

Parent Workshop

**Well-being Workshop for Parents
(F1PEP006W-F1PEP010W)**

Date	Time	Topics	Target Group
31 Jul 2021 (Sat)	10:00 a.m.– 12:00 noon	Session 1: Positive parenting strategies & PERMA model to well-being (F1PEP006W)	Parents of Gifted Children (Priority will be given to parents of HKAGE student members)
5 Aug 2021 (Thu)	6:30 p.m. – 8:30 p.m.	Session 2: Positive Emotions (F1PEP007W)	
12 Aug 2021 (Thu)	6:30 p.m. – 8:30 p.m.	Session 3: Engagement (F1PEP008W)	
21 Aug 2021 (Sat)	10:00 a.m.– 12:00 noon	Session 4: Positive Relationships (F1PEP009W)	
26 Aug 2021 (Thu)	6:30 p.m. – 8:30 p.m.	Session 5: Meaning & Positive Accomplishment (F1PEP0010W)	

Venue : The Hong Kong Academy for Gifted Education
Sha Kok Estate, Shatin, New Territories, Hong Kong
Session 1: 2/F Room 204;
Session 2 – 4: 2/F Room 203;
Session 5: 3/F Room 303
(Located between Buddhist Kok Kwong Secondary School and Yue Shing Court)

Facilitator : Mandy Chan
Educational Psychologist, HKAGE

Content : In this 5-session workshop, parents will be equipped with positive parenting strategies for promoting children’s well-being. Parents will also learn about the **PERMA** model of well-being and how to foster children’s well-being through **Positive Emotions, Engagement, Positive Relationships, Meaning, and Positive Accomplishment**. Lastly, real-life examples of positive parenting will be provided to the parents as well.



- Intended Learning Outcomes** : Upon completion of this workshop, parents should be able to:
1. Learn what each component of the PERMA model refers to;
 2. Grasp the positive parenting strategies and the tips for helping children to flourish; &
 3. Apply positive parenting strategies to foster children's well-being.
- Language** : Cantonese
- Fee** : HK\$ 100 administrative fee (for each session)
- Quota** : 25
- Registration Information** : Parents should apply through the online registration system on our website:
- Session 1 : <https://hkage.org.hk/b5/academy/Registration/selector.php?pid=83>
- Session 2 : <https://hkage.org.hk/b5/academy/Registration/selector.php?pid=84>
- Session 3 : <https://hkage.org.hk/b5/academy/Registration/selector.php?pid=85>
- Session 4 : <https://hkage.org.hk/b5/academy/Registration/selector.php?pid=86>
- Session 5 : <https://hkage.org.hk/b5/academy/Registration/selector.php?pid=87>
- Deadline for Registration** :
- Session 1: 29 July 2021 (Thu) 12:00 noon
Session 2: 2 Aug 2021 (Mon) 12:00 noon
Session 3: 9 Aug 2021 (Mon) 12:00 noon
Session 4: 17 Aug 2021 (Tue) 12:00 noon
Session 5: 23 Aug 2021 (Mon) 12:00 noon
- Notes:
1. Due to limited capacity, registration will be accepted on a first-come-first-served basis;
 2. Applicants will be notified of the application results two days before each session of the workshop through email.
- Enquiries** : For enquiries, please contact us at 3940 0101 (after language selection, press '4') or via email: ae@hkage.org.hk
- Remarks** : The 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.
- Profile of Facilitator** : Mandy Chan is the Educational Psychologist of HKAGE. She has expertise in promoting the well-being of students. She has provided training for parents and teachers on positive education in a number of primary and secondary schools in Hong Kong.