

Hong Kong

I've just returned from a trip to Hong Kong -- a nice combination of family time, tourist sight-seeing and professional development. My husband joined me for the first week of the trip and we visited with my son Chris and his girlfriend Alainna. It's great to visit a place and be shown around by someone who is actually living there.



Alainna & Chris on the ferry to Macau



Chris and Alainna's new place is tiny! Officially a 2-bedroom apt at about 570 sq ft, it rents for \$6,000 HK, or about \$770 US per month. Not as expensive as a comparable city in the states such as NY or San Francisco, but considerably more expensive for less space than they had in Shanghai.

Hong Kong is an easy city to navigate. There is a subway called the MTR, extensive bus systems including fun double-decker buses, a light rail, an express train to the airport, numerous ferries going to assorted islands and cable cars on a couple of islands, and a tram plus "the world's longest escalator" to go up and down the mountain in Hong Kong. We tried all of the different means of conveyance. You haven't lived until you experience the front seat of the top of a double-decker bus, going up or down a mountain with narrow roads, no guard rails and lots of traffic!

There were interesting things to do at each place -- a hike on the Peak trail with great views of Hong Kong and the busy harbor, visiting a temple topped by a gigantic Buddha statue, a tea ceremony, a demonstration of a Chinese instrument, apartment shopping on one of the islands, visiting the former Portuguese settlement of Macau and many more.



My main reason for the trip was to attend a Leadership Development Workshop. The instructor was from North Carolina and I met her at the Amplifying Your Effectiveness conference in Phoenix (ayeconference.com) in November and really benefited from her Satir Coaching presentations. The Hong Kong workshop was a great program made even more interesting because everything was translated into Cantonese as the class progressed and sometimes Mandarin or English, as well. Most participants spoke quite a lot of English though it was often more comfortable for them to answer or ask questions in their native language. It was interesting to do my small group work with a Chinese doctor from Malaysia, a training and development person from Shanghai and an accountant for a hospital in Hong Kong.

The only downside to visiting Hong Kong is the 20+ hours of travel each way!

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