



Inside Out Series: Social Relationship IV (F2IOS012W)

Introduction of the Workshop

Have you ever felt you were taken advantage of? Or struggled to ask for what you wanted? We have been there, and it does not feel good. Therefore, assertiveness is an important communication skill to help you express yourself bravely. It also helps to stand up for your opinion, while respecting the rights and beliefs of others.

The workshop introduces some communication techniques that you can adopt and explore strategies you can use to become more assertive. It also helps to boost confidence and self-esteem by learning how to enhance your self-expression skills and successfully advocate for yourself and your rights.

Introduction of the Series

The 'Inside Out Series' is a workshop series related to affective education, it covers topics like self-concept, self-management and social relationships of gifted students. This series aims at fostering gifted students' whole-person development from the inside out by enabling them to understand themselves, enhance their self-management skills, and eventually build positive social relationships with the outside world. In the workshops of the Social Relationship Series, you will learn how you are influenced by conformity, the difference between healthy and unhealthy perfectionism, some emotional, stress and time management skills etc. you will be able to learn various topics relating to social relations, such as social styles, communication skills, empathy, getting along with your peers, family and teachers, conflict management, etc. If you are interested in understanding social relations, don't miss this opportunity. You are also encouraged to complete the whole series for mastering the social techniques progressively.

Programme Type / Level

Workshop Series / Introductory ([Token required](#))

Instructor

Programme Officer, HKAGE

Pre-requisite

No special prerequisites are needed

Target Participants

- S1 to S3 HKAGE student members only in 2021/22 school year
- Class size: 25
- * *First-come-first-served*

Medium of Instruction

Cantonese, with handouts in English

Certificate

Student members who completed the workshop will be awarded an electronic certificate issued by the HKAGE. Student members could download the certificate from "Student Learning Profile" (<https://hkage.org.hk/b5/student/SLR/SLR.php>) 3 weeks after the workshop.

Intended Learning Outcomes

- Upon completion of the course, participants should be able to:
1. Identify how assertiveness may affect the way they express themselves
 2. Identify the appropriate and inappropriate ways of self-expression
 3. Acquire the knowledge and skills for self-advocacy

**Application
Deadline**

10 December 2021, 12:00 noon

If student members withdraw from the programme after the Application Deadline, the token will be deducted.

Schedule

| Date | Time | Venue (HKAGE) |
|--------------------------------|-----------------------|---|
| 18 December 2021 (Saturday) | 9:30 a.m.– 12:30 a.m. | Room 303, HKAGE, Sha Kok Estate, Shatin, N.T |

Enquiries

For enquiries, please contact us on 3940 0101 or email programme@hkage.org.hk