

Effective & Efficient Sleep Management Workshop



Did you know : When sleeping < 6 hours, our cognitive performance is similar to having 2 beers?

Active Stress Management practice should begin with a good night of rest. This workshop talks about effective, efficient and restorative sleep. Our emphasis is on Quality rather than Quantity.

Date: October 14, 2022 (Friday)

Time: 1:00 – 2:00 pm

Format: Zoom

Language: English

Instructor: Cavan Chan (Founder, GoalCraft)

Exclusively for HKU Law Alumni

About the Instructor

After working as an R&D and product engineer in Silicon Valley for 6 years, Cavan developed a strong interest in optimizing body & mind performance and started his own firm to promote a sustainable lifestyle management momentum. He is a Functional Medicine Certified Health Coach, Certified Sleep Science Coach/ Breathe Coach, NASM certified trainer/ nutritional specialist.



Register Here

