



F1PPW010W

(Token- required)

Workshop / Introductory

Well-being Series: Life Goals

Miss Tinsley Du
Counselling Advisor, HKAGE

Application Deadline

~~9 Nov 2023 12:00 n.n~~

23 Nov 2023 12:00 n.n

Result Release

~~10 Nov 2023~~

24 Nov 2023

Intended Learning Outcomes

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

1. understand the importance of goal setting in relation to living a meaningful life;
2. learn how to set goals in relation to living a meaningful life;
3. be willing to set goals in the unplanned aspects of life so that they can live a more meaningful life; and
4. be willing to set more achievable plans in various aspects of life so that they can live a more meaningful life.



◆ Introduction

This well-being series is developed based on the theories and researches in positive psychology and positive children development. This workshop will facilitate our student members to understand and enhance their goal setting skills, to be willing to set more achievable plans in various aspects of life so that they can live a more meaningful life. The well-being series also aims to equip our student members to cope with stress and anxiety in their daily life or when they encounter unexpected failures and setbacks with a better preparation by helping them to learn strategies that promote their resilience, maintaining a positive and optimistic mindset, enhancing positive emotions while reducing negative emotions, planning well of their future, continuing to pursue their goals and well-being, and creating a meaningful life.

◆ Schedule

Session	Date	Time	Venue
1	6 Jan 2024 (Sat)	10:00 a.m. – 12:00 noon	HKAGE

◆ Profile of Instructor

Miss Tinsley Du obtained a master's degree of social sciences in counselling psychology from the Hong Kong Shue Yan University, and she is a Registered Counselling Psychologist of The Hong Kong Psychological Society Limited (HKPS). Tinsley worked as Counsellor in local schools and as Service Officer and Counselling Psychologist in NGO. She supported students with various psychological and educational needs, and offered counselling, psychotherapy, whole person development service for them. She also offered counselling, psychotherapy, and conducted talks and workshops for parents, teachers, and the public of different ages including children, teenagers, and adults.

◆ Target Participants

- P4 – P6 HKAGE student members in 2023/24 school year.
- Class size: 30

* Student members would be selected randomly by the computer system. The decision of HKAGE on the result of the selection should be final.

◆ Pre-requisite

No special prerequisites are needed

◆ Medium of Instruction

Cantonese

◆ Certificate

E-Certificate will be awarded to participants who have attended the workshop and shown active participation in class activities.