

# Positive Workplace Theme Card Design Competition 2022 – What a Happy, Healthy and Hopeful Workplace!

正向工作間主題卡設計比賽 **2022** –  
工作間就是要愉快、健康及滿懷希望!

Let's take a moment to appreciate all the  
amazing entries from our dear colleagues.  
不妨花點時間，一起欣賞同事們的用心創作。



001

希望大家工作壓力大時能夠  
望一眼，提醒自己寓工作於  
娛樂，自然越做越出色。



002

「俯首甘為孺子牛」，日常為中大學生忘我付出的同事，可曾離遠看到校巴正要開走，急起直追，「氣喘如牛」？跟學生講解艱深的學術理論，偶生「對牛彈琴」之感？不妨像相中牛休息片刻，說不定工作起來如「庖丁解牛」？



003

Nil



004

We don't do easy,  
we make easy happen.



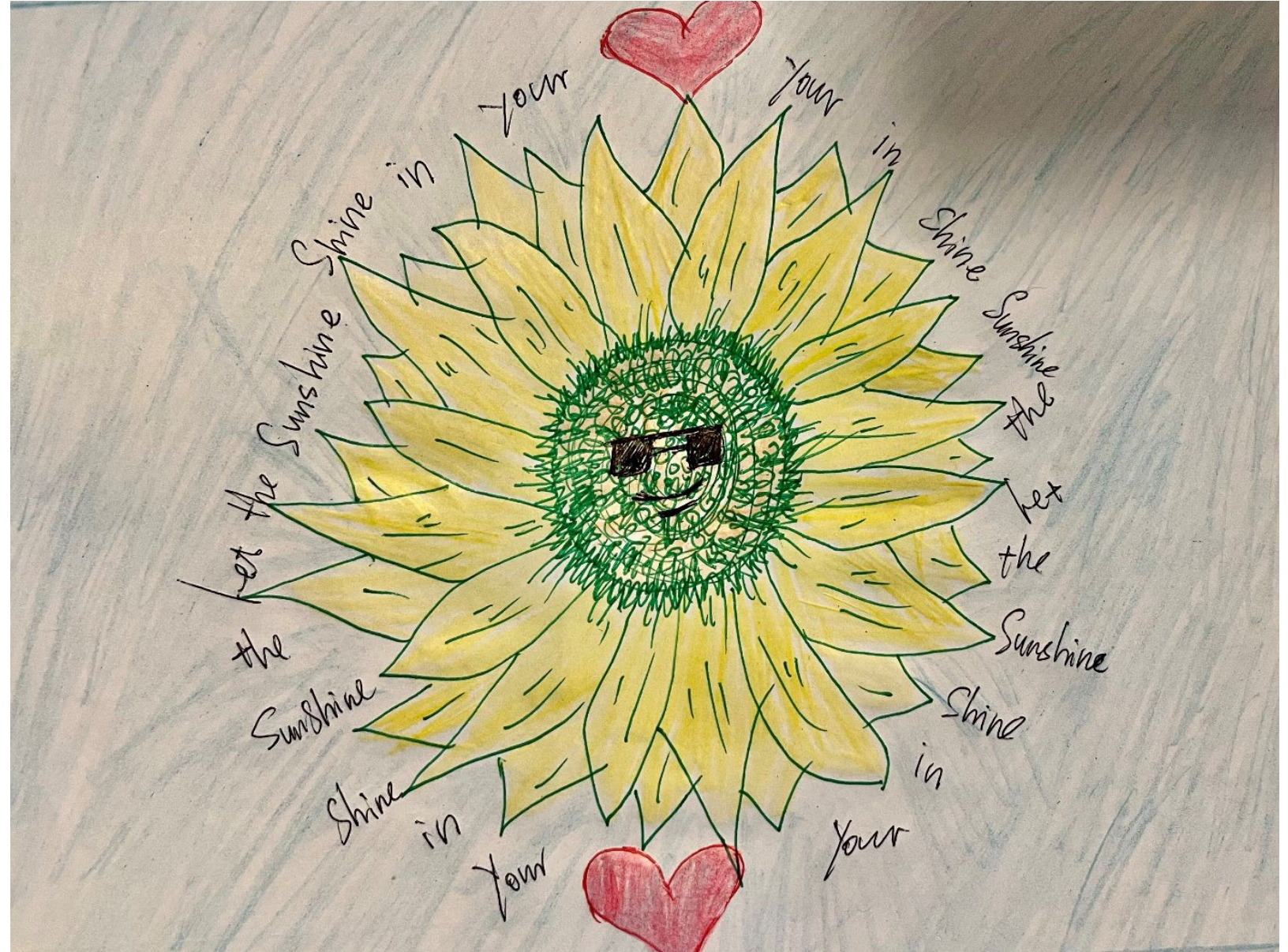
005

讓笑容感染更多人!  
好事情跟隨著好心情。希望  
大家每日笑一笑，一切順利。



006

“Open up your heart and let the sunshine in- by Frente” is a song that I love. I think we all need to let the sunshine shine in our heart to stay happy and healthy. Let’s smile and work happily at this beautiful and lovely CUHK campus.



007

People are different. We approach problems from different directions and it is normal for us to have different ideas or even conflicts with our colleagues in workplace. Yet, harmony is diversity. When people can believe what they believe in but at the same time have open minds, we will be able to find a common ground to work together and get beyond one another's differences. That is how harmony can be created.

「若大家也在唱同一個音符，  
又豈能譜出和聲？」

*"You don't get harmony  
when everyone sings the same note."*

*- Doug Floyd*



008

**A leadership vision is important  
as it provides inspiration and  
motivation to keep going.**

Lead with Vision  
以遠見引領



009

某早晨遇見這場景，忽然想通了一件事。積極正面的事，有如陽光，同樣非常吸引，同樣令人暢快，並且使人溫暖。

光，從來都吸引人  
Light Is Attractive.



010

Work place need positive morale  
to join hands in hands to face  
all the difficulties.

We can share the burden  
together and also share the  
happiness to reach out for hope  
together!



011

Dala Lama said, “just one small positive thought in the morning can change your whole day” . Hence, whatever good or bad fortune may come our way we can always give it meaning and transform it into something value. It is actually a quote from Hesse Hermanne.



