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Workshop Series / Introductory

Inside Out Series: Social Relationship II

Programme Officer, HKAGE



Application Deadline
16 March 2022
12:00 noon

Intended Learning Outcomes

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

1. Recognise the importance of empathy in improving social interactions through sharing and discussion
2. Acquire social and communication skills
3. Understand the influences of giftedness on developing friendship
4. Develop adaptive coping strategies for fitting in with peers and peer pressure



◆ 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 second workshop of the series, you will uncover the power of empathy in establishing rapport, making and keeping the social relationship with your peers. Meanwhile, through experiential learning activities, you will understand your traits, discuss social skills between peers, and coping strategies to deal with peer pressure.

◆ Schedule

Date	Time	Venue
25 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.