

CURRICULUM VITAE

LAU Ngar Sze

PERSONAL DATA

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PRESENT APPOINTMENT

Senior Lecturer, Department of Educational Administration and Policy, Faculty of Education,
The Chinese University of Hong Kong

OTHER ACADEMIC AFFILIATION

Assistant Professor (Part-time) & MA Student Supervisor, Fo Guang University, 2021-present

Research Associate, New Asia Institute of Advanced Chinese Studies [新亞研究所], 2019-present

PREVIOUS EMPLOYMENT

Senior Lecturer, The Education University of Hong Kong

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

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

Teaching Fellow I, The Hong Kong Institute of Education

Centre for Religious and Spirituality Education

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 practices and mindfulness education

Teacher Professional Development

Well-being and mental health

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

教師專業發展

幸福和精神健康教育

宗教、健康和療癒

質性研究和民族誌

EDITORSHIP

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

REVIEWER FOR ACADEMIC JOURNALS

Education Journal

Frontiers in Education

International Journal of Children's Spirituality

Journal of Autism and Developmental Disorders

Journal of Contemplative and Holistic Stress & Health

Mindfulness

Psychology, Health & Medicine

The Asia-Pacific Education Researcher

World Journal of Pediatrics Education

LIST OF PUBLICATIONS

Publications (Citations: 520; h-index: 8; Source: Google Scholar the 12th June 2025)

Refereed Publications

Journal papers

- Zhang, Z.J., Lo, H.H.M., Bögels, S.M. *et al.* A randomized controlled trial for evaluating the effects of an online mindfulness-based intervention for parents of children with attention-deficit/hyperactivity disorder: a study protocol. *BMC Psychol* **13**, 610 (2025). <https://doi.org/10.1186/s40359-025-02929-0>
- Zhang, Z.J., Lo, H.H.M., Au, A. *et al.* Effects and Mechanisms of a Brief Mindfulness-Based Intervention for Caregivers of Frail Older Adults: A Three-Arm Randomized Controlled Trial. *Mindfulness* (2025). <https://doi.org/10.1007/s12671-025-02594-9>
- Zhang ZJ, Lo HHM, Ho WC, **Lau ENS**, Ng SM, Mak WWS, Wong SYS, Hung KSY, Lai IYS, Lo CSL, Wong JOY, Lui SSY, Siu CMW, Yan EWC, Chan SHW, Lin E, Wong GOC, Mak JWH, Tam HSW and Tse IHH (2024). Mindfulness-based family psychoeducation intervention for caregivers of young adults with first-episode psychosis: results at 9-month follow-up. *Front. Psychiatry* 15:1460151. doi: 10.3389/fpsyt.2024.1460151
- Cheung, R.Y.M., Wang, I.Y., **Lau, E.N.S.** (2024). Mindfulness facets and psychological well-being among meditators: serenity as a mediating process. *International Journal of Mental Health Promotion*, 26(3), 177-187. <https://doi.org/10.32604/ijmhp.2024.047190> [SSCI; impact factor 1.3]
- Lau, N. S.**, & Tse, T. K. C. (2024). Education for Buddhist Modernism: Buddhicised education and reform in Hong Kong schools. *British Journal of Religious Education*, 1–14. <https://doi.org/10.1080/01416200.2024.2344176> [SSCI; impact factor 0.9; Q1]
- Lau, N.S.**, Cheung, R.Y.M., Lai C.K.S., Lau, A.Y.T., Fung, M.C. (2023). Effects of Mindfulness on Stress, Life Satisfaction, and Savoring Beliefs Among Hong Kong Chinese Adolescents During the COVID-19 Pandemic. *Frontiers in Psychology*. DOI: 10.3389/fpsyg.2023.1118288 [SSCI; impact factor 3.8]
- Li, X., **Lau, E.N.S.**, Chan, S.K.C. *et al.* (2023). Effects of Mindfulness-Based Intervention to Improve Bracing Compliance in Adolescent Idiopathic Scoliosis Patients: a Randomized Controlled Trial. *Mindfulness* 14, 322–334. <https://doi.org/10.1007/s12671-022-02021-3> [SSCI; impact factor 4.7]
- Lo, H.H.M.; Liu, K.H.K.; Ho, W.C.; **Lau, E.N.S.**; Poon, M.F.; Lo, C.S.L.; Tam, H.S.W. (2022). Using Photovoice in a Mindfulness-Based Program to Understand the Experiences of Caregivers of Young Adults with Psychosis. *International Journal of Environmental Research and Public Health*, 19, 15461. <https://doi.org/10.3390/ijerph192315461> [SCI; impact factor 4.614]
- 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. *International Journal of Environmental Research and Public Health*, 19, 5447. [SCI; impact factor 4.614] <https://doi.org/10.3390/ijerph19095447>
- Kuang, Xiaoxue, Zhang, Xingzhou, Lee, C.K. John & **N.S. Lau**. (2023). The Relationships Between Teachers' Spiritual Well-being and Subjective Quality of Life: A Hong Kong Perspective. *Education Journal*, 51(1), pp. 131-160.
- 劉雅詩 (2022) 〈以學校的宗教和靈性教育促進共同生活的人類博愛〉《天主教研究學報》第 13 期: 112-132 “Facilitating Human Fraternity for Living Together through Religious and Spiritual Education in Schools”
https://catholic.crs.cuhk.edu.hk/Main/wp-content/uploads/2023/03/Journal-No-13-2022_0227_112-132-Elsa-Lau%E5%8A%89%E9%9B%85%E8%A9%A9.pdf
- 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. *Frontiers in Psychology*, 13:784826. <https://doi.org/10.3389/fpsyg.2022.784826> [SSCI; impact factor 3.8]
- 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> [A&HCI; impact factor 0.8]
- 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> [A&HCI; impact factor 0.8]
- 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> [SSCI; impact factor 4.7]
- 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> [SSCI; impact factor 3.8]
- Au, T.C. & **Lau, N. S.** (2021). Private music teachers' knowledge of and attitudes toward students With autism Spectrum Disorder. *Journal of Autism and Development Disorders*. <https://doi.org/10.1007/s10803-020-04809-5> [SSCI; impact factor 4.5]
- 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 [SSCI; impact factor 3.8]
- 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; impact factor 2.9]
- 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. [impact factor 1.2]
- 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. [impact factor 1.3]