012

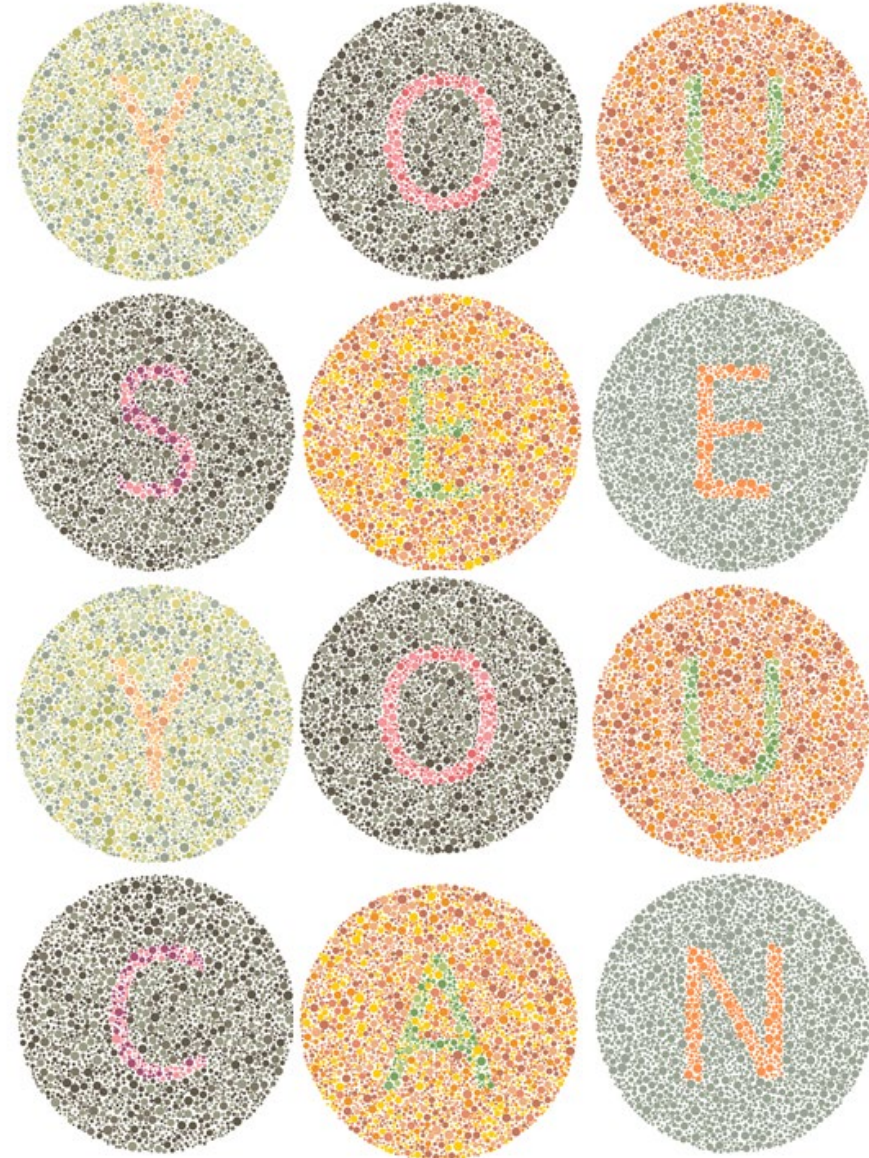
「艱險我奮進，困乏我多情」  
出自新亞書院校歌，為創校  
校長錢穆先生所著。謹以此  
勉勵中大同仁，在逆境中  
「結隊向前行」。  
圖片攝於新亞書院小百萬外，  
再由AI Deep Dream Generator  
加工而成。



013

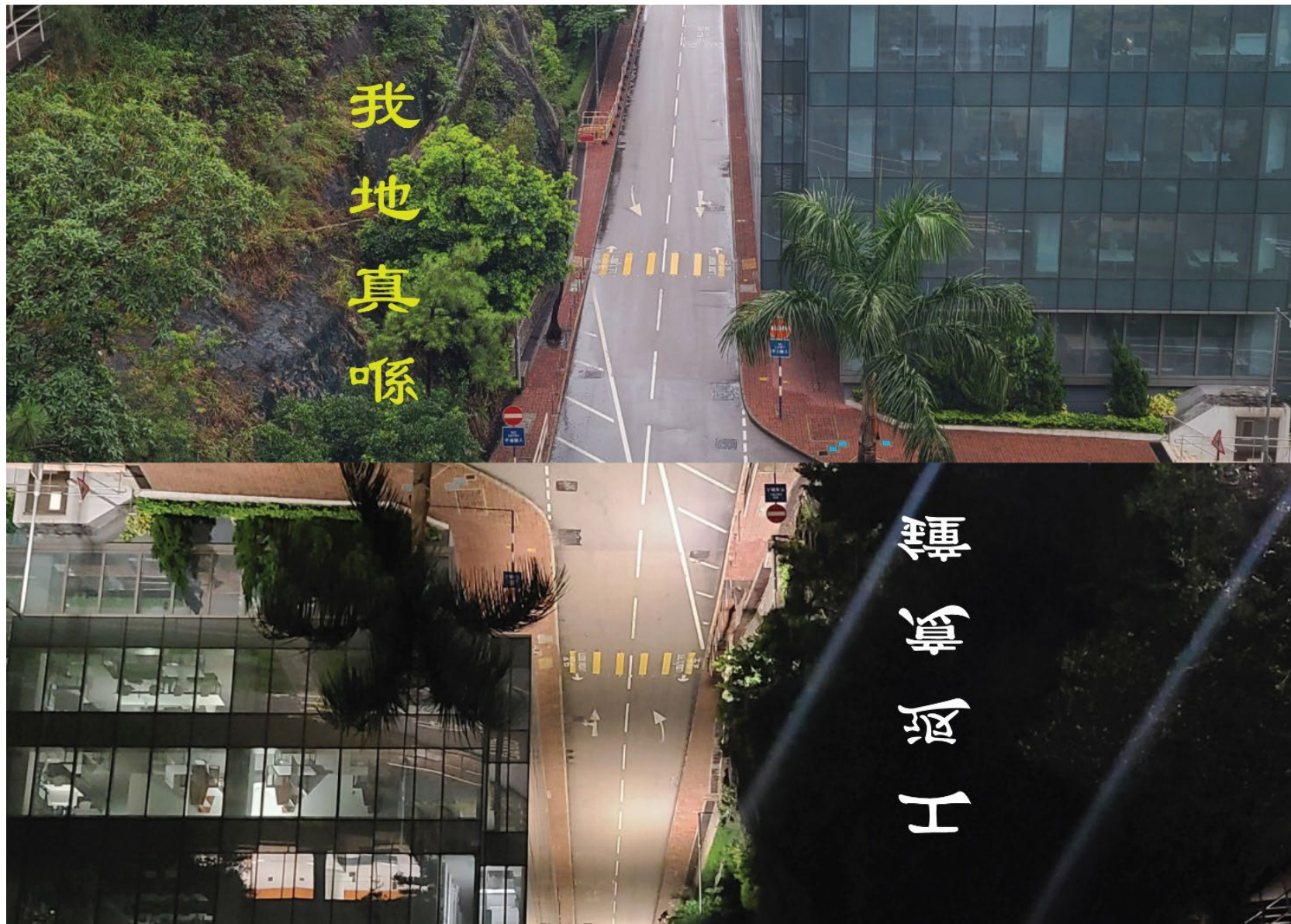
The design is based on the famous Ishihara test, i.e., a color perception test for red-green color deficiencies. Doctors use it to see if patients can see the numbers in the circles to decide whether the patients have red-green color deficiencies. There are two implications for message:

1. The reader passes the test (otherwise, they can see the doctor if they don't see the whole message)
2. They discover, within multiple colors (similar to our world) that "you see, you can (do anything)"



014

真係好\_鐘意返工先可以欣賞  
到中大的日與夜之美。:)



015

希望鼓勵員工就算是在困難之中，都要相信自己，其實自己比想像中更加棒，更加堅強，可以去克服到面前的困難，就像這朵花一樣，雖然身處在一個不太理想的生存環境中，但它仍然堅強成長，沒有放棄，給到我一個很大的鼓勵。

困難並不可怕  
你比你想像的要堅強

*Difficulty is not terrible.  
You are stronger than you think.*



016

雖然現在大家都配戴口罩，  
看見笑臉的機會減少。

所以我希望各位中大人可以  
從不同的笑容，背景的  
HAHAHA字眼中得到快樂。笑  
多啲！

用笑容來感染身邊的人，用  
笑容去渡過每一天！



017

縱使試煉逃不過，工作中會遇到不同挑戰。面對種種的動盪不安就如坐在乘風破浪的船上，遇到一個又一個風浪。只要我們面向陽光進發，給自己一個暖暖的擁抱和盼望，所有黑暗的環境也會落在我們的身後！



018

團隊精神



019

團結，希望



020

Growth



勇敢面對,克服,無懼

辦法是自救

困難是自找

021

There is magical power on cats. You must have the same feeling with me if you are cat keepers. Our lovely cats are supporting us by sleeping well at home. The best way to stay positive, healthy and hopeful at work, is to take a look on your cats.



