



F2IOS008W2

(Token- required)

Workshop Series / Introductory

# Inside Out Series: Self-Management (IV)

Programme Officer, HKAGE



**Application Deadline**  
**28 February 2022**  
**12:00 noon**

## **Intended Learning Outcomes**

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

1. identify different anger management skills and alternative ways to express anger;
2. recognise the positive reactions of anger;
3. acquire the knowledge and skills for Nonviolent Communication



## ◆ 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 Self-Management 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. If you are interested in understanding self-management, don't miss this opportunity. You are also encouraged to complete the whole series for mastering the self-management skills progressively.

## ◆ Introduction of the Workshop

Many gifted students are highly sensitive to their environment and react with strong emotional and behavioural responses; anger is an emotion that is commonly encountered by many students.

The workshop introduces anger management skills and alternative ways to express anger-Nonviolent Communication (NVC). Participants would learn to listen and speak which lead them to give from the heart, connect with themselves and allow their natural empathy to flourish.

## ◆ Schedule

Date	Time	Venue
23 Apr 2022 (Sat)	09:30 a.m. – 12:30 p.m.	Room 204, HKAGE <b>Online Platform</b>

## ◆ 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.