerings

Developed based on our own model of AI impact assessment, and expertise in human cognition and human intelligence



## Content

### WS 1A: What is AI?

- History and development
- Underlying logic of AI
- Applications of AI
- Latest and upcoming development
- AI's growth drivers

## Games & Activities

Quizzes and challenges - AI terminologies, historical facts

Guessing game - AI Pictionary, AI Charades

Scavenger Hunt - AI applications and news hunt

AI logic simulation - Data visualization, algorithm simulation

### WS 1B: Navigating the AGI Era

- Projections of the future – from AI, AGI to ASI
- AI's impact on our external world – (i) General (social, economic, political, military, cultural, ethical, legal, environmental), (ii) Sectoral
- AI's impact on our internal world – self-awareness and identity, cognitive, emotional, behavioral, and human nature

Quizzes and challenges - AI impact quizzes, AI impact mapping

Debate - AI ethical debate

Role play - AI impact role-play

Scavenger Hunt - AI impact and news hunt

### WS 1C: AI vs. HI

- Evolution of human intelligence
- HI vs AI: a comparative perspective
- Potentials of developing human intelligence in the AI world
- How to unleash evolutionary advantages of human intelligence

Quizzes and challenges - AI vs HI

Debate - AI vs HI

Turing test simulation

HI-AI collaborative problem solving



## 主題 2：自我意識與身份



### 內容

- 人類的自我認知
- 個人價值與動機
- 目標制定與實現



#### 健康

Health

維持身體、心靈與心理健康  
Keeping your body and mind  
feeling good.



#### 愛與連繫

Love & Connection

建立健康的人際關係，找到歸屬  
Building strong relationships as  
like you belong to a group.



#### 認可

Approval

獲得他人認可，成就、思想或情感  
Being approved by others for  
achievements, thoughts, beliefs  
feelings.



#### 個人成長

Personal Growth

學習新事物，理解世界運作，提升自我  
Learning new things, understanding how  
the world works, and striving to become a  
better person.

### 預期成果

- 強化自我意識基礎和自我理解
- 建立更穩健、健康的自我身份認知，提升應對挑戰的韌性
- 掌握辨識價值觀、內在驅動力及人生方向的技巧
- 掌握設定和實現目標的技巧
- 理解個人對身份和價值的追求如何影響他人及世界

### 獨特優勢

沿用中國古典哲學智慧；自主研发價值體系與評估模型；獨創個人價值卡牌工具

### 課節重點

### 遊戲和活動

#### 工作坊 2A: 人類的自我認知

- 人為何為人？ - 人類意識與符號系統的介紹
- 人類意識的重要性
- 人類意識的維度
- 我是誰？

小測驗和問答挑戰 -  
人類意識與符號系統

符號遊戲 - 有符號與無符號的溝通

討論與分享/簡報演示 - 自我認同

#### 工作坊 2B: 個人價值與動機

- 什麼是價值？
- 在人工智能時代，識別價值及價值對齊的重要性
- 價值的分類與層級
- 從中國哲學視角看個人價值與集體價值
- 識別價值的技巧和練習

價值拍賣會（互動遊戲）

價值卡牌遊戲

價值探索引導問卷

討論與分享/簡報演示 -  
識別目標的影響評估

#### 工作坊 2C: 目標制定與實現

- 從價值到目標 - 設定正確的目標
- 評估目標的可行性和質量
- 實現目標的方法和管理不確定性
- 對目標和行動進行優先排序和整合
- 追蹤目標完成的情況

目標設定競賽

最終狀態視覺化 -  
事件時間序列、願景板製作、  
成功敘事撰寫、成功演講撰寫

討論與分享/簡報演示 -  
目標實現策略與規劃

# Topic 2: Self-Awareness and Identity



## Content

- **Understanding Human Nature**
- **Personal Values and Motivations**
- **Setting and Achieving Goals**

## Expected Outcome

- Enhanced fundamental sense of self-awareness and understanding
- Enhanced, healthier sense of self-identity and improved resilience in face of challenges
- Acquired techniques to identify values, motivations and life directions
- Acquired techniques to better set and achieve goals
- Better understanding of how individual pursuits of identity and value can impact others and the world



## Unique Offerings

Developed based on Chinese antiquarian philosophies, self-developed value regime and assessment model, aided with self-designed value card deck

## Content

### WS 2A: Understanding Human Nature

- What makes us human? – an introduction to human consciousness and system of symbols
- Importance of the human consciousness
- Dimensions of the human consciousness
- Who am I?

