

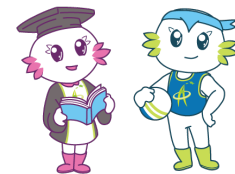


香港資優教育學苑

The Hong Kong Academy for Gifted Education

香港特別行政區政府教育局資助

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F1PPW027T

(NOT Token - required)

Student Talk / Introductory Level

# Promoting Spiritual Well-being of Gifted Students

Dr Richard Kai-Cheung LAU

Clinical Psychologist, HKAGE



**Application Deadline**

**7 Feb 2025**

**12:00 noon**

## **Intended Learning Outcomes**

Upon completion of the talk, student members should:

1. Define spiritual well-being and its importance for gifted students.
2. Identify common challenges gifted students face in developing their spiritual well-being.
3. Explore various pathways for cultivating spiritual well-being, such as mindfulness, self-reflection, connection with nature, and engagement with the arts.
4. Develop personalized strategies for nurturing their own spiritual well-being.
5. Connect with resources and communities that support spiritual growth.

## ◆ Introduction of the Talk

Nurturing the spirit