Non-Refereed Publications

Lau, N.S. (17 July 2023) Meditare per il benessere nella Cina contemporanea. Dalla vipassanā alla mindfulness (Practicing transnational meditation in contemporary China for wellbeing: from vipassana to mindfulness) *Sinosfere* <https://sinofere.com/2023/07/17/elsa-ngar-sze-lau-meditare-per-il-benessere-nella-cina-contemporanea-dalla-vipassana-alla-mindfulness/>

Book chapters Authored

Lau, N.S. (2024). Implementing Contemplative Practices for Enhancing Spirituality in Hong Kong Schools. In Lee, J.C.-K., & Kennedy, K.J. (Eds.). (2024). *The Routledge International Handbook of Life and Values Education in Asia (1st ed.)*. Routledge.
<https://doi.org/10.4324/9781003352471>

Chan, K.K.S., Lau, N.S., & J.C.K. Lee. (2024). Chapter 1 Mindfulness and well-being among children and adolescents. In *Mindfulness for Child and Adolescent Well-Being: International Perspectives*. Abingdon: Routledge. <https://doi.org/10.4324/9781003314882>

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。
Ngar-sze LAU. "Positive Values Education for Pre-service and In-service Teachers," In *Towards a Life with Positive Well-being -- Cultivating Positive Values and Mind-Body-Spirit Health for Children and Adolescents through Mindfulness*. Hong Kong: Chung Hwa, pp. 100-109, 2022.

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。
Ngar-sze LAU. "What is Contemplation and Mindfulness?—Perspectives of Religion, Psychology, and Education," In *Towards a Life with Positive Well-being -- Cultivating Positive Values and Mind-Body-Spirit Health for Children and Adolescents through Mindfulness*. Hong Kong: Chung Hwa, pp. 2-18, 2022.

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.

Books Edited

Chan, K.K.S., Lau, N.S., & J.C.K. Lee. (eds.). (2024) *Mindfulness for Child and Adolescent Well-Being: International Perspectives*. Abingdon: Routledge. DOI: [10.4324/9781003314882](https://doi.org/10.4324/9781003314882)

劉雅詩、盧希晳、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。Ngar-sze LAU, Herman Hay-ming LO, and John Chi-kin LEE. *Towards a Life with Positive Well-being -- Cultivating Positive Values and Mind-Body-Spirit Health for Children and Adolescents through Mindfulness*. Hong Kong: Chung Hwa, 2022. 09.

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.