Quizzes and challenges –  
Human consciousness and system of symbols

Symbol game –  
Communications with vs without

Discussion and sharing/ presentation –  
On self-identity

### WS 2B: Personal Values and Motivations

- What is value?
- Importance of value and value alignment in the AI era
- Inventory and hierarchy of values
- Personal values vs collective values – a Chinese philosophical perspective
- Techniques and exercises to identify values

Value auction

Value card game

Value questionnaire

Discussion and sharing/ presentation –  
On chosen values and implications

### WS 2C: Setting and achieving goals

- From values to goals – setting the right goals
- Assessing feasibility and quality of goals
- Means to achieving goals and managing uncertainties
- Prioritizing and consolidating goals and actions
- Tracking achievement of goals

Goal setting competition

End state visualization – Event time series design, vision boarding, success narrative formulation and success speech drafting

Discussion and sharing/ presentation –  
Goal realization strategy and planning

## Games & Activities



# 主題 3：批判性思維與創造力



## 內容

- 人類的內置決策機制
- 我們的認知陷阱
- 創造力和創新



## 預期成果

- 掌握更佳理解、連結及構建概念的工具與技巧
- 提升學習動機與吸收運用新知識的能力
- 提高對潛在偏見和邏輯謬誤的意識，並獲得辨識和防止偏見及邏輯謬誤的工具和技巧
- 提高創造力和創新動機

## 獨特優勢

融合認知科學與知識論，汲納中國哲學智慧精髓；並結合自主研發益智桌遊產品

## 課節重點

## 遊戲和活動

### 工作坊 3A: 內置決策機制

- 概念的構建
- 坐標平面的介紹 - 定義、歷史、應用
- 坐標平面在理解、連結和驗證概念及創造新概念中的重要性 and 用法
- 坐標平面在日常生活管理中的應用

案例研究與測驗 - 坐標平面的生活應用

坐標平面尋寶活動

「智富人生」桌上遊戲 (坐標平面大富翁) - 一個受中國歷史啟發的遊戲

分享/簡報演示 - 坐標平面生活管理實驗

### 工作坊 3B: 我們的認知陷阱

- 什麼是偏見和邏輯謬誤？
- 典型的偏見和邏輯謬誤類型及範例
- 偏見和邏輯謬誤的成因
- 偏見和邏輯謬誤的影響
- 辨識和處理/預防偏見和邏輯謬誤的手段和技巧

案例研究與測驗

偏見與謬誤尋寶活動

偏見與謬誤實果遊戲

偏見與謬誤案例研究角色扮演

### 工作坊 3C: 創造力和創新

- 什麼是創造力？
- 創造力的類型與應用
- 創造力的重要性
- 創造力的來源
- 促進創造力的手段和技巧
- 從創造力到創新 - 策略、計劃、行動和堅持

概念性「LEGO」- 實體設計、敘事、創意、藝術作品創作

分享/簡報演示 - 創意點子的問題解決/挑戰情境

分享/簡報演示 - 創意點子的實施 - 規劃、執行與呈現

# Topic 3: Critical Thinking and Creativity



## Content

- **Our Built-In Decision Maker: The Coordinate Plane**
- **How Paradigms Trick Us**
- **Creativity and Innovation**



## Expected Outcome

- Acquired tools and techniques to better understand, connect and form new concepts
- Improved motivations towards learning and ability to absorb and leverage new knowledge
- Improved awareness towards, and acquired tools and techniques to identify/ prevent biases & logical fallacies
- Improved creativity and motivations

