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.

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