022

雖然Covid快速測試都希望得到negative result，但工作上就希望每天都能夠樂觀地面對。只要保持樂觀，努力地工作，一定能得到滿滿成就，希望作品設計能為大家有一刻「會心微笑」的感覺。

## Stay Positive, Work Hard and Make it Happen

保持樂觀 努力工作 令它實現



Positive Working Rapid Test  
正向工作心心指數快速測試

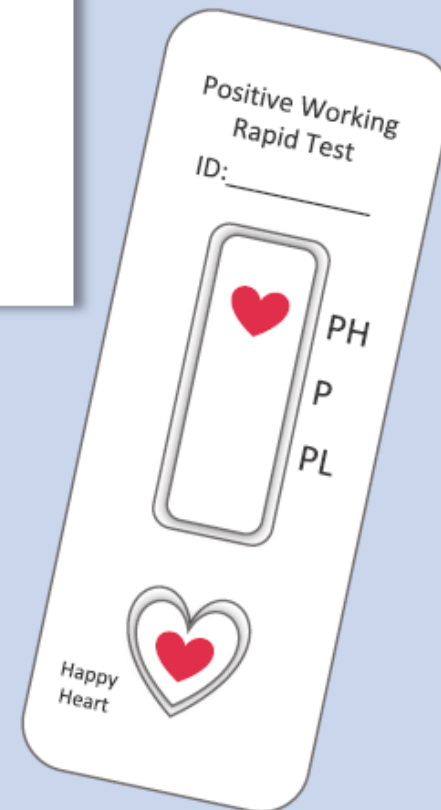


PH = Positive High  
P = Positive  
PL = Positive Low

Positive Workplace 正向工作間



SUN	MON	TUE	WED	THU	FRI	SAT
					1 ♥	2 ♥
3 ♥	4 ♥	5 ♥	6 ♥	7 ♥	8 ♥	9 ♥
10 ♥	11 ♥	12 ♥	13 ♥	14 ♥	15 ♥	16 ♥
17 ♥	18 ♥	19 ♥	20 ♥	21 ♥	22 ♥	23 ♥
24 ♥	25 ♥	26 ♥	27 ♥	28 ♥	29 ♥	30 ♥
31 ♥						



1/2 LOST?

023

Nil



1/2 TO FILL?



024

The theme of the card is to encourage more smiles in workplace. All conflict situations will somehow be relieved or resolved if we smile more. The positive atmosphere will be building up in a magical way even in a phone conversation with just a smile on your face. It happens in ways that we do not even realize. Try this and smile more! :)



025

“Alone we can do so little, Together we can do so much!” This is one of my favourite quotes which explained how important teamwork is. I believe positive communication in a team is essential at workplace. Always show appreciation and respect to your colleagues, and develop mutual trust and understanding. You will feel happier at work, and thus increase work quality, productivity that leads to achievement. This card was inspired by the beautiful nature of CUHK campus. Beehives are well-known as the symbol of teamwork so I incorporated beehives and florals in this design with my calligraphy and watercolour skills.



026

想要去哪裡，就邁出第一步，  
到達也是早晚的事。獻給還  
在猶豫不決的你。

想要去哪裡  
Wherever you want to go

就邁出第一步  
Take the first step

到達也是早晚的事  
It's just a matter of time



027

未來可期，一切皆有可能



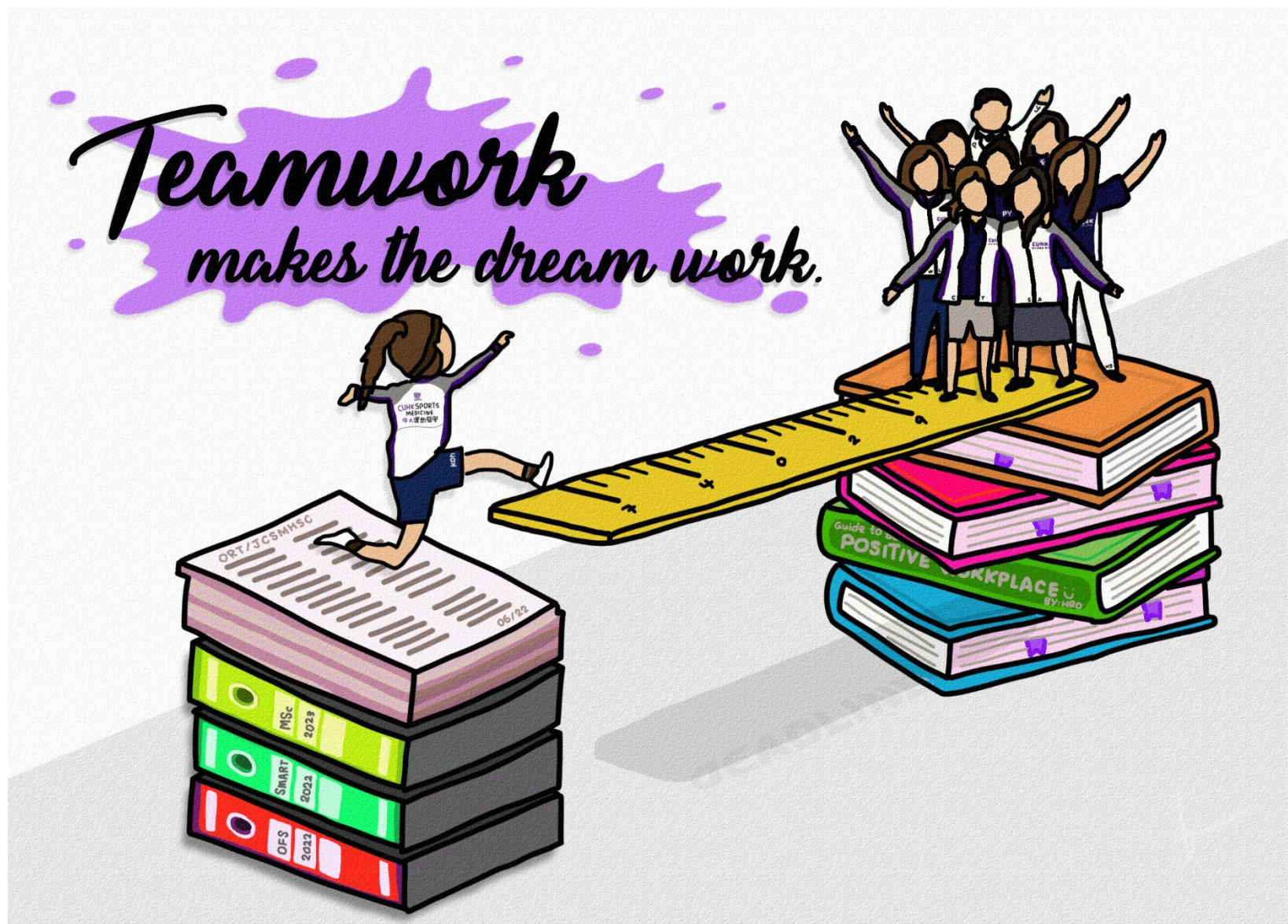
028

人生就好像一個舞台，有高亦有低。懂得面對和拆解才是正向的思維。雖然我癌症癒後有帶來很多身體上的殘疾和不便，但亦不阻我面對工作的熱誠和滿懷希望面對未來的每一天。希望藉此鼓勵各個同事勞力，加油！



029

我是一名剛入職一個月的中大職員，PWH 74029的同事是這幅作品的主要靈感來源。很感激他們在我初來乍到的日子主動地伸出友誼之手，共同合作發揮上團隊精神，帶領著我一次又一次安全地渡過了project的deadline。特此希望藉這份作品表達對他們的謝意和感激，祝願74029的同事及各位在中大各部門努力奮鬥的同事，Teamwork makes the dream work，很高興成為您們的一份子。