## Unique Offerings

Developed based on cognitive science and epistemological theories and Chinese philosophical inspirations, supported by self-develop board games

## Content

### WS 3A: Our Built-In Decision Maker

- Formation of concepts
- Introduction to the coordinate plane - definition, history, applications
- Importance and use of the coordinate plane in understanding, connecting and testing concepts and the creation of new concepts
- Applications of the coordinate plane in daily life

### WS 3B: How Paradigms Trick Us

- What are biases and logical fallacies?
- Types and examples of typical biases and logical fallacies
- Causes of biases and logical fallacies
- Impact of biases and logical fallacies
- Means and techniques to identify and deal with/ prevent biases and logical fallacies

### WS 3C: Creativity and Innovation

- What is creativity?
- Types and applications of creativity
- Importance of creativity
- What gives rise to creativity?
- Means and techniques to catalyze creativity
- From creativity to innovation - strategies, planning, actions and persistence

## Games & Activities

Case studies and quizzes -  
Applications of the coordinate plane  
in life management

Coordinate plane treasure hunt

“The Culture Tycoon”  
(coordinate plane monopoly) -  
a Chinese history inspired game

Sharing/ presentation - Coordinate plane  
life management experiments

Case studies and quizzes

Bias and fallacies scavenger hunt

Bias and fallacies bingo

Bias and fallacies case study role play

Conceptual “LEGO” :  
Physical designs, narratives, ideas, artwork

Sharing/ presentation -  
Problem solving/ challenge scenarios  
for creative ideas

Sharing/ presentation -  
Implementation of creative ideas  
planning, execution and presentation



# 主題 4：行動與生產力



## 內容

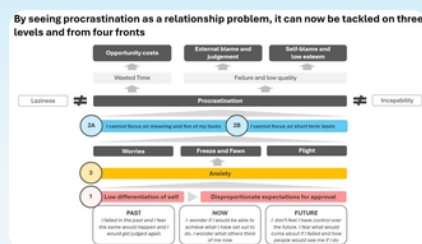
- 專注力管理
- 時間管理
- 逆境管理

## 預期成果

- 增強專注、學習動機和學習成果
- 理解拖延的原因並掌握其解決方法，提升效率、動力和優先順序意識
- 改善心理、情感、身體和人際關係管理，增強面對逆境的韌性，在困難中保持動力

## 獨特優勢

以精神分析理論為基·融中國哲學智慧現與中國歷史及文學觀點為韻



We can assess the validity, legitimacy and significance of potential criticisms using the following table

Assessment on Validity, Legitimacy and Significance of Potential Criticisms									
(The more "NO"s to the assessment questions, the less valid, legitimate and significant the potential criticisms in our heads are)									
Criticizing		Assessing validity of criticism				Assessing legitimacy and significance of potential criticisms			
Name of critic	Who is this critic?	Why does this critic matter?	How do you want to be criticized?	Is this critic really going to criticize you?	Does the critic have the right to criticize you?	Does the critic have the right to criticize you?	Is this criticism valid?	Is this criticism legitimate?	Is this criticism significant?
Phil	Phil	Phil	Phil	Phil	Phil	Phil	Phil	Phil	Phil
Colleague	Colleague	Colleague	Colleague	Colleague	Colleague	Colleague	Colleague	Colleague	Colleague



## 課節重點

## 遊戲和活動

### 工作坊 4A：專注力管理

- 什麼是專注？ - 專注的維度
- 為什麼專注很重要？ - 專注缺失的影響
- 什麼造成專注缺失或對於錯誤事物的專注？
- 提升專注力的方法和技巧
- 如何在生活中選擇正確的專注點

