



F1WPD001T

(NOT Token- required)

Talk / Introductory Level

Resilience

Dr Richard Kai-Cheung LAU, Clinical Psychologist,
HKAGE

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



Intended Learning Outcomes

Application Deadline

3 May 2024

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
11 May 2023 (Saturday)	9:30 a.m. – 11:30 a.m.	Webinar

* The Webinar ID will be sent to student members by email before the talk.

◆ Profile of the Speaker

Dr Richard LAU obtained an honour bachelor's degree in psychology in the UK, an honour master's degree in clinical psychology in Australia, a PhD in clinical psychology in the US, and a PhD in counselling in Australia. He is a Clinical Psychologist in Accredited Register (Department of Health), a Member of Hong Kong Institute of Clinical Psychologists, 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., an Academic Member of the College of Clinical Psychologists of the Australian Psychological Society, and a Full Member of the Australian Psychological Society.



◆ Profile of the Speaker

Dr LAU worked as Senior Clinical Psychologist or Director of Psychological Services in non-government organisations or private psychology centres for about ten years that he developed many training programmes for the gifted population and their parents. Over the last seventeen years, 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). Through Dr LAU's teaching work in these universities, he delivered many courses related to teaching or counselling students with special educational needs including gifted students. He also trained numerous professional teachers, counsellors and social workers in teaching, counselling, and helping gifted students and their parents.

◆ Remark

Starting from the 2023/24 school year, after the first review period, ALL student members must complete the following requirements in each school year in order to maintain their memberships:

- Attend One Talk; AND
- Participate in One Programme or Activity of any kind

◆ Pre-requisite

No special prerequisites are needed

◆ Target Participants

- P4 to S6 student members in 2023/24 school year
 - Class size: 500
- * First-come-first-served.

◆ Certificate

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

◆ Medium of Instruction

Cantonese