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)

EXISTING RESEARCH PROJECTS

External Competitive Grants

Co-investigator with Lo, Herman H.M. (PI), "The effects of an online mindfulness-based intervention for parents of children with ADHD: A randomized controlled trial". **General Research Fund**

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**

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**

PAPER PRESENTATION AT ACADEMIC CONFERENCES

'Enhancing Holistic Education with Contemplative Practices for University Students in Hong Kong', The 8th Roundtable Meeting of the Asia-Pacific Network for Holistic Education: International Conference Co-hosted by the Japanese Society for Holistic Education/Care, 28-30 March 2025

'Roundtable Title: Fieldwork in Theravada Buddhism', Annual Conference of Association for Asian Studies, 13-16 Mar. 2025

'Mindfulness as ethical foundations in teaching profession: Exploring the views of pre-service and in-service teachers in Hong Kong', International Conference on Mindfulness (ICM), Bangor University, 2 to 6 Aug. 2024

'Discussing the role of children's spirituality in the recent education policies promoting mental health support in Hong Kong, 2024 International Symposium Conversations about Children's Spirituality, International Association for Children's Spirituality (IACS), 15-18 July 2024

'Examining the Views of Pre-service and In-service Teachers on Teaching Profession and Conduct',

- International Congress on Educational Futures 2024 (ICEF 2024) organized by The Education University of Hong Kong, Hong Kong Apr. 2024
- ‘Implementing Contemplative Education for Enhancing Spirituality in Hong Kong Schools’ HKERA-APERA International Conference 2023 organized by HKERA-APERA, CUHK, FoE, EAP, CUSP, HKIER & HKCDEL, Hong Kong Dec. 2023
- ‘The Leading role of Taiwan Buddhism in promoting Transnational Buddhist Meditation’ in International Conference on Transnational Movement of Taiwan Buddhism, Fo Guang University, 3-4 Nov. 2023.
- ‘Struggle of identity of transnational Buddhist meditation practices in Contemporary China’ in Global China in a Religious World Brinfaith International Workshop, HKIHSS, HKU (in person), Asia Research Institute, National University of Singapore (online), 22-23 Aug. 2023.
- ‘Fitting the needs of spiritual diversity: developing transnational Buddhist meditation event “Zen Meditation with Thousands” in Hong Kong’, Sinification, Globalization or Glocalization?: Paradigm Shifts in the Study of Transmission and Transformation of Buddhism in Asia and Beyond, The University of Hong Kong, 9-12 Aug. 2023.
- ‘Promoting ‘Don’t Know Mind’ at financial center--The Female Zen Master in Korean Tradition in Hong Kong’, Theme: Religion and Power, BSA Sociology of Religion (SocRel) Annual Conference 2023, University of Bristol, 5-7 July 2023
- ‘The role of spiritual environment protection in holistic education: Transforming the world with sustainable development goals in the 21st century’[心靈環保在全人教育的角色：以 21 世紀可持續發展目標(SDGs)改變世界], The 2023 The 9th Chinese Buddhism & Sheng Yen International Conference[第九屆漢傳佛教與聖嚴思想國際學術研討會], 28-30 June 2023
- ‘Pioneer Buddhist chaplaincy services organized by *bhikṣuṇī* and laity at public hospitals in Hong Kong, 18th Sakyadhita International Conference on Buddhist Women’, "Living in a Precarious World: Impermanence, Resilience, Awakening", Sakyadhita International, Seoul, South Korea, June 23-30, 2023
- ‘Vipassanā, Mindfulness and Psychotherapy—Healing Meditation Retreat in Contemporary Chinese Monastery’, Fu Jen Catholic University [內觀、正念和心理治療—當代中國漢地寺院的療癒禪營]「療遇之境—宗教地景、療癒與社會」國際學術研討會, 天主教輔仁大學宗教學系波蘭亞捷隆大學哲學學院宗教學系合辦, 11-12 Nov. 2022 [online mode]
- ‘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 [online mode]
- ‘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