專注挑戰/競賽 - 聆聽、記憶、專注細節、優先排序

提升專注技巧練習

討論與簡報演示 - 案例研究

討論與簡報演示 - 經驗分享

### 工作坊 4B：時間管理

- 時間的概念
- 什麼是拖延？
- 為什麼解決拖延極為重要？
- 導致拖延的原因
- 管理和預防拖延的方法

小測驗與挑戰 - 決拖的原因及解決方案

「戰勝拖延」密室逃脫遊戲 - 拖延逃脫室遊戲

拖延管理技巧練習

討論與簡報演示 - 經驗分享

### 工作坊 4C：逆境管理

- 逆境的類型：逆境維度、主觀與客觀逆境
- 造成逆境的因素
- 管理逆境的方法：預防、忍耐和解決
- 中國歷史故事與文學參考：關於管理逆境的案例

「逆境詩意」角色扮演遊戲 - 中國歷史故事和文學典故

精選的逆境管理工具與技巧練習

討論與簡報演示 - 案例研究

討論與簡報演示 - 經驗分享

# Topic 4: Action and Productivity



## Content

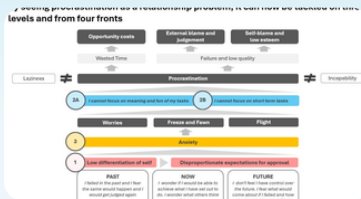
- **Focus Management**
- **Time Management**
- **Resilience against Adversities**

## Expected Outcome

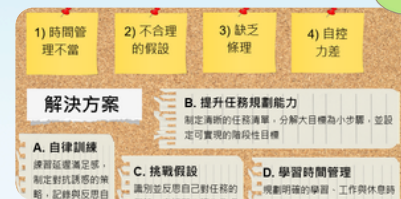
- Enhanced focus, learning motivations and learning results
- Better understanding towards causes and cures of procrastination and improved efficiency, motivations and sense of priority
- Better mental, emotional, physical and relational management leading to improved resilience against adversities, and retention of motivations in the face of hardships

## Unique Offerings

Developed based on inspirations from psychoanalysis theories/ techniques, classic Chinese philosophies and comparable perspectives into Chinese history and literature



Assessment on Validity, Legitimacy and Significance of Potential Criticisms (The more "NO"s to the assessment questions, the less valid, legitimate and significant the potential criticisms in our heads are)											
Critical thinking			Assess validity of criticism			Assess legitimacy of potential criticism			Assess significance and impact of potential criticism		
Name of critic in your head	Who is this critic to you?	Why does this critic matter to you?	How do you react to this critic?	Is this critic really going to impact you?	Does what you do really impact this critic?	Is such potential criticism really matter to you?	Is this potential criticism really about you and not the effect?	Is potential criticism material to your future? (S)	Is potential criticism material to your future? (T)	Does potential criticism impact your emotions?	If yes, do you try to manage such emotions?
Post	These excellent & reliable	Capable and reliable	NO	YES	YES	NO	YES	YES	NO	YES	YES
Colleague	These excellent & reliable	Capable and reliable	NO	YES	YES	NO	YES	YES	NO	YES	YES



## Content

### WS 4A: Focus enhancement

- What is focus? - Dimensions of focus
- Why is focus important? Impact of focus deficiency
- What cause deprivation of focus or focusing on the wrong things?
- Means and techniques of improving focus
- Choosing the right focuses in life

Focus challenge/ competition -  
Listening, memory,  
attention to detail, prioritization

Practice of selected focus  
enhancement techniques

Discussions and presentation -  
Case studies

Discussions and presentation -  
sharing of experiences

### WS 4B: Time Management

- Concept of time
- What is procrastination?
- Why is combating procrastination important?
- Causes of procrastination
- Means of managing and preventing procrastination

Quizzes and challenges -  
causes and cures of procrastination

"The Procrastination Escape" -  
Procrastination escape room game

Practice of selected procrastination  
management techniques

Discussions and presentation -  
sharing of experiences

### WS 4C: Resilience against Adversities

- Types of adversities - dimensions, subjective and objective
- Factors causing adversities
- Means of managing adversities - prevention, endurance, resolution, and recovery
- Chinese historical stories and literary references about managing adversities

"Verses of Resilience" RPG game -  
Chinese historical stories and literary references

