

Case-study workshop

Stress and Future: Healthy and Effective Ways to Cope with Life's Stressors

Date and Time	Target Group
24 October 2015 (Saturday) 10:00 a.m. – 12:00 noon (2 hours)	Parents of primary gifted children (priority will be given to the parents of primary members of the HKAGE)

- Venue** : Room 204, The Hong Kong Academy for Gifted Education
Sha Kok Estate, Shatin, New Territories, Hong Kong
(Located between Buddhist Kok Kwong Secondary School and Yue Shing Court)
- Speaker** : Ms MAK Wing Yee, Christine
Registered Clinical Psychologist
- Course Content** : With life becoming more stressful, rife with growing demands and uncertainties, personal resilience is precious for young talents. Resilience is the ability to maintain a relatively healthy level of mental and physical functioning despite adversity. It's about growing as a person, even after setbacks and negative life events. This workshop offers a comprehensive and scientific approach to provide parents with knowledge and skills to build resilient attitude and introduce effective ways to cope with life's stressors.
- Course Objectives** : Upon completion of this workshop, parents should be able to:
1. Understand the importance of personal resilience and its benefits;
 2. Learn core resilience skills to thrive despite life adversity so that parents can serve as positive role models to their children;
 3. Build healthy and effective coping strategies.
- Course Outline** : 1. Short lecture on the concepts of resilience building and positive psychology;
2. Interactive activities to relate practical resilience building strategies;
3. Discussions to generate feedback on hurdles and solutions;
4. Overall conclusion to summarise related concepts and practical strategies.
- Medium of Instruction** : Cantonese
- Course Fee** : HK\$100
- Quota** : 30
- Registration Information** : Parents should apply through the online registration system on our website:
<https://hkage.org.hk/b5/parent/Registration/pcp/courseLogon.php?pid=214>

Deadline for Registration : 14 October 2015 (Wednesday) 5:00 p.m.

Notes:

1. Due to the limited capacity, acceptance is on a first-come-first-served basis;
2. Registrants will be notified of the outcome by 16 October 2015 (Friday) through email.

Enquiry : Tel: 3940 0104 or Email: ps@hkage.org.hk

Remarks : 1. The course organiser (the HKAGE) will take photos and videos during the programme. The photos and/or videos may be reproduced in electronic forms and/or printed publications for educational, research and marketing purposes upon the participants' consensus in registration;

2. Car park arrangement: No parking spaces are available. Please park at nearby car parks.

Introduction to Speaker:

Ms MAK Wing Yee, Christine
Registered Clinical Psychologist

Ms Christine MAK graduated from the Chinese University of Hong Kong with a Bachelor of Social Sciences degree in Psychology. To further pursue her study, she obtained a Master of Social Sciences degree in Clinical Psychology from the Chinese University of Hong Kong. Ms MAK worked as Corporate Clinical Psychologist with the Hospital Authority Head Office from 2001 to 2012, providing the staff with clinical psychological services, consultations and training. She was also appointed as Fractional Senior Counsellor at the Department of Applied Social Sciences of City University of Hong Kong.

Ms MAK has extensive clinical experience and is actively involved in the development of positive psychology. She has provided psychology training programmes to various public organisations, government departments and schools. Ms MAK is currently working on the integration and application of clinical psychological interventions and positive psychology strategies to help people with distress and to promote wellbeing of secondary school students, teachers, parents, marginalised women, professionals and general public. She has conducted hundreds of seminars and workshops on themes including crisis management, resilience, positive psychology, mental health, stress management, positive communication and interpersonal relationships.