香 港 資 優 教 育 學 院
The Hong Kong Academy for Gifted Education

Parent workshop 5

Mindfulness: Stress Management for Gifted Children

Date and Time	Target Group
28 Jan 2012 (Sat) 10:00am – 12:00pm 4 Feb 2012 (Sat)	Parents of gifted children

Venue : The Hong Kong Academy for Gifted Education
Sha Kok Estate, Shatin, New Territories, Hong Kong

Speaker : Mr Matthew Chu Educational Psychologist

Course Description : In this workshop, parents will learn stress management skills through mindfulness practice. Mindfulness is a practice that fosters calm awareness of bodily sensations, thoughts, and emotions through the intentional self-regulation of attention. There is a growing body of research supporting the benefits of mindfulness in Western psychology, such as emotion regulation, improved attention, reduced stress and anxiety, and better immune function.

The workshop is for people who care about the quality of family life and the well-being of their children.

Course Objectives : Upon completion of this workshop, participants should be able to:

- acquire some strategies to cope with stress through mindfulness practice
- know how to apply mindfulness in parenting their gifted children
- know how to help their gifted children become calmer and more focused through mindfulness practice

Course Outline : Workshop contents

- Theoretical background of mindfulness
- Mindfulness practice
- Application of mindfulness in parenting
- Question and answer

Course Format

Workshop activities include group work and experiential practice

Medium of Instruction : Cantonese

Course Fee : Free of charge (Funded by The Hong Kong Academy for Gifted Education)

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Registration Information	:	Parents should apply through the online registration system on our website
Deadline for Registration	:	**30 Dec 2012 (Fri) 5:00p.m.** Note: Acceptance is on first-come-first-served basis. Registrants will be notified of the outcome by early Jan 2012 through email.
Enquiry	:	Tel.:36984025 Email: ps@hkage.org.hk

Brief introduction to speaker

Mr Matthew Chu is an Educational Psychologist. His research interest is positive psychology – the study of human strengths and potentials. He has conducted research in various areas like parent-child relationship, learning motivation, optimism, self-efficacy, and mental health. His research papers have been presented in international conferences hosted by organisations including American Psychological Association and International Congress of Psychology.

Mr Matthew Chu has been invited to be a visiting lecturer at the University of Wisconsin. He is serving as the Fieldwork Mentor in Educational Psychology for the University of Hong Kong. He teaches a module of the foundation course of nurturing gifted learners (training program for teachers) at the University of Hong Kong and serves as a speaker in the parent workshops of the Hong Kong Academy for Gifted Education.