Practice of selected adversities  
management tools and techniques

Discussions and presentation -  
Case studies

Discussions and presentation  
sharing of experiences

# 主題 5：情緒智能



## 內容

- 何謂情緒
- 情緒表達
- 情緒管理

## 預期成果

- 提升對情緒及其成因的認識和理解
- 掌握有效表達、享受和利用情緒的方法和技巧
- 提高對情緒管理的認識，並掌握情緒管理的方法和技巧

## 獨特優勢

以精神分析理論為基，融中國哲學智慧與中國歷史及文學觀點為韻，結合自主研发桌遊和獨創情緒分類體系



## 課節重點

## 遊戲和活動

### 工作坊 5A: 何謂情緒

- 什麼是情緒？
- 情緒的分類
- 情緒的起因
- 情緒的重要性
- 情緒覺察的重要性
- 洞察情緒的方法和技巧

情緒猜謎/配對遊戲

案例研究 — 在故事中識別情緒

情緒覺察練習和實踐

討論與簡報演示 — 分享情緒經歷

### 工作坊 5B: 情緒表達

- 表達情緒的重要性
- 表達情緒的方法和技巧 — 文學與藝術
- 情緒表達的歷史、文學和藝術範例

「情感韻律」卡牌遊戲 - 詩歌啟發的情緒圖畫猜謎遊戲

繪畫情緒

案例研究和情緒角色扮演

創意比賽和展示

### 工作坊 5C: 情緒管理

- 什麼是情緒智能？——情緒智能的各個維度
- 管理情緒的重要性
- 情緒管理技巧——情緒急救和長期情緒韌性練習
- 中國歷史和文學中的情緒管理範例

情緒急救實踐

長期情緒韌性練習

案例研究和問題解決角色扮演

討論與簡報演示 - 分享情緒經歷



# Topic 5: Emotional Intelligence



## Content

- Understanding Emotions
- Ink of Emotion
- Emotion Management

## Expected Outcome

- Increased emotional awareness and understanding of emotions and causes of emotions
- Acquired means and techniques to effectively express, enjoy and leverage emotions
- Increased awareness towards emotional management, and acquired means and techniques to manage emotions

## Unique Offerings

Developed based on inspirations from psychoanalysis theories/ techniques, classic Chinese philosophies and comparable perspectives into Chinese history and literature, coupled with self-developed board games and original emotions classification system



## Content

### WS 5A: Understanding Emotions

- What is emotion?
- Categorization of emotions
- What gives rise to emotions?
- Importance of emotions
- Importance of emotional awareness
- Means and techniques to be in touch with emotions

### Games & Activities

Emotions Charades/ matching game

Case studies - identification of emotions in stories

Emotional awareness exercises and practices

Discussions and presentation - sharing of emotional experiences

### WS 5B: Ink of Emotions

- Importance of expressing emotions
- Means and techniques of expressing emotions – literary and artistic
- Historical, literary and artistic examples of emotional expression

“Ink of Emotions” - Poetry inspired emotions pictorial guessing game

Painting emotions

Case studies and emotions role play

Creative contests and presentation

### WS 5C: Emotion Management

- What is emotional intelligence? – dimensions of emotional intelligence
- Importance of managing emotions
- Assortment of emotional management techniques – emotional first aids and long-term emotional resilience skills and practices
- Chinese historical and literary examples of emotional management

