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Workshop / Introductory

# Well-being Programme (Junior Secondary)

Violet CHOI

Educational Psychologist, HKAGE



**Application Deadline**  
**11 Aug 2022 12:00 n.n**

## **Intended Learning Outcomes**

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

1. Learn how to make the best use of own character strengths and empathy to improve one's intrapersonal and interpersonal competence;
2. learn the importance of goal setting in relation to living a meaningful life; and
3. foster positive thinking and learn how to face adversity.



## ◆ Introduction

This well-being programme is developed based on the ideas in positive psychology, and positive youth development. This programme will allow our gifted students to develop positive thinking, empathy, and character strengths, embracing the past, present, and future with positivity and courage. From the programme, our gifted students will also learn how to make use of empathy and character strengths to improve their communication skills with others and build better social relationships. The programme also aims to equip our gifted students with a better preparation whether they may be coping with stress and anxiety in daily life or encountering unexpected failures and setbacks: by helping them to learn strategies that promote their resilience, maintain a positive and optimistic mindset, enhance positive emotions while reducing negative emotions, look forward to their future, continue to pursue their goals and well-being, and create a meaningful life.

## ◆ Schedule

Session	Date	Time	Venue
1	15 Oct		
2	22 Oct (Sat)	10:00 a.m. – 12:00 n.n	HKAGE
3	29 Oct		

## ◆ Profile of Instructor

Ms Violet CHOI is a Member of the Register of Educational Psychologists accredited by the Department of Health. She has served various schools in the U.S. and Hong Kong, providing consultation, counselling, small group instruction, and seminars to students, parents, and teachers. Ms CHOI strives to apply her expertise in mental health, learning, and behaviour, to help children and youth succeed academically, socially, behaviourally, and emotionally.

## ◆ Target Participants

- S1 – S3 HKAGE student members in 2022/23 school year only.
  - Class size: 25
- \* First-come-first-served.

## ◆ Pre-requisite

No special prerequisites are needed

## ◆ Medium of Instruction

Cantonese with Chinese handouts

## ◆ Certificate

E-Certificate will be awarded to participants who have:

- Attended AT LEAST TWO sessions AND
- Shown active participation in class activities