

12th Meeting on 29 May 2025



12th Meeting on 29 May 2025

“RetireHK Lunch Talk Series” Introductory Session

The 12th HR Roundtable Workgroup (WG) meeting took place on 29 May 2025 at the conference room of the Bank of East Asia Limited Head Office, bringing together 22 HR professionals and WG committee members. We were pleased to welcome Ms Miranda Poon, Chairman of the RetireHK Task Force, along with member Candy Ng, who provided an in-depth introduction to the newly launched “RetireHK Lunch Talk Series”. This series is designed for companies and organisations, equipping employees with actionable insights for a fulfilling retirement. The goal is to help Hong Kong’s workforce prepare for retirement with confidence, independence, and purpose. The talks will cover three core themes:

- “Thriving in Retirement: Health, Wealth, and Purpose”
 - Strategies for financial stability, mental well-being, and setting post-retirement goals
- “Supporting Caregivers: A Guide for Employees”
 - Practical advice for employees balancing work with caregiving responsibilities for ageing family members
- “Navigating Medical Insurance in Retirement”
 - Understanding coverage options, costs, and planning for healthcare management

During the exchange session, participants actively contributed ideas for future talk topics and collaboration opportunities, providing valuable input for refining the programme. The “RetireHK Lunch Talk Series” initiative looks forward to partnering with HR departments across organisations to support employers and employees in building robust retirement plans. For any inquiries, please call 3500 3722 or email David.so@retirehk.com.

The next meeting is scheduled for 22 July 2025 sharing by Jardine on “Employee Wellbeing”. If you are interested in participating in this enriching and interactive platform, please do not hesitate to reach out to the Secretariat of HKRSA at events@hkrsa.org.hk. We look forward to welcoming you as part of this vibrant Workgroup!

12 次會議 – 2025 年 5 月 29 日

《RetireHK「退優」午間講座系列》簡介會

香港退休計劃協會人力資源圓桌小組（WG）第十二次會議於2025年5月29日在東亞銀行總行會議廳順利舉行，匯聚22位人力資源專業人士及WG委員會成員。是次會議很高興邀請到「退優」計劃專責小組主席Miranda Poon及成員Candy Ng，詳解全新推出的《RetireHK「退優」午間講座系列》。此系列專為企業及機構設計，透過精要實務專家講座，協助僱員掌握退休規劃核心知識，助他們規劃未來。內容涵蓋三大重點主題：

- 「活出豐盛退休人生：健康、財富與人生意義」
 - 解析財務規劃要訣、心理健康維護及退休後生活目標設定
- 「照顧者指南：平衡工作與家庭責任」
 - 為在職照顧者提供管理技巧與長者支援資源
- 「退休醫療保險全攻略」
 - 剖析醫療保險選購策略、成本規劃及長遠健康管理方案

在交流環節中，與會者踴躍提出講座主題建議及合作構思，為專責小組優化服務提供重要參考。「退優」計劃盼與各企業人力資源部門合作，協助僱主與僱員共建退休規劃。查詢詳情，請致電 35003722 或電郵至 david.so@retirehk.com。

下一次會議定於 2025 年 7 月 22 日舉行，由怡和集團分享「員工福祉」主題。如果你有興趣參與這個內容豐富的互動交流平台，請隨時聯繫香港退休計劃協會秘書處，電郵地址為 events@hkrsa.org.hk。我們期待你成為工作小組的一員！