Emotional first aid practices

Long term emotional resilience practices

Case studies and problem - solving role play

Discussions and presentation - sharing of emotional experiences

- 友誼管理大師
- 有效溝通能手
- 生活談判專家

- 提高對人際關係管理的洞察力，增強應對人際困境的韌性
- 改善溝通技巧及人際關係
- 改善解決問題的能力

## 自主研發評估體系及工具；深植華夏哲學智慧

人素品質	關係要素		
	積極	正向	負面
價值	貴族之文 志人品素與品素上之文為應有的素。他們不追求像得名的聲譽，滿足人心中難得的知己	次貴族力能 在人品上素出於，其端為德，善信，可貴等素，但貴族力能，其端為品素，品素能進一步加強其德，雙方之間亦應進一步加強其德，雙方	正當素人 在人品上素現出，但正當素人，其端為品素，品素能進一步加強其德，雙方之間亦應進一步加強其德，雙方
嗜好	相素良好，其嗜好雅潔，但個人品素雅潔可以引導其嗜好	素力能素 雙方素力能素建立之在品素雅潔等素，雙方素力能素建立之在品素雅潔等素，雙方素力能素建立之在品素雅潔等素	不足之素人 雙方素力能素建立之在品素雅潔等素，雙方素力能素建立之在品素雅潔等素，雙方素力能素建立之在品素雅潔等素
	貴族好友	貴族素人	貴族素人



《易傳·系辭傳上·第八章》



兩人心意相同、行動一致，其力量如同鋒利的刀刃，可以斬斷金屬；而言語間的契合，則如蓮花般芬芳高雅、絢爛動聽，沒有污穢之語。這句話表達了朋友之間情誼深厚，並強調團結的重要性。

蘭花自古以來被譽為「君子之花」，其香氣被喻為「王者之香」。由於蘭花長久以來與「蘭」聯繫起來，「金蘭之交」便是其中之一。

金蘭之交，是古代漢族的一種結交風俗，又稱上契、結契、認干親或拜干親，用來形容朋友之間的深厚情誼。結契是一種人際關係，指沒有血緣關係的兩

## 遊戲和活動

- 什麼是友誼？
- 友誼的重要性
- 管理人際關係的重要性
- 評估關係的質量 – 歷史和哲學視角
- 評估和管理關係的方法與技巧

- 什麼是溝通？為什麼溝通重要？
- 有效溝通的手段 – 輸入 (聆聽、觀察、理解及其他感官接收)、處理 (理解、思考、分析和決策，情感和人際智能)、輸出 (修辭/藝術/推理/身體表達、態度)
- 說服和激勵他人的藝術
- 現代環境中的溝通技術

- 造成衝突的原因
- 衝突的類型
- 管理衝突的重要性 – 衝突的潛在影響
- 管理衝突和達成和解的方法與技巧

## 友誼案例研究

## 精選關係管理技巧練習

## 討論與簡報演示 - 分享經驗

## 觀察挑戰

## 聆聽遊戲

## 電話遊戲 - 聆聽/觀察到表達

## 辯論與小組討論

## 故事講述遊戲

## 猜謎遊戲 - 角色扮演與繪畫

## 衝突解決案例研究與角色扮演

## 辯論與妥協

## 調解遊戲

## 非暴力溝通技巧實踐

## 討論與簡報演示 - 經驗分享

# Topic 6: Social Intelligence



## Content

- **Friendships Management**
- **Effective Communication**
- **Conflicts Management**

## Expected Outcome

- Improved sensitivity towards managing interpersonal relationships & resilience against relational adversities
- Improved communication skills & interpersonal connections
- Improved problem-solving skills

## Unique Offerings

Self-developed assessment regimes and tools with Chinese philosophical inspirations

	德類	德好	德差人差
德類	<b>貴遠之交</b> 在人品和關係品質上都極為優秀的友人。他們不僅是得待佳賓的條件，還是人生中最難得的知己。	<b>貴遠交而賤近交</b> 在人品上表現出色，具備誠實、勇敢、可靠等品質，但合意卻難求。其關係品質極高，但一般心志不堅，努力之間外也難進一步加深友誼的私人努力。	<b>近而無德</b> 在人品方面表現出色，但合意難求。其合意難求的原因在於人品不佳（比如交際不誠實人、民德不好等）。
德好	<b>人品貴力交</b> 相處良好，彼此難得信任，但人品品質並非最高，可以從其行為中看出。	<b>德與朋友</b> 雙方關係主要建立在互相欣賞等基礎上，缺乏主觀上的情感聯繫，因此人品不足。	<b>德不足而交</b> 雙方關係不和睦，可能由於某些原因，但人品並非一差。因此，對彼此的生活沒有太大的影響。
	貴遠交	近而無德	近而無德



