



◆ Introduction of the Talk

Promoting and maintaining well-being are paramount to the holistic development of gifted students. This academic year, we will explore and explain six aspects of well-being: physical, social and emotional, spiritual, intellectual, vocational, and community. In this talk, the speaker will delve into the intricate relationship between emotion, stress, and physical health, will examine the impact of these factors on various bodily systems, including the musculoskeletal, respiratory, cardiovascular, central nervous, endocrine, integumentary, gastrointestinal, immune, and reproductive systems, and will explore the influence of emotions and stress on daily life aspects such as sleep, eating, and weight. The speaker will introduce two methods for managing emotions and stress: the usual approach and the "fast-happy-charging" technique. Q&A session will be provided by the end of the talk.

◆ Schedule

Date	Time	Venue
26 Oct 2024 (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 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 2024/25 school year
 - Class size: 290
- * 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