030

此明信片以中大校園的四季為設計意念，不論春夏秋冬各種天氣，或面對工作上的困難時，遇上互相支援及關懷的好同事，定能讓你渡過難關與挑戰，同時亦鼓勵大家在工餘時間去欣賞校園四時的優美景致。

想要去哪裡，就邁出第一步，到達也是早晚的事。獻給還在猶豫不決的你。



*Caring teammates support you throughout the seasons*

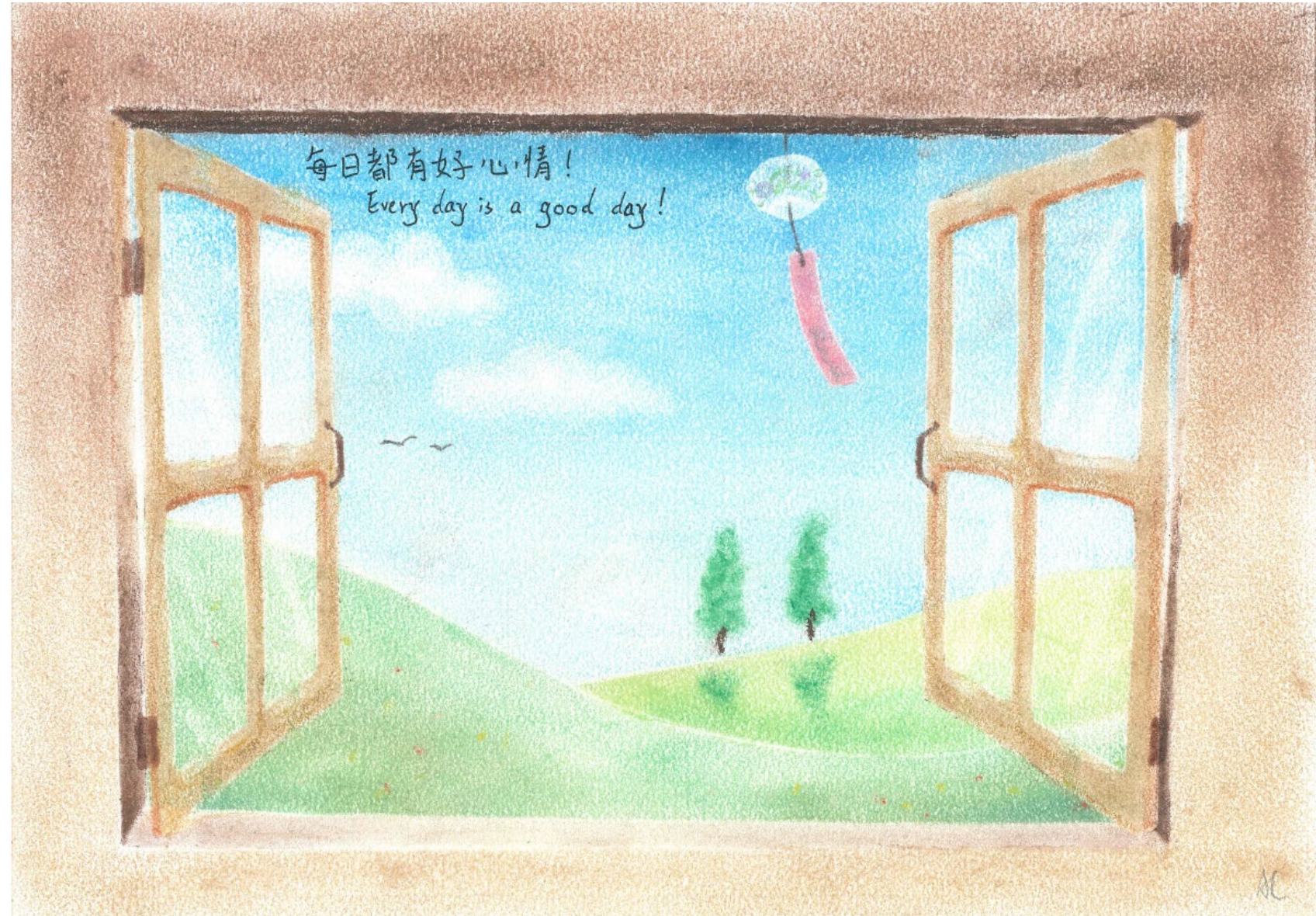
031

Imagine, when we get up and open the windows in the morning every day...

How we perceive our circumstances determines the color of the days we live.

If we believe it is a good day, it will be, even it is a weekday.

Stay positive, workplace can be full of happiness!



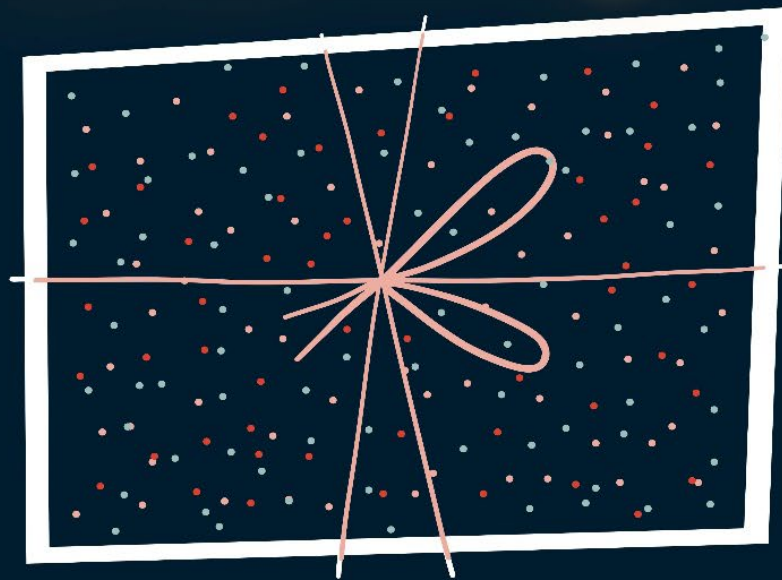


032

「We know what we are but know not what we may be.」是莎士比亞《哈姆雷特》中的一句名言，翻譯成中文是：我們知道我們是誰，但不知道我們將會是誰，喻示著每個個體都蘊藏著無限潛能。

每一日每一分每一秒，每一項哪怕微不足道的工作任務，都提供了我們發掘這些潛能，拆開屬於自己的這份珍貴禮物的機會——因此，莫待白頭，莫失良機！

We know what we are but know  
not what we may be.



Open the incredible gift within you!

033

Stressed is just desserts if you can reverse. 生活和工作雖然充滿壓力，但有時只要我們肯改變思考方向，壓力亦可為我們帶來意想不到的樂趣和體驗，就像甜品一樣。



