



F2IOS012W2

[\(Token- required\)](#)

Workshop Series / Introductory

Inside Out Series: Social Relationship IV

Programme Officer, HKAGE



Application Deadline
30 March 2022
12:00 noon

Intended Learning Outcomes

Upon completion of the programme, 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



◆ 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

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.

◆ Schedule

Date	Time	Venue
8 April 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.