




The Hong Kong Institute of Facility Management

(CPD20251030) CPD Seminar

“Long Life for Facility Managers: Elevating FM through Personal Well-being”

Date:	30 October 2025 (Thursday)
Time:	7:00 pm - 9:00 pm
Venue:	Lecture Theatre 02 (LT02), G/F., IVE (Morrison Hill), 6 Oi Kwan Road, Wanchai
CPD Hour:	2 Points
Language:	English supplemented by Cantonese

 This is an Official and Core activity related to Professional Practices under the CPD Scheme of the Property Management Services Authority. Holders of Property Management Practitioner Licence may receive a maximum of 2 CPD hours by participating in the activity/ course.

Speakers:

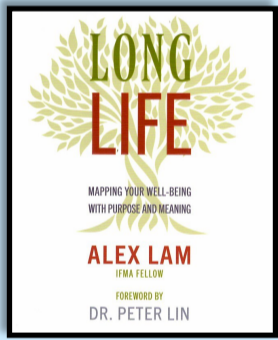
Alex LAM MTS, MRAIC (Life), Hon-fellow HKIFM, IFMA Fellow
Alex Lam is the Chief Design Officer at Aviemore Stirling Inc. in Toronto, with over 50 years of experience in the facility management industry. His career includes 23 years as General Manager of Facilities at Bell Canada and over 28 years in global consultancy, working with Fortune 500 FM and CRE leaders in the Asia-Pacific and North American regions.



A frequent speaker at international conferences. He has presented in Phoenix, Stockholm, Singapore, Auckland, Sao Paulo, Shanghai, Beijing, Hong Kong, Mauritius, and North America. He has taught graduate-level classes in facility management at the University of Hong Kong, the University of Manitoba, and Toronto Metropolitan University.

Join Alex Lam - drawing from over 50 years of facility management experience - as he shares powerful insights from his recent book, LONG LIFE: Mapping Your Well-being with Purpose and Meaning. In this interactive session, Alex explores the often-overlooked dual responsibility of FM professionals: maintaining both the physical workplace and the well-being of the people within.

Discover how foundational FM principles - such as infrastructure, systems, and maintenance - serve as compelling metaphors for managing personal health and longevity. Through engaging discussions you’ll learn to apply these parallels to strengthen your physical wellness, enhance your professional performance, and create lasting personal impact.



Session Highlights:

- ✂ A new lens on wellness, purpose, and work-life balance
- ✂ Clarity amid the noise of modern wellness misinformation
- ✂ Practical tools to align personal health with overall facility performance

A healthy lifestyle isn’t a luxury - it’s a necessary. *This session challenges traditional views and provides actionable strategies grounded in the 11 HKIFM Core Competencies helping you cultivate a fulfilling and resilient career - from the inside out.*

☆ Complimentary copy of the Book will be given to all the participants. ☆
☆ Limited Quantity, First-come-first-served. Don’t Miss Out! ☆

Online Registration: <https://forms.gle/CQS8LrSsQeCo94TuZ>

Closing Date of Registration: **20 October 2025 (Monday)**
➢ Successful registrants will be notified by a confirmation e-mail no later than 22 October 2025 (Wednesday)

Participation Fee:
➢ **Free-of-charge** for those who do NOT require a CPD e-certificate.

Administration Fee for those who **request a CPD e-certificate**:
➢ HK\$100/person Members of HKIFM / PFME / PMSA Recognized Professional Bodies / Supporting Organization
➢ HK\$150/person Non-Members

Administration Fee should be directly deposited to the Institute’s Bank of East Asia account:
➢ **FPS ID: 110831989**

Please make payment and, for identification, **mark your FULL name and CPD251030 in English**:
➢ in “**Message to Payee**”; AND
➢ must be **sent by email to cpd@hkifm.org.hk**
latest on or before 27 October 2025 (Monday).

Paid fee is non-refundable and non-transferable.

Enquiry (The HKIFM): T: 2537 0456

Supporting Organization