INVITED PRESENTATIONS/ LECTURES/WORKSHOPS

Invited Lecture / Presentations at Universities

- Invited speaker, Mindfulness Tuesday workshop, ILC, CUHK, 14 Jan. 2025
- Invited speaker, Life and Death Education workshop, OSA, CUHK, 26 Nov. 2024
- Invited speaker, Film show of Life and Death Education, OSA, CUHK, 12 Nov. 2024
- Invited speaker, Meaning of Life and Death Education, OSA, CUHK, 29 Feb. 2024
- Invited speaker, Self-compassion workshop, OSA, CUHK, 22 Feb. 2024
- Invited speaker, Mindful Leadership Workshop, Career Day, New Asia College, 20 January 2024
- Invited discussant of lecture on ‘Mindful China: Embracing Early Meditation and Vipassanā Practices in Search for Awakening, and Secular Well-being’ by Ester Bianchi, Yin-Cheng Distinguished Lecture, March 28, 2024 (online), University of British Columbia, 28 March 2024
- Invited discussant of Seminar of Postdoctoral students, Foguang Research Institute 20 January 2024
- Invited speaker, Seminar of Promoting school-based mindfulness, 推行校本靜觀/正念活動於小學課程計劃成果分享會, 2 December, 2023
- Invited speaker, Meaning of Life and Death Education workshop, MoodPsy@CUH 木禾心理 CUHK, 30 November 2023
- Invited speaker, Exploring the Pioneer Buddhist chaplaincy services at public hospitals of Hong Kong, Buddhist Council of Canada (BCC) Forum on Buddhism and Well Being, 10-11 November 2023
- Invited speaker, Buddhist meditation & wellbeing workshop for students, invited by Buddhist Society, Chaplaincy Quiet Room, Lancaster University, 25 July 2023
- Invited panel speaker, Responses in Adolescence, 2023 Online Annual Meeting - Whose Children Are They? Religious Education Association (REA) 13 July 2023
- Invited speaker, “Transnational Buddhism in the Southern Sinosphere”, ISHB Workshop, University of the West, 16-18 Jun. 2023
- Invited lecturer, “Doing ethnographic research at religious sites: observation & interview”, FROGBEAR (UBC) Cluster 3.4, Bangkok Fieldtrip, Thammasat University, Bangkok, 23 May to 3 June 2023
- Invited lecture, Mindfulness, Leadership, and Well-being, Rotary Club of HK Elements, HK Bankers Club, 18 May 2023
- Invited workshop, Horticultural therapy and mindful healing, Hong Kong Association of Therapeutic Horticulture, 25 Apr. 2023
- Invited workshop, Mindful sitting workshop, HK Centre for International Student Assessment, Faculty of Education, CUHK, 3 Apr. 2023
- Invited lecture, Doing research in contemplative education: ethnography of mindfulness meditation, EAP Research Workshop 2022-23, 30 Mar. 2023
- Invited sharing and recording for radio programme, Colourful Journey, RTHK5, 16 Mar. 2023
- Invited workshop, Career talk on “Mindful comprehension”, New Asia College, CUHK, 14 Jan. 2023
- Invited lecture, “Promoting resilience and mental health of students through an equity lens Building resilience in classroom: Experiences in implementing school-based mindfulness and positive education programmes in Hong Kong”, Education seminar: Promoting resilience and mental health of students through an equity lens, CUHK Institute of Health Equity, LT5 YIA, 19 Nov. 2022
- Invited talk, New Book Sharing, Living Faith HK, 5 Nov. 2022
- Invited interview, HK Red Cross Hospital Schools, July. 2022
- Invited lecture, “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 Lecture/ Workshops for Teachers/Students of Local Schools

- Invited speaker, Workshop on Resilience Education, 以整全教育和靜觀實踐培育青年的抗逆力, Jockey Club Electronic Clinic for Psychological Service Professional Seminar & Workshops, New Life Psychiatric Rehabilitation Association, 28 Sept. 2024
- Invited speaker, Speech Day, New Asia Middle School, 25 Sept. 2024
- Invited speaker, Graduation Ceremony, CWK Catholic Primary School, 5 July 2024
- Invited speaker, Buddha’s Birthday ceremony, Buddhist Mau Fung Memorial School, 8 May 2024
- Officiating guest, the 41st Graduation Ceremony, Chai Wan Kok Catholic School (5 July 2024)
- Officiating guest, the 25th Election of EXCO and Inauguration of Parent-Teacher Association, Buddhist Tai Hung College (21 October 2023)
- Invited lecture, ‘Practicing positive life with wellbeing: cultivating positive values’, SKH Li Fook Hing Secondary School (5 Oct. 2022)
- Invited lecture, “Establishing positive relationship with children with SEN via mindfulness 以靜觀建立家長和 SEN 子女的正向關係”, Chi Lin Buddhist Secondary School, 16 Dec. 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)

CURRICULUM DEVELOPMENT

Course modules developed at The Chinese University of Hong Kong 2022-24

UGED2674 Contemplative Practices and Holistic Education

Courses taught for the Chinese University of Hong Kong 2022-24

CHED4510 Values Education in Early Childhood Education

GENA1113 Student-oriented Teaching and Seminar

PGDE5211A/S Structure & Process of Schooling

PGDE5234A/H/J Ethics and Professional Standards for the Teaching Profession

PGDP5312F Values and Moral Education

PGDP5318A/R Ethics and Professional Standards for the Teaching Profession

EDUC2220 Educational Thought

EDUC3201A Ethics and Professional Standards for the Teachers

EDUC3290 Meaning Concerns, Life and Death Education

UGED2663 Human Existence and Values Education

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

KNOWLEDGE TRANSFER

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、正念禪療), 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 ORGANIZATION

