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Workshop Series / Introductory

# Inside Out Series: Social Relationship I

Programme Officer, HKAGE



**Application Deadline**  
**11 March 2022**  
**12:00 noon**

## **Intended Learning Outcomes**

Upon completion of the programme, participants should be able to:

1. Identify and describe the key characteristics of different social styles
2. Discover and reflect on personal interpersonal strengths and weaknesses in social relationships
3. Experience and practise effective interactive skills with others



## ◆ 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.

## ◆ Introduction of the Workshop

Living in a socialised society, we all need to know how to collaborate and communicate effectively with other people. Do you think you can establish harmonious relationships with others, get along well with them, and handle interpersonal conflicts effectively? What skills are needed for building good interpersonal relationships?

In this first workshop of the series, Social Relationship (I): Social Style, you are going to review your social style and learn how to interact with other participants. At the same time, you will be able to understand and reflect on your interpersonal skills and see if there is any room for improvement. Lastly, you can learn and practise effective interaction skills with the instructor and other participants through acquiring the basics of communication and social skills.

## ◆ Schedule

Date	Time	Venue
18 March 2022 (Fri)	02:30 p.m. – 05:30 p.m.	Online Platform

## ◆ Target Participants

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

## ◆ Pre-requisite

No special prerequisites are needed

## ◆ Medium of Instruction

Cantonese, with handouts in English

## ◆ Certificate

E-Certificate will be awarded to participants who complete the workshop.