### 深厚的友情 – 金蘭之交

《易傳·系辭傳上·第八章》  
“二人同心，其利斷金；同心之言，其臭如蘭。”



兩人志趣相投，行動一致，其力量如同利刃的力刃，可以割斷金屬；而言語相投，則如蘭花之香，其味芬芳。此句強調了友誼之重要性，並指出友誼之重要性。

蘭花自古以來被譽為“君子之花”，其香氣被譽為“王者之香”。由於蘭花長久以來象徵高潔和神聖，人們常將一些珍貴或神聖的事物與蘭花聯繫起來。金蘭之交，即此中之意。

金蘭之交，是古代漢語的一種結交關係，又稱金蘭。結交，即干親或拜干親，所謂“金蘭”，取其“堅如金，香如蘭”之意，形容友誼之深厚，故知是一種人際關係，而非有組織關係的法人或多人。漢語中以為金蘭之交，即此中之意。

## Content

### WS 6A: Friendships Management

- What is friendship
- Importance of friendship
- Importance of managing relationship
- Assessing quality of relationships – historical and philosophical perspectives
- Means and techniques of assessing and managing relationship

### Friendship “MBTI” – Relationship Quality Test

### Friendship case studies

### Practice of relationship management techniques

### Discussions and presentation – sharing of experiences

### WS 6B: Effective Communication

- What is communication? & Why is communication important?
- Means of effective communication – input (listening, observations, comprehension and other sensory receptions), processing (understanding, thinking, analysis and decision making, emotional and interpersonal intelligence), output (rhetorical/ artistic/ reasoning/ bodily expression, attitude)
- The art of persuasion and inspiring others
- Communicating in the modern world

### Observations challenge

### Listening games

### Telephone game – Listening/ observation to expression

### Debate and group discussions

### Storytelling game

### Charades – Guessing game using body language/ drawings

### Conflicts resolution case studies and role play

### Debates and compromise

### Mediation game

### Practice of non-violence communication

### Discussions and presentation – sharing of experiences

### WS 6C: Conflicts Management

- What causes conflicts?
- Types of conflicts
- Importance of managing conflicts – potential impact of conflicts
- Means and techniques of managing conflicts and achieving reconciliation



# 產品及服務、組合方案和定制服務

## Offerings, Package & Customization



課程構成部分 Teaching Components		時長 (小時) Duration (Hours)
工作坊 Workshop	互動講座 (根據年齡組別的不同而有所變化) Interactive lecture (variations depending on age group)	約 1 - 1.5 小時 ~ 1 - 1.5 hrs
	遊戲/活動 (根據年齡組別的不同而有所變化) Games/ activities (availability and variations depending on age group)	約 1 - 1.5 小時 ~ 1 - 1.5 hrs

組合選項 Offering		構成部分 Component(s)	課程 Session(s) 1 - 1.5 Hours	最多人數 Max. capacity (# persons)
A	標準課程 Standard Sessions			
1	互動講座 Interactive lecture	講座 + 簡單互動遊戲 Lecture + simple activities	一節課程 (1.5 小時) 1 Session (1.5 Hours)	400
2	工作坊 Workshop	互動講座 + 遊戲 / 活動 Lecture + game / activities	兩節課程 (3 小時) 2 Sessions (3 Hours)	120
3	互動講座 + 後續活動 Interactive lecture + follow up sessions	互動講座 + 後續遊戲 / 活動 Lecture + separate game / activities session	兩節或以上課程 (課程 x 1.5 小時) ≥ 2 Sessions (Sessions x 1.5 Hours)	120
B	營隊, 活動和外出 Camps/ Activities and Outings			
1	半日 Half-day	1 x 工作坊/互動講座 1 session x workshop / interactive lecture	1 x 3 小時 1 x 3 Hours	100
2	全日 Whole-day	1 至 2 次 x 工作坊/互動講座 1 to 2 session(s) x workshop / interactive lecture	課程節數 x 3 小時 Sessions x 3 Hours	100
3	周末 Weekend	2 至 4 次 x 工作坊/互動講座 2 to 4 sessions x workshop / interactive lecture	課程節數 x 3 小時 Sessions x 3 Hours	100
4	夏令/ 冬令 (5-7 日) Summer and winter (5-7 days)	3 至 12 次 x 工作坊/互動講座 3 to 12 sessions x workshop / interactive lecture	課程節數 x 3 小時 Sessions x 3 Hours	100