Organizing Committee of the ICM-Asia Pacific Mindfulness Conference 27-29 June 2025, CUHK
 Organizing Committee of Virtual International Symposium, Children's Spirituality: Meeting New Challenges, International Association for Children's Spirituality, Online via Zoom
 20-21 & 24-25 July 2023

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 SERVICE AT CUHK

Department

Academic Advisors for 6 New MEd Students - General Stream (Local), 2023-24

Interviewer, Interview panel of MEd students - General stream (non-local), 13/03/2023

Teaching practice supervision, 2 PGDE students, Term 2, 2022-23

Faculty

Faculty Inauguration Ceremony for Undergraduates, 4 Sept. 2023

Faculty Graduation Ceremony, Nov. 2022

Faculty Inauguration Ceremony for Undergraduates, Sept. 2022

Member, Faculty Student Affairs Committee, 09/2022-present [responsible for scholarship in Term 2]

Member, ELED Programme Committee, 09/2022-present

College

Adviser, Community service scheme [新伙相傳外展關懷社區計劃], 09/2023-05/2024
Inauguration Ceremony for New Students, New Asia College, 08/09/2023
Member, Committee on the Scholarships and Bursaries, NA College, 08/2023-07/2025
Member, Student counselling and Development, NA College, 08/2023-07/2025
Lecturer, College General Education course GEN1113, NA College, 01/2024-03/2024

University

Member, Teachers' Association (CUTA), The Chinese University of Hong Kong, 12/2023-11/2025

The Education University of Hong Kong

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

Member of Assessment Panel (Values Education) of Chief Executive's Award for Teaching Excellence (2024-25)

School Manager of Incorporated Management Committee of an aided secondary school (2024-)

Committee member, International Association for Children's Spirituality (IACS)(2017-)

Member, the CDC-HKEAA Committee on Ethics and Religious Studies (Senior Secondary), HKSAR (2004-08)

Member, Hong Kong Examinations and Assessment Authority (HKEAA) (2005-07)

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



Invited lecture on “Summer Flowers & Autumn Leaves: Starting the Journey of Life & Death Education”, OSA, CUHK on 29 Feb. 2024



Invited speaker of film show on life and death, OSA, CUHK on 12 Nov. 2024





Invited workshop on Resilience Education, 以整全教育和靜觀實踐培育青年的抗逆力, Jockey Club Electronic Clinic for Psychological Service Professional Seminar & Workshops, Supporting Youth Mental Health in the Midst of Adversities: From Engagement, Psychological Interventions to Values Education, New Life Psychiatric Rehabilitation Association, 28 Sept. 2024



Visiting New Asia Institute of Chinese Studies
GENA1113 on 19 April 2024



Mindful walking at Labyrinth of CUHK, UGED2663
Human Existence and Values Education



Visit to TS Monastery of UGED2663 Human
Existence and Values Education on 25 March 2024



Forest-bathing activity of UGED2663 Human
Existence and Values Education on 25 March 2024



Invited speaker, Meaning of Life and Death Education
workshop, 木禾心理 MoodPsy@CUHK 30 November



Sustainable education workshop of UGED2663
Human Existence and Values Education March 2024

2023; Referred by OSA



Invited speaker and officiating guest of the election of Parent-teacher Association, Buddhist Tai Hung College, 21 October 2023



Invited speaker and officiating guest of the 41th Graduation Ceremony of Chai Wan Kok Catholic Primary School, 5 July 2024



Mindfulness Workshop: Self-compassion & Mindfulness 自我關懷 靜觀當下 invited by OSA, CUHK on 22 Feb. 2024



Invited officiating guest, New Asia Middle School Speech Day, 25 September 2024



Soles of the Feet (SoF) Ambassador Program, March to April 2023
 [16 trained CUHK undergraduate and PGDE students attended 4 mindfulness session and 3 SoF workshops; serving 17 primary school students with SEN in two schools with 5 sessions]
 Collaboration with

- Buddhist Chung Wah Kornhill Primary School
- Chai Wan Kok Catholic Primary School



Visit with in-service teachers, PFS5035 Positive Pedagogy: An Applied Framework for Positive Education (4 May 2018)



Invited mindfulness workshop for students of Grantham Hall at EdUHK on 11 Nov. 2021



Undergraduates, GEK2018 Mindfulness Approaches for Promoting Well-being (20 Mar. 2018)