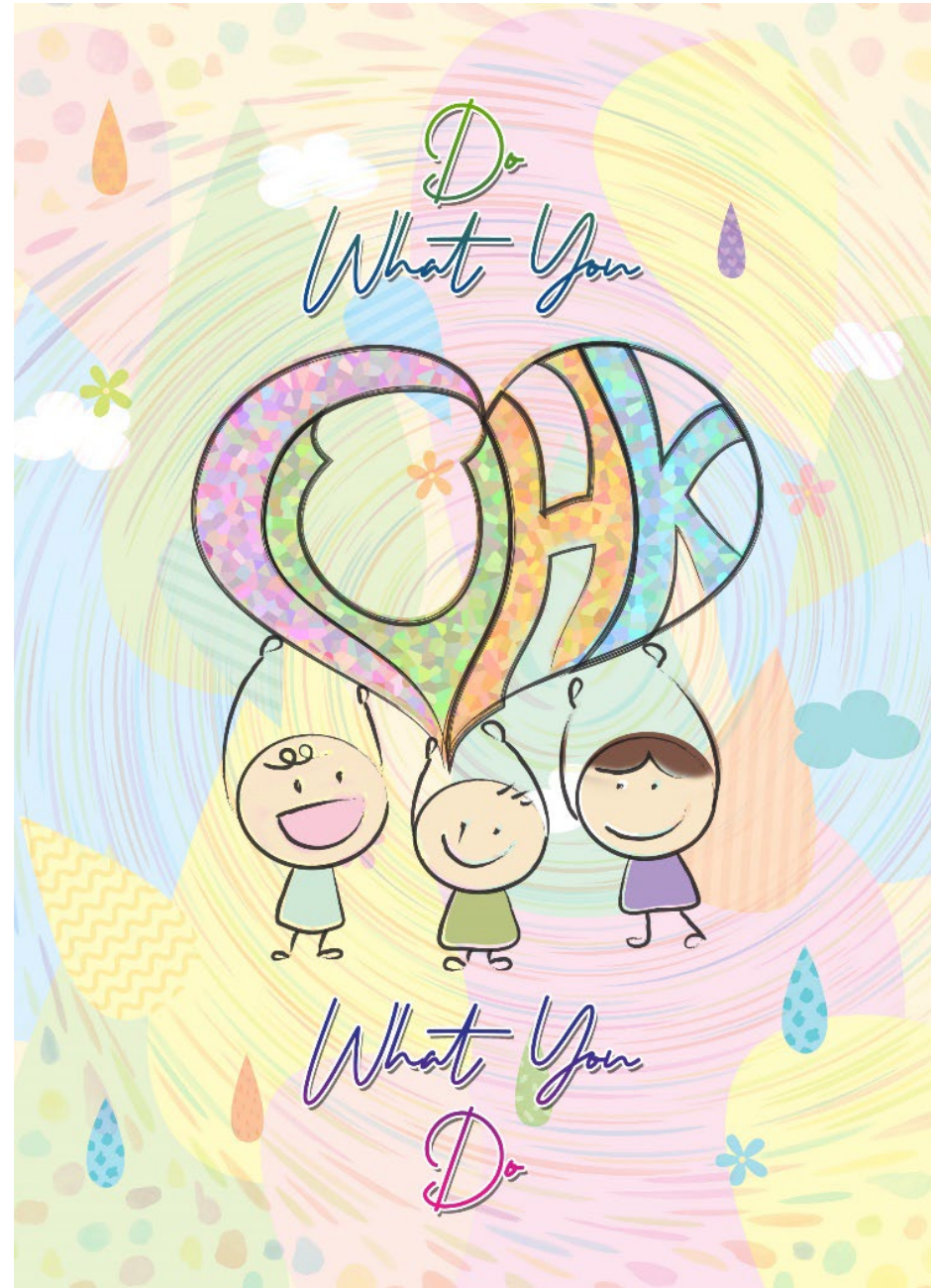
034

不如意事何時了，煩惱知多少。  
難得中大好風光，心亂不如漫  
步月明中。  
小橋流水應猶在，何妨愁顏改。  
問君能有幾多愁，樂觀面對困  
境終會走。



035

工作是生活的大部分，唯一能讓你真正從工作中得到滿足就是愛你所做的事。做你擅長的事，就會找到工作的樂趣和快樂。



036

當工作到有些崩緊時，笑一笑、  
鬆一鬆筋，往往幫助人心情輕鬆  
起來，也不會因為久坐而影響健  
康。



037

因為有了風雨的洗禮，才能  
看見斑斕的彩虹。



因為有了風雨的洗禮，才能看見斑斕的彩虹。

038

每一天都是嶄新的開始，成  
為更好的自己。



039

Teamwork in office is the most important factor to achieve goals successfully. When we work as a team, we share the ups and downs, we solve the problems together. Communication is the key for everyone of us in the office working together happily, healthy and hopefully. In this design, people use different tools to keep each other informed including laptop (email), report, tablet, letter (memo), telephone, mobile (app), etc. By working together as a team, they found the light (success).

The work motto is “Keep us informed, nothing goes wrong!! 時時溝通，事事亨通!!”





040

多讚多欣賞



041

互靠，攜手肩並肩共創明天！



042

你看，中大科學館成了金魚暢遊的樂園啊!

你知道為什麼金魚是最快樂的嗎?(聽說)它的記憶只有數秒!

忘了別人的不是，放下傷心煩人的事兒，你也會像金魚般自在。

人無完人，少一點計較，多一點理解、包容接納，世界會更美好。



水至清則無魚

人至察則無徒

Love Respect Proud Positive Support Care

043

Thich Nhat Hanh's quote



044

One of the significant elements of a healthy workplace is learning. Maintaining curiosity and embracing challenges should be always kept in minds to lead to a desire to learn. Hamsters are curious animals and being like them can make the workplace more fun.



**STAY HUNGRY.  
STAY FOOLISH.**

045

Treat every morning is a new  
day to start, just look forward!  
面對困難時，路是難走的，但  
總有明天。



046

Individual merit is admittedly a contributing factor in the positive workplace. An agreeable teamwork relationship, which is filled with mutual appreciation, acts as a catalyst.

The background photo of this theme card is not the designer's original but downloaded from the "CUHK in Pixels".



047

工作上只要我們想得開，好運快樂自然來，  
凡事看開一點，煩惱、憂慮也一掃而空。  
身邊同僚亦自然會感受得到，同事們的合拍油然而生，  
工作間也會變得融洽健康、常滿希望！





048

照片於2021年3月15日在龐萬倫活動中心平台拍攝。向日葵又稱太陽花，總是面向陽光，充滿活力！希望我們在工作間無論遇到任何困難或未如理想，都能像向日葵一樣勇敢面對，朝氣勃勃！