## 工作坊成功案例

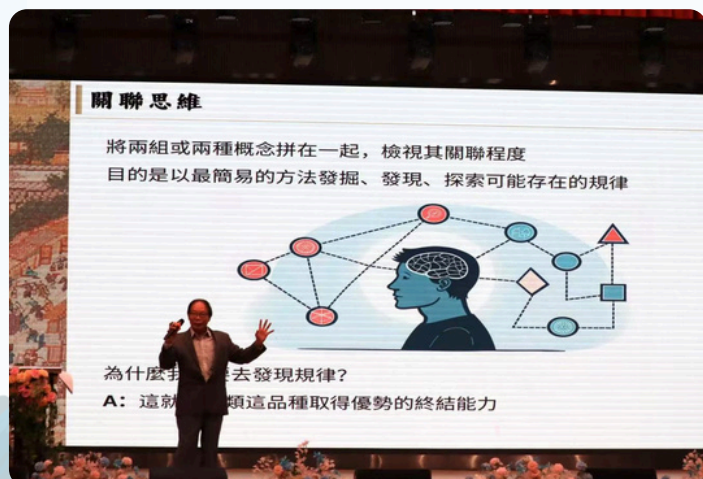
## Workshop Success Stories

我們的 2025 項目提供了變革性的學習體驗，並獲得了卓越的滿意度評價。這些成功故事突顯了我們工作坊對參與者生活的實際影響。

Our 2025 program delivered transformative learning experiences with a remarkable satisfaction rate. These success stories showcase the real impact our workshops have on participants' lives.

2025年 三月  
Mar 2025

深圳德萃港人子弟中學  
St. Hillary's Secondary School - SZ



我們所舉辦的全年齡／親子生活決策工作坊系列，圖中所展示的是我們自己所設計的“個人價值”卡牌以及遊戲。

Our self-hosted workshop series that is designed for all age groups/ parents and child, here showcasing our “Personal Value” card deck.

2025年 二月  
Feb 2025

生活決策工作坊系列  
Life Management Workshop Series

我們提供多種課程選項和級別，以滿足不同機構的多樣化需求。此外，我們歡迎定制，以確保我們的服務符合您的具體要求。如需更多信息或討論量身定制的安排，請隨時與我們的團隊聯繫。

We provide a variety of delivery options and levels to cater to the diverse needs of institutions. Additionally, we welcome customization to ensure our offerings align with your specific requirements. Please don't hesitate to reach out to our team for more information!





## Education Institution Consulting Services

除教育項目及內容研發外，本團隊具備顧問諮詢專長，可協助教育機構應對各部門的優化與轉型需求、提升學習成果、應對涉及科技及人工智能顛覆的教育挑戰。

Apart from education programs and content, our team is also equipped with advisory expertise that can help your organisation address optimisation and transformation needs across functions, improve learning outcomes and tackle educational challenges where technological and AI-disruptions is concerned.

### 提升學術表現 與非學術技能

Improving academic  
and non-academic  
performances

### 應對人工智能挑戰

Addressing AI's  
challenges

### 提升營運效率 與節省成本

Enhancing operational  
efficiency and saving  
costs

### 在變化和不確定中 保持競爭力

Maintaining  
competitiveness amid  
changes and  
uncertainties

### 改善學生 和教職員的福祉

Improving student and  
staff well-being

## AI時代下的教育機構價值創造 Value Creation for Education Institutions in the AI Era





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