



F1WPD001T-2

(NON Token- required)

Talk / Introductory Level

# Resilience – Flexibility and Adaptability

Dr Richard Kai-Cheung LAU, Clinical Psychologist,  
HKAGE

**Resilience, Adaptability,  
Flexibility to stay agile to  
ever-evolving situations.**



## **Intended Learning Outcomes**

**Application Deadline**

**10 March 2023**

**12:00 noon**

Upon completion of the programme, student members should be able to:

1. understand the concept and benefits of resilience, flexibility, and adaptability;
2. be willing to further promote the levels of resilience, flexibility, and adaptability;
3. be willing to develop those undeveloped or underdeveloped resilience, flexibility, and adaptability; and
4. understand ways to promote or develop resilience, flexibility, and adaptability.



## ◆ Introduction of the Talk

Because gifted students are more competent than their non-gifted peers in different areas, they may also have higher demands on themselves than their peers in all aspects. When gifted students face difficulties, they may experience increased stress and distress. Therefore, it is relatively important for gifted students to improve their resilience. In this talk, the speaker educates student members about the concepts of resilience, flexibility and adaptability and ways to improve these psychological traits. Thus, student members can know how to further enhance these psychological traits on their whole person development journey. A question and answer session will be provided at the end of the lecture.

## ◆ Schedule

Date	Time	Venue
25 March 2023 (Saturday)	9:30 a.m. – 11:30 a.m.	Zoom Meeting

\* The Zoom Meeting ID and passcode will be sent to student members by email before the talk.

## ◆ Profile of the Speaker

Dr Richard LAU obtained his honour bachelor's degree in psychology in the UK, his honour master's degree in clinical psychology in Australia, his PhD in clinical psychology in the US, and his PhD in counselling in Australia. He is a Member of Register of Clinical Psychologists accredited by Department of Health. He is also an associate fellow and registered clinical psychologist of the Hong Kong Psychological Society, a full member of the Hong Kong Clinical Psychologists Association, an associate fellow of the Hong Kong Professional Counselling Association, a registered clinical supervisor of the Asian Professional Counselling & Psychology Association, a certified clinical hypnotherapist of the Professional Board of Hypnotherapy, Inc., and a full member of the Australian Psychological Society. For more than ten years, Dr Richard LAU has developed many training programmes for the gifted population and their parents in various private or non-government organisations in Hong Kong. He was a senior lecturer at the Department of Special Education and Counselling, Faculty of Education and Human Development in The Education University of Hong Kong; an assistant professor at the Nethersole School of Nursing, Faculty of Medicine of the Chinese University of Hong Kong; an assistant professor at the Department of Counselling and Psychology, Faculty of Social Sciences of the Hong Kong Shue Yan University; and a visiting professor at the Faculty of Social Sciences and Education of the University of Saint Joseph (current name) over the last twelve years. Through Dr LAU's teaching work in these universities, he has delivered many courses related to teaching or counselling students with special educational needs including gifted students. He has also trained numerous professional teachers, counsellors and social workers in teaching, counselling, and helping gifted students and their parents.

### ◆ Target Participants

- P4 - S6 student members in 2022/23 school year only
- Class size: 60

\* First-come-first-served.

### ◆ Medium of Instruction

Cantonese

### ◆ Pre-requisite

No special prerequisites are needed