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

Parent workshop 4

Emotion Coaching Parenting Project

Date and Time	Target Group
Group A: 16 Nov to 21 Dec 2011(Wed) Group B: 10 Dec 2011 to 21 Jan 2012 (Sat) 10:00am – 12:00noon (6 sessions) (Content of both groups will be the same) Note: The end time for the first and last session will be 12:30 instead.	Parents of gifted children between K2 and Primary 6

Venue : Hong Kong Productivity Council Building

Speaker and Facilitator : Dr. Chi-Ming KAM & Ms. Angela LEUNG
Department of Psychology, University of Hong Kong

Course Description : The workshop aims at teaching skills in 'meta-emotion' and 'emotion coaching'.

Course Objectives :
- To label self and children's emotions
- To make use of moments when children express their emotions to approach and teach the children
- To accurately reflect on and verify children's emotions
- To enhance self and children's competence in handling emotional events

Course Format : Interactive activities such as role plays, observation exercises and case sharing/discussion

Medium of Instruction : Cantonese

Course Fee : Free-of-charge

Registration Information : Parents should apply through the online registration system on our website

Deadline for Registration : **7 Nov 2011 (Monday) 9:00a.m.**
Registrants will be notified of the result by early Nov through email.

Enquiry : Tel.:3698 4025 ps@hkage.org.hk

Brief description to the Project : Please refer to p.2

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Department of Psychology HKU

Emotion-Coaching Parenting Project

Dr. Chi-Ming Kam, Ph.D., Department of Psychology, University of Hong Kong

The QEF funded Emotion-Coaching Parenting Project (ECP Project) helps parents to raise emotion intelligent children. Becoming an “Emotion Coach”, parents can better deal with their own and their children’s emotion expressions and emotion needs. The content of the series of training workshop, with local adaptation, is based on *‘Tuning Into Kids’* developed by Dr Sophie Havighurst at University of Melbourne. The project emphasizes on social emotional learning (SEL). We explicitly teach skills in ‘meta-emotion’ and ‘emotion coaching’, and we focus very much on daily parent-child interactions.

The workshops will be conducted by an experienced workshop trainer and an assistant, in small group comprising of 15-20 people. There will be six two-hour workshops held consecutively during weekdays or Saturdays.

The ECP project covers various skills in social emotional learning and during parent child emotion communication For example, labeling self and children’s emotions; make use times when children express their emotions as ‘teachable moments’; to accurately verify and validate children’s emotions; to enhance self and children’s competence in handling emotional events etc. The workshops also comprises mainly of interactive activities such as role plays, observation exercises and case sharing/discussion, to consolidate what has been taught and to successfully implement skills and strategies learnt. Parents are also asked to complete “homework” with their children at home, to implement/practice skills they learn in our workshops.