

Parent Talk

Positive Parenting and Mindset (F1PEP013T)

Date and Time	Target Group
25 June 2021 (Fri.) 7:00 p.m. – 9:00 p.m.	Parents of Gifted Children (Priority will be given to parents of HKAGE student members)

- Venue** : Room 303, 3/F, 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 Rita Ching
CEO of Above and Beyond Education
The Principal Adviser of The Women's Foundation
- Content** : In the parent talk, parents of gifted children will learn about the importance of a positive mindset on children's development. Parents will also learn how to deal with children's negative self-talk and negative thinking. Lastly, the speaker will share some practical tips to promote children's positive thinking and mindset.
- Intended Learning Outcomes** : Upon completion of this seminar, parents should be able to:
1. Understand the importance of a positive mindset on children's development;
 2. Identify methods to deal with children's negative self-talk and negative thinking; and
 3. Grasp the strategies of promoting children's positive thinking and mindset.
- Language** : Cantonese
- Fee** : HK\$ 100 administrative fee
- Capacity** : 40
- Registration Information** : Parents should apply through the online registration system on our website:
<https://hkage.org.hk/b5/academy/Registration/selector.php?pid=80>

Deadline for Registration : 24 June 2021 (Thursday) 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 on or before 24 June 2021 (Thursday) p.m. 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 the Speaker:

Ms Rita Ching

Rita Ching is the Founder and CEO of Above and Beyond Education, as well as the Principal Adviser of The Women's Foundation (a charitable organisation) after stepping down from her previous role as Deputy CEO. She holds a Master's in Social Policy from the University of York and a Postgraduate Diploma in Human Resource Management and Training from the University of Leicester, both based in the UK. She continued her professional development and overseas training in Positive Education at the Institute of Positive Education in Australia, Social-Emotional Learning at the University of California Berkeley and Responsive Classroom®, Mindful Self Compassion instructed by Dr Kristin Neff and Dr Chris Germer in the US, as well as Positive Neuroplasticity instructed by Dr Rick Hanson. She is also a certified Mindfulness Teacher of MindBe Education and Mindfulness in School Projects, as well as a Zentangle Teacher. Prior to joining TWF for over ten years, Rita served at the Employee Retraining Board including a year of Secondment to the Education Bureau where she successfully launched a promotional series for the new culture of education and produced the well-known promotion video "Learning is not Scoring". Rita was an External Advisor for the Higher Diploma of Public Policy and Administration Course and Yi Jin Diploma Course for the School of Continuing Education at the Hong Kong Baptist University, an organizing member of the Family-Friendly Employers Award Scheme of the Family Council, and the Convenor of the Advisory Group for the Financial Education for Working Adults under the Investor and Financial Education Council, a subsidiary of the Securities & Futures Commission. She has been awarded "Hong Kong Outstanding Women Volunteer" of Hong Kong YWCA in 2015. She is also a member of the Programme Committee of the Children's Medical Foundation, and a blogger of local media of HK01 and Ohmykids. She always delivers talks and workshops to local parents, schools and corporates and had also given talks in Taiwan and United Nation.