

賽馬會「知情達意育優才」計劃 Jockey Club Gifted in Bloom--Harmony in Heart & Mind Programme

Parent Workshop

Enhance emotional regulation of gifted children

Date and Time	Target Group
29 May 2019 (Wednesday) 7:00 p.m. – 9:00 p.m. (2 hours)	Parents of gifted children (priority will be given to parents of HKAGE student members)

Venue

Room 303, The Hong Kong Academy for Gifted Education (HKAGE)
 Sha Kok Estate, Shatin, New Territories, Hong Kong
 : (Located between Buddhist Kok Kwong Secondary School and Yue Shing Court)

Speaker

Mr. Ryan Cheung Yat-ming
 : Advisor, Centre for Child and Family Science, The Education University of Hong Kong; Supervisor, Educational Psychology Service, Social Services Department, Po Leung Kuk)

Content

This workshop aims at promoting parents' understanding of the importance of emotional education, and stress management to their gifted children through
 : talks, dialogues and activities. The speaker will analyse the difficulties and challenges encountering by gifted children of positive emotional development, also explore the effective support and develop strategies with their parents.

Objectives

Upon completion of this workshop, parents should be able to:
 : 1. Understand the relationship between emotional and stress management
 : 2. Understand the controllability of stress and emotion
 : 3. Understand how to free yourself from negative emotions in both controllable and uncontrollable stress events

Medium of Instruction

: Cantonese

Launched by



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香港賽馬會慈善信託基金
The Hong Kong Jockey Club Charities Trust
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- Fee** : Free of charge (Funded by The Hong Kong Jockey Club Charities Trust)
- Quota** : 20
- Registration Information** : Parents should register through the online registration platform on HKAGE website: <https://hkage.org.hk/b5/academy/Registration/selector.php?pid=28>
- Deadline for Registration** : 22 May 2019 (Wednesday)
- Notes:
1. Due to limited capacity, registration will be accepted on a first-come-first-served basis;
 2. Registrants will be notified of the outcome by 24 May 2019 (Friday) through email.
- Enquiry** : Tel: 3940 0101, after language selection, press “4”, or Email: ae@hkage.org.hk
- Remarks** :
1. The seminar organiser (HKAGE) will take photos and / or videos during the seminar. 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. Parking arrangements: No visitor parking spaces are available at HKAGE. You may park your car in the car parks nearby.

主辦機構



捐助機構



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Introduction to Speaker:

Mr Ryan Cheung

Mr Ryan Cheung is an advisor of Centre for Child and Family Science, The Education University of Hong Kong (EdU), as well as Supervisor of Educational Psychology Service, Social Services Department, Po Leung Kuk. Mr. Cheung works as a school-based educational psychologist at primary and secondary schools. He has spoken as a guest speaker for Education Bureau in seminars on emotional management and positive education. As a Consultant, he designs parenting programme for the "3Es - A model for social-emotional development of young children" of EdU for facilitating the social-emotional growth of children.