



F1PPW007T-2

(NON Token- required)

Talk / Introductory Level

# Character Strengths in Positive Psychology

Dr Richard Kai-Cheung LAU, Clinical Psychologist,  
HKAGE



## Intended Learning Outcomes

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

1. understand the concept and benefit for each character strength;
2. be willing to further promote their current character strengths;
3. be willing to develop those undeveloped or underdeveloped character strengths; and
4. understand ways to promote or develop various character strengths.

**Application Deadline**

**11 April 2023**

**12:00 noon**



## ◆ Introduction of the Talk

Gifted students are better developed than their non-gifted peers in different aspects, for instance, intelligence, academic aptitude in various subject areas, creative thinking, talents in visual or performing arts, leadership, or psychomotor ability, etc. Other than their gifted aspects, gifted students should also pursue their development in more other areas. In this talk, the speaker will let student members understanding concepts of character strengths in positive psychology and ways to develop or further improve their character strengths. Hence, student members could have an idea which character strengths they would like to develop or further improve through their whole person development journey. Q&A session will be provided by the end of the talk.

## ◆ Schedule

Date	Time	Venue
22 April 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 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 to S6 student members in 2022/23 school year only
  - Class size: 60
- \* First-come-first-served.

## ◆ Medium of Instruction

English

## ◆ Pre-requisite

No special prerequisites are needed