邊度都有陽光

Sunshine is Everywhere



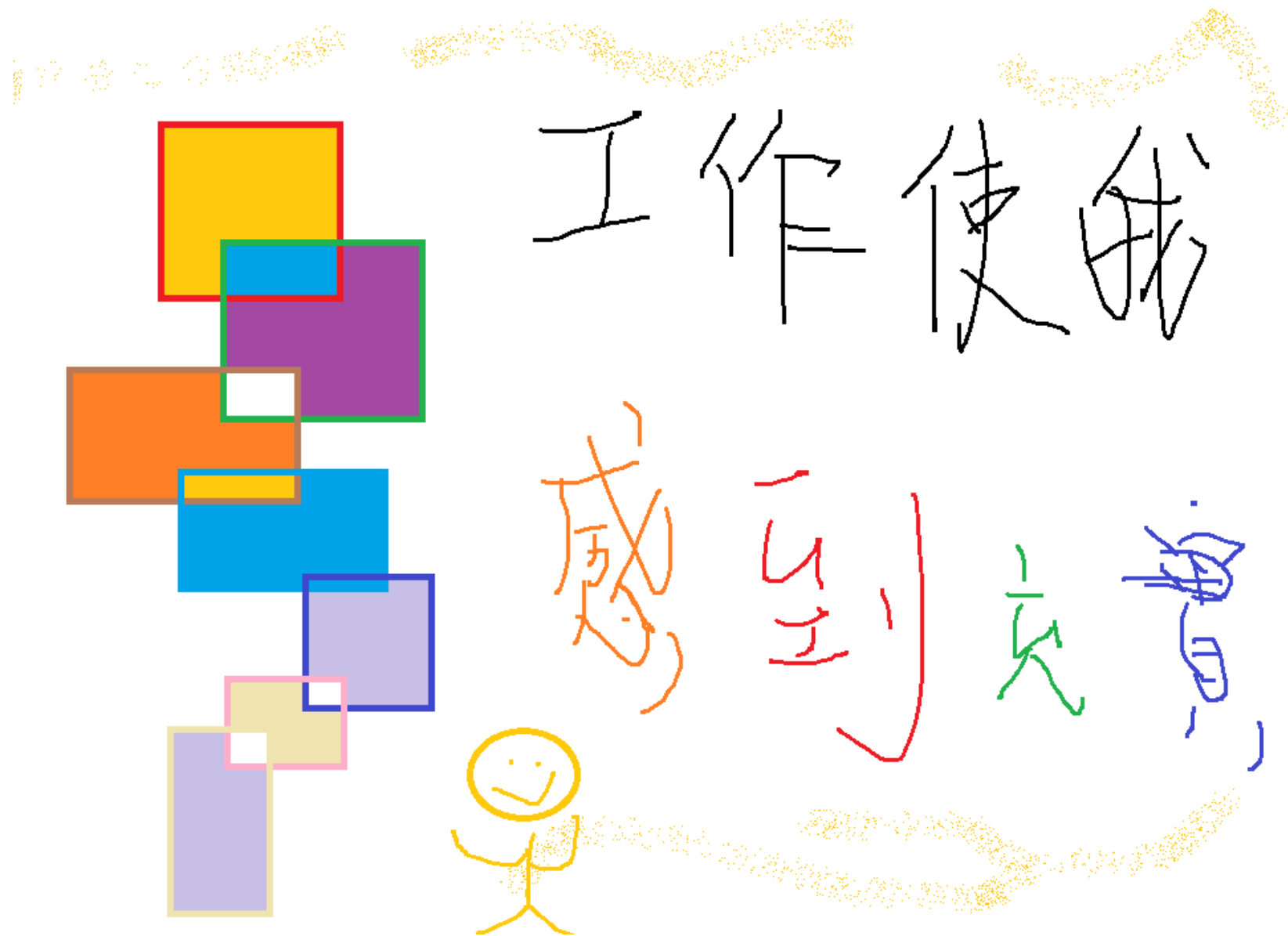
049

Nil



050

以懷舊風格作主題，希望透過作品帶出反璞歸真的感覺



051

辦法總比困難多，讓同事上司了解您面對的困難，一起面對！



052

Courage isn't avoiding fear, it's accepting yourself for who you are. CU provides a wonderful environment for us to be ourselves, hope you can relate.



053

周圍環境所發生的事，我們未必能逐一解決或改變，但靠耶穌基督給我們的力量，我們可以有盼望，改變我們的心態，心中像有陽光般的無限力量，有力去迎接每天的困難，勇於面對挑戰，不怕錯敗，愈走愈有力。



054

『多點讚賞，少些埋怨』  
正面的工作文化會提升員工  
工作表現、維繫同事間的良好  
關係，並且讓人樂在工作。

多

點讚賞

少

些埋怨

香港中文大學  
正向工作間  
2022

Optimists will usually say the glass is half-full, whereas pessimists will point out that it's half-empty. Optimists tend to focus on the good: there is still water available to drink. Pessimists see the negative: there is water missing.

Let's be a glass-half-full person. Tend to look on the bright side, search for the good even in bad situations, and see obstacles as opportunities. Then, you will be happier, healthier, and even wealthier.





每天主動打招呼、沒帶飯時會邀請一起訂餐、帶了好吃的零吃會分享、忙碌時會說笑話，為你打氣、不快樂時會問上原因，細語安慰、遇到困難時，分享解決方法和技巧、做錯事情時，溫言提點、想不通時，問上能幫忙的地方.....這些事情都是我在辦公室裏和同事們的每天日常。

這些看似微小的舉措，都充滿同事們對我釋出的友善，讓我在一片浩瀚的工作海裏，看到了燈塔的光，讓我繼續順利地向前行。願友善的中大同事，每個工作天都是充滿光，是正向愉快的。

友善 就是一束光 照亮自己 也照亮了別人

You could be the lighthouse that shines on everyone with a beam of kindness.



057

“七 八起” is a Japanese proverb that encourages people to be perseverant, and never give up despite difficulties. Life is full of challenges, while with positive mindset, we can overcome obstacles and treat them as opportunities and blessings.

Daruma, a well known roly-poly toy in Japan, demonstrates the spirit of perseverance. The toy tends to right itself when being pushed. This self-righting characteristic, which symbolises the ability to overcome adversity and recover from misfortune, echos with the proverb “Fall seven times, stand up eight” .



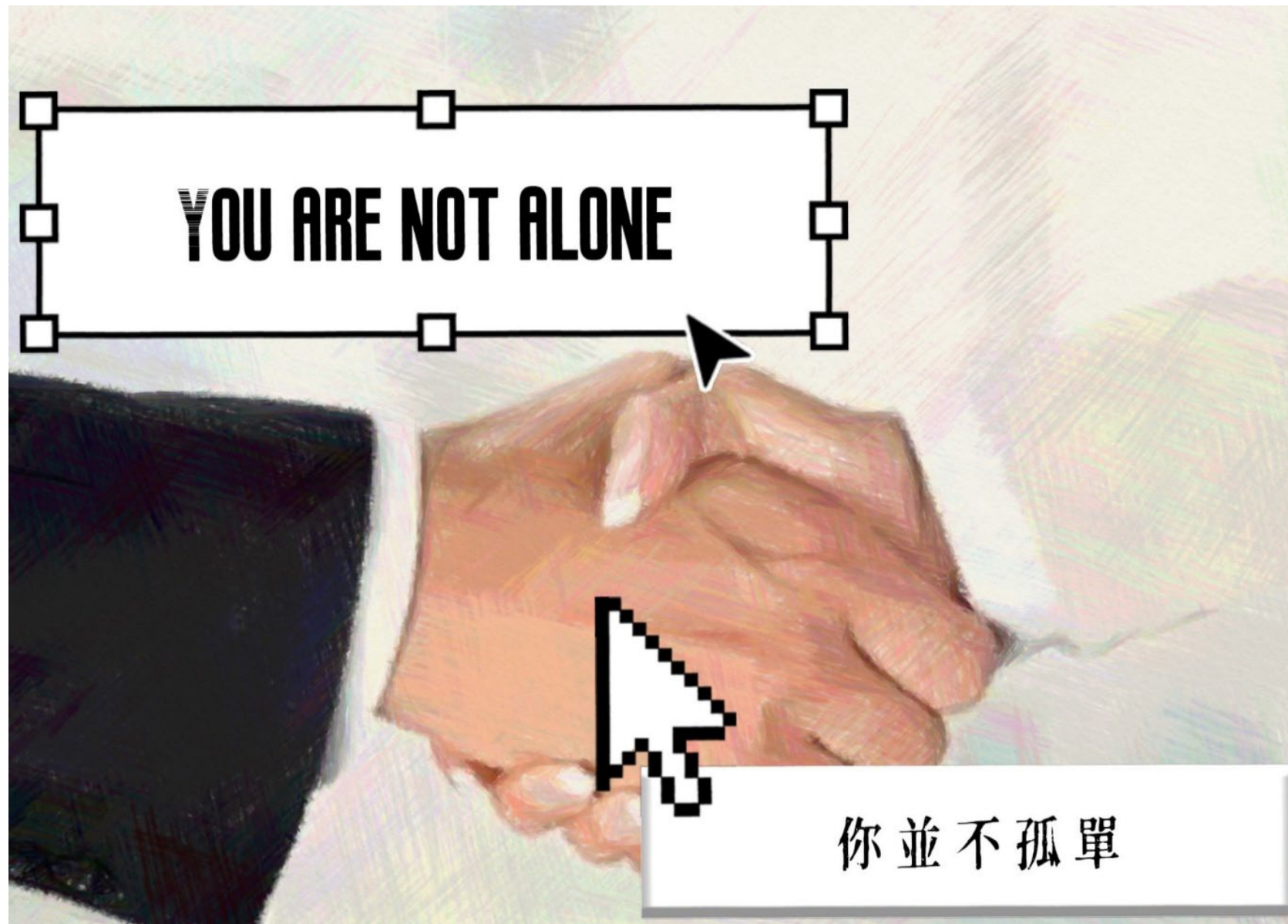
七転八起

FALL SEVEN TIMES, STAND UP EIGHT.

