

青年身心健康導師

香港心聆現正招募具熱誠、樂於與青少年合作的導師，支援參與賽馬會平行心間（校園版）：「心間·無間」健康校園基金的中學生隊伍。參與計劃的學生隊伍將構思及實踐具創意的校園身心靈健康推廣項目。導師將於項目構思、規劃及執行期間，為學生提供適切的引導與支援，協助他們把創意及想法轉化為可行且具影響力的實際行動。

此職位尤其適合熱衷青少年工作，並關心青少年身心靈健康發展的人士。申請者如具備與中學生合作的經驗，並曾籌備或帶領教育、心理健康或創意相關活動（例如工作坊或學習體驗設計），將有助於此導師角色中發揮所長。若你重視學生的自主發展，相信「青年為本、青年友伴」的精神有助促進學生身心健康及全人發展，並樂於陪伴青年在實踐中探索與成長，同時致力營造互相尊重、開放及包容的學習環境，這將是一個具意義及與學生同行的機會。

基本要求

在港工作資格

- 必須為香港永久居民，或持有效的工作簽證

性罪行紀錄查核（SCRC）

- 對於可能獲聘之導師，須於入職前自願進行性罪行定罪紀錄查核

學歷

- 需持有相關學士學位，例如教育、藝術、社會科學、心理學或其他相關範疇
- 具備精神健康或相關健康領域背景（如心理學、社工、教育或公共衛生）者為佳，但並非必要

語言

- 操流利廣東話及英語，具普通話能力更佳，並優先考慮具備優秀的英語及繁體中文書寫能力

工作承諾

- 導師將根據學生需求，推行為期四個月或九個月的指導工作：2026年4月 - 7月或2026年4月-12月
- 導師將全程參與本計劃，為參加者提供持續的指導與支持；在完成指導工作後，導師可就每個指導的學校項目獲得港幣9,000元的導師費
- 團隊將按照導師的時間及能力，安排支援一所或多所參與學校
- 成功獲錄取導師須於獲分配之階段內承諾出席以下活動：
 - 迎新會（2小時）
 - 青少年精神健康101培訓（1小時）
 - 導師小組督導（3小時）
 - 創意交流日營（9小時）
 - 強化課程（3小時）
 - 提供項目諮詢及執行支援（約12小時）
 - 為學員提供指導，有關提案撰寫、預算規劃，以及與身心健康相關的創意項目構思
 - 於為期3或8個月的項目推行期間，協助項目順利進行
 - 向學校及計劃團隊提交相關報告

導師主要工作內容

- 帶領討論、活動、腦力動盪、小組合作等，協助學生提升對精神健康的認識，以及合作、溝通、領導及解難等能力
- 協助設計培訓教材、課程流程，以及與項目目標相關的活動
- 營造一個安全、開放的環境，鼓勵學生積極表達意見
- 為學生的項目構思和計劃提供具建設性的回饋，協助他們持續成長及發展
- 收集參加者意見，觀察項目設計及實踐進度，並協助評估培訓成效
- 協助監察項目預算，確保資源運用合適
- 與不同團隊和合作單位保持良好溝通，確保項目順利進行
- 導師將於香港心聆團隊的監督與指導下進行相關工作

技能與經驗要求

- 擁有 5 年青少年相關工作經驗，並具備主持小組討論或培訓的實務經驗
- 對青少年心理健康及社區項目有熱誠
- 了解青少年心理健康、培訓方法及工作坊運作
- 具備良好的人際互動技巧，能與學生建立關係、保持參與度並鼓勵他們投入
- 良好的中英文溝通能力
- 有項目管理經驗，做事有條理、細心

重要資訊

- 申請日期
 - 2026/2027學生導師計劃之申請現已開放，截止日期為2026年3月4日。
 - 有興趣申請人士，請在截止日期前把履歷發至：topupcwf@mind.org.hk查閱



Youth Wellness Mentors

Want to get involved in our youth work in guiding students from local secondary schools to design creative wellness projects? We are now looking for passionate and engaging youth wellness mentors to lead training sessions and provide project consultations for students in secondary schools participating in the “Mindful Hearts, Boundless Ideas” Campus Wellness Fund, under “JC LevelMind@School” .

In this role, you will be playing a key part in fostering collaboration, enhancing communication skills, and helping young people grow their confidence in leadership and problem-solving.

If you are interested and experienced in developing wellness projects, facilitating workshops, creating meaningful dialogues and learning experiences, and supporting an inclusive environment guided by the principles of “Youth-led” and “Youth for Peer” , this role could be a great fit for you. It’ s a meaningful opportunity for anyone who enjoys working with youth and is passionate about promoting mental wellness in schools.

General requirements:

Eligibility to Work in Hong Kong

- You must be a Hong Kong permanent resident or hold a valid work visa for the full duration of the programme

Sexual Conviction Record Check

- A valid Sexual Conviction Record Check (SCRC) is required before starting the role

Education

- Bachelor’ s degree in a relevant field, preferably in Education, Art, Social Sciences, Psychology or any related disciplines
- Background in mental health or a health-related field (like psychology, social work, education, public health) is a plus, but not required

Language

- Fluent in Cantonese and English. Mandarin is a plus. Excellent written skills in English and Traditional Chinese

Commitment

- Responsible for implementing programmes with durations of four or nine months, based on student needs: Apr - July 2026 or Apr - Dec 2026



- Mentors will be actively engaged, guide and support participants throughout the programme and will receive a mentor fee of HK\$9,000 for every school project upon completion of the mentorship programme
- Mentors may be assigned to support one or more participating schools, depending on their availability and capacity
- Successful candidates are required to commit to the following events during the assigned phase:
 - Orientation meeting (2 hours)
 - Youth Mental Health 101 Training (1 hour)
 - Mentors' Group Supervision (3 hours)
 - Idea Exchange Day Camp (9 hours)
 - Booster sessions (3 hours)
 - Project consultancy and implementation (~12 hours)
 - Guide assigned mentees about proposal writing, budgeting, and creative project idea development in relation to wellness
 - Ensure a smooth project execution in the course of the 3-8 months post-camp project implementation period.
 - Submit report to school and the Programme Team

Role of mentors:

- Lead and guide discussions, activities, brainstorming sessions, and team-building exercises to help participants strengthen their collaboration, communication, leadership, and problem-solving skills
- Assist in creating training materials, workshop plans, and creative activities that fit the goals of the project
- Build a supportive, open environment where participants feel comfortable sharing their thoughts and ideas
- Offer guidance and constructive feedback to participants on proposal revisions and project deliverables, enabling their ongoing growth and development
- Gather participant feedback, monitor training outcomes and assess overall effectiveness
- Support project management by ensuring activities remain within budget
- Ensure smooth coordination and implementation of the project with different parties
- Work with different teams and partners to ensure smooth coordination & implementation of the project
- The operation will be under the supervision and guidance of the project team

General skills & Experience:

- Experience in project management, with solid organised skills and detail-oriented
- Minimum 5 years of experience working with youth, with solid experience as a facilitator, trainer, or similar role leading group discussions or training sessions



- A strong passion for youth mental health and community projects
- Good understanding of youth mental health, training methodologies, and how to run workshops
- Strong interpersonal skills, able to connect with participants, keep them engaged, and motivate them
- Good communication skills in English and Cantonese

Key Information :

Application dates:

- The application of 2026/2027 ‘Youth Wellness Mentors’ intake is open until 4 March 2026
- If you’ re interested, please send your CV to the email address: topupcwf@mind.org.hk on or before 4 March 2026