



## Life Skills series-life planning

# "Walk Your Path" – Discovering Your Potentials

## Experiential Learning Workshop

(F1LSS001W)

### Introduction of the Programme

One of the biggest challenges which adolescents encounter is the inadequate direction of who they are, and who they can become in the future. Positive psychology focuses on understanding individuals' strengths, character and well-being, which, together, promotes a satisfying and flourishing life. Teenagers can be very much benefit from positive education in their journey of discovering their talents.

The programme "Walk Your Path" – Discovering Your Potentials Experiential Learning Workshop leads students to understand themselves with a strength-based theoretical model and elements in expressive arts therapy. With a more crystalized and positive self-image, they are to develop their own frame of reference in life planning, and subsequently a locomotive action plan.

### Programme Type

Workshop series/ introductory level ([Token required](#))

### Instructor

~~To be confirmed~~ **Ms. Beryl Chan – The Gifted Studio Limited**

### Pre-requisite

No special prerequisites are needed

### Target Participants

- S4 to S6 HKAGE student members only in 2021/22 school year
- Class size: 20
- \* *First-come-first-served*

### Medium of Instruction

Cantonese

### Certificate

Student members who attended at least 3 sessions of 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 programme, the participants should be able to:

1. Describe personal strengths and interests;
2. Develop an action plan to achieve career goal(s); and
3. Enhance the sense and confidence of setting life-planning goal based on their strengths and interests.

## Application Deadline

**10 December 2021, 12:00 noon**

## Schedule

|       |  |
|-------|--|
| Date  | 23 December 2021 (Thursday)<br>28 December 2021 (Tuesday)<br>29 December 2021 (Wednesday)<br>30 December 2021 (Thursday) |
| Time  | 2:00 p.m.– 4:00 p.m.   |
| Venue | Room 203, The Hong Kong Academy for Gifted Education   |

## Enquiries

For enquiries, please contact us on 3940 0101 or email [programme@hkage.org.hk](mailto:programme@hkage.org.hk).