058

工作繁忙的時候，難免會萌生孤獨感，讓人感到沮喪。

“You are not alone” 這句說話正正提醒埋頭工作的你，其實並不孤單，因為旁邊的每一位同事也與你在一起努力完成目標。



059

同事間只要有愛，任何困難  
都可以解決和克服！主要是  
你跟對方是否願意討出愛！

# 我們的愛讓世界不一樣



060

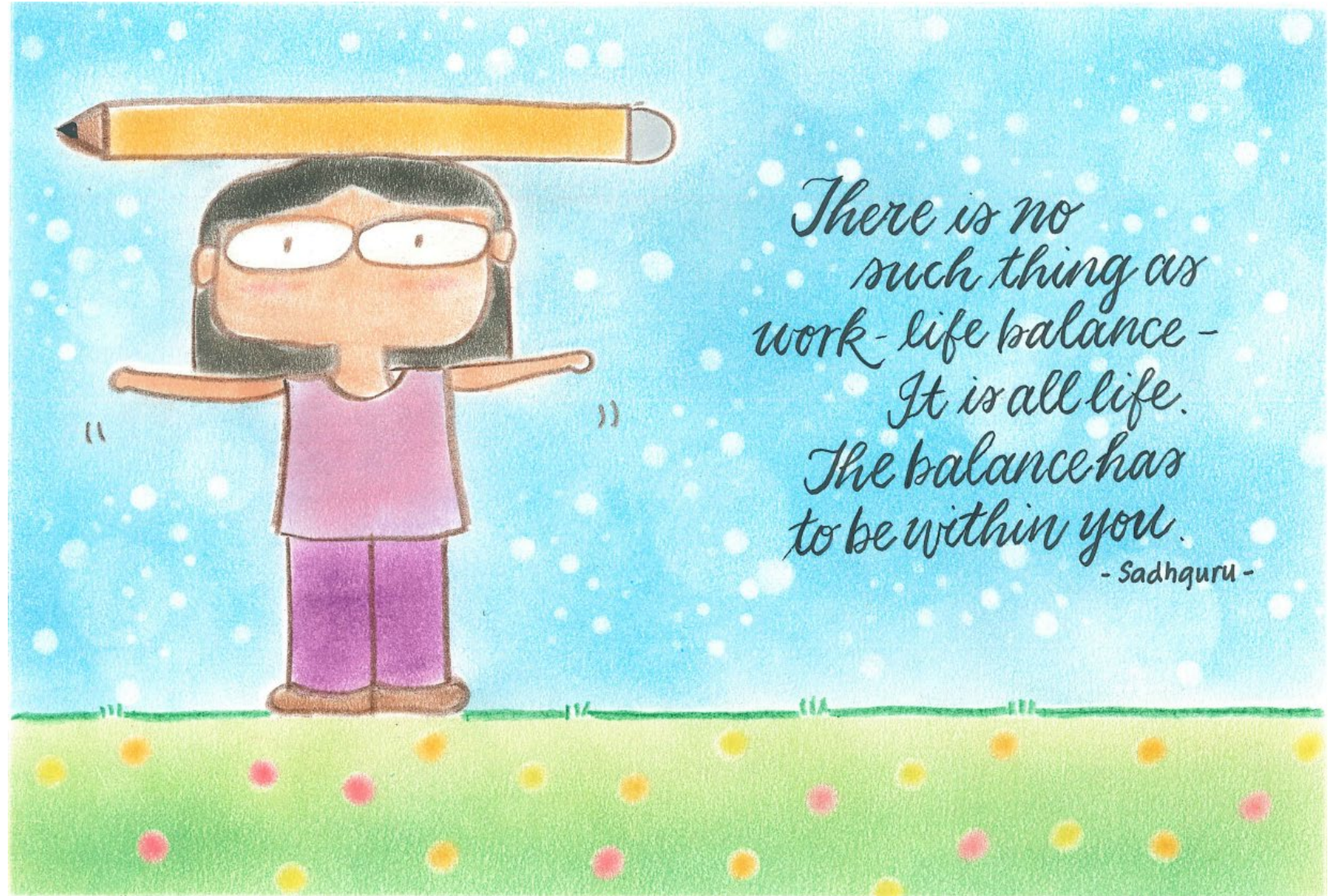
Team work is important for everyone :)  
Care our colleagues; Respect our colleagues; & Trust our colleagues

Together Everyone  
Achieves More



061

工作及生活中曾經遇到失去平衡的時候, 然後慢慢發現所謂的平衡要從自身內在尋找。



062

當遇上困難和挑戰時，或許  
你會曾經想過躺平或者放棄，  
不過野草仍提醒著我們，再  
辛苦都要堅持、奮鬥！我是  
不會躺平的！



063

Nii





064

~堅定做事, 溫柔做人~  
做事要認真堅定(就如大學本部重要地標之一「烽火台」一樣, 堅定不移), 做人需要一顆溫柔的心(如包圍大學的大自然風景一樣, 和諧美麗), 只要心存正念, 每個困難和挑戰, 都是學習和進步的機會.)



065

保持正向思維，心情好，工作  
也會順利，更能感染同事，大  
家一齊開心工作！



066

This photo was taken in early March, right after having negative results on two successive days for the COVID-19 pandemic. It is amazing to see the sunshine again and remind me to always stay with hope whatever facing challenges.



*YOU CAN EMBRACE*

*THE SPARKLING.*

PHOTO CREDIT: DEE IMAGE

067

Inspired by a walk on campus--hopefully there are always various unexpected ways to be amazed and to be motivated.

reflection

perspective

prospect

THREE WAYS TO "SEE" AT WORK

068

關關難過關關過，漸漸便發現自己能登上更高的山。



069

Be remind to do the next right things..... things that are listed in my design

Do the Next  
Right Things



海納百川 有容乃大

尊重他人就是尊重自己



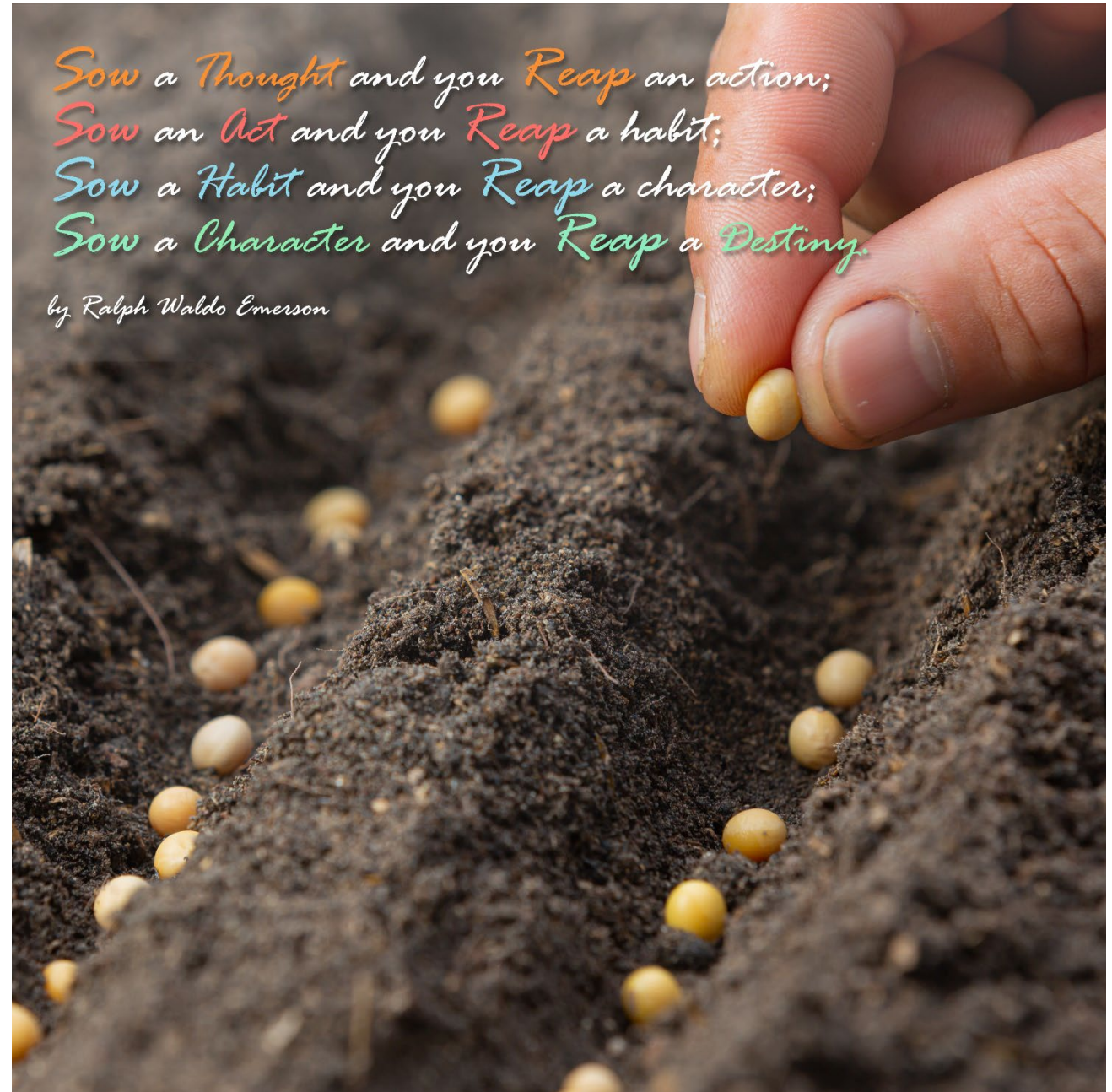
相交在 愛 裏

凡事謙虛、溫柔、忍耐，用愛心互相寬容，用和平彼此聯絡

070

### Sow & Reap

Everyone would reap what they sowed. Sow happiness mind will reap happiness mind in work, sow hard work will reap a good work, sow patient and appreciation will reap a healthy and good relationship with colleagues. On the other word, sow criticism will reap battles, sow negative mind will reap frustration. It all depends on every choice you sow. So, think of what you want to reap before you sow.



071

常言道“人生不如意事十常八九”，我們必須抱著“陽光總在風雨後”的心態面對一切，從黑暗走出陰霾，逐步邁向正向人生！





072

工作崗位上難免感到徬徨無助，猶如紙飛機在亂流中失去方向，但我們不應過份逞強，有需要的時候，不妨向身邊的同事求助；當同事需要幫助時，亦施以援手。你我並非孤軍作戰，而是一夥人，共同朝著前方的目標邁進。



073

願我們像雞蛋花，樸實、平凡，卻充滿希望。  
一起發掘工作中微小的美好和意義。



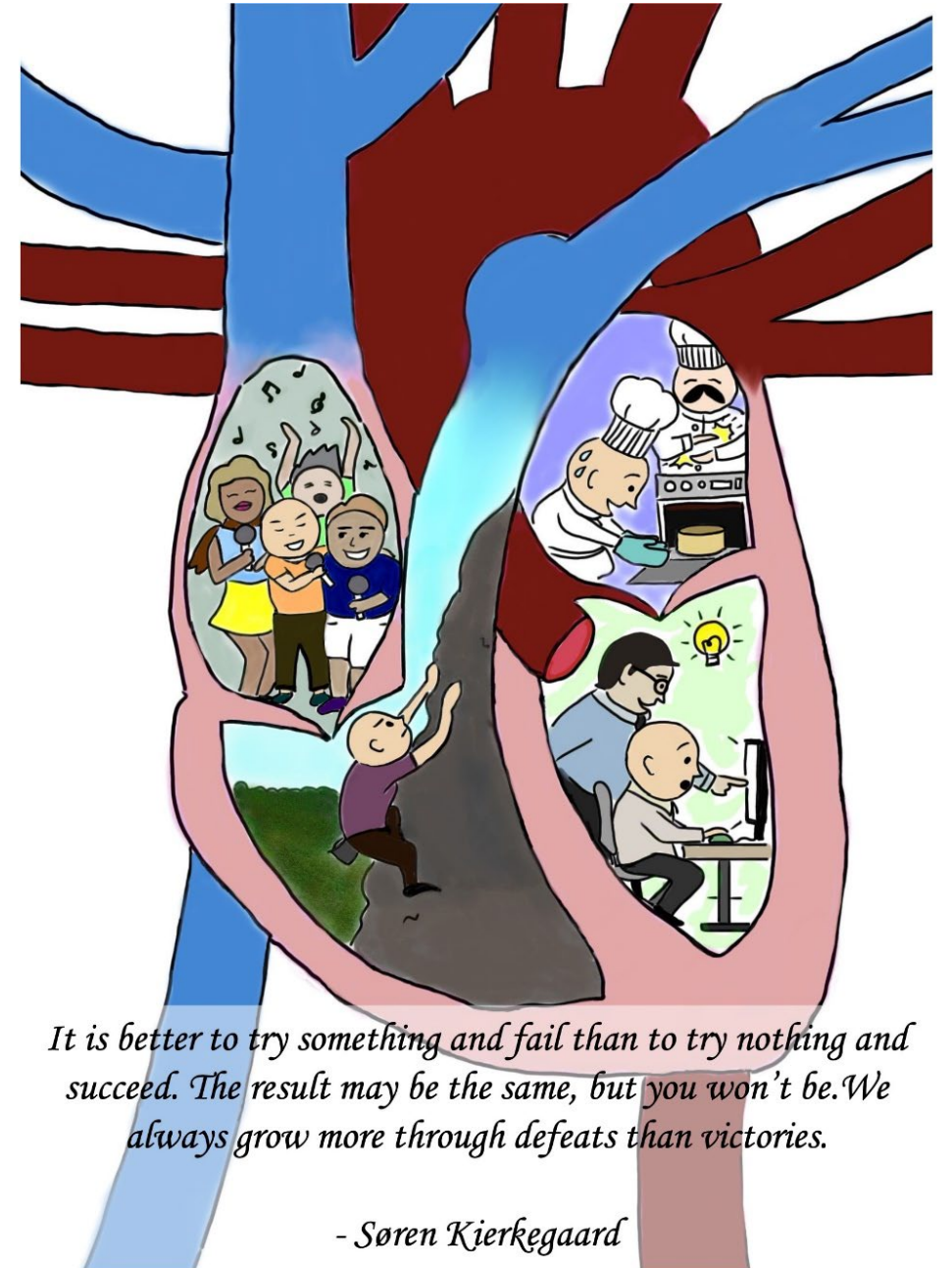
074

I'm magician to create  
"Positive Workplace in  
CUHK" .....



075

This artwork was inspired by the anatomical representation of the heart, since health and work-life balance directly influence each other. The heart comprises of four main chambers, of which each chamber depicts the fundamental aspects for a healthy mindset towards work. These include moral support between colleagues, perseverance, inspiration and guidance from senior staff and positive reinforcement. Success is the result of experiences learnt through adversity and failures, therefore communication and collaborations between colleagues are vital in maintaining an enjoyable workplace environment.



*It is better to try something and fail than to try nothing and succeed. The result may be the same, but you won't be. We always grow more through defeats than victories.*

*- Søren Kierkegaard*

- End -

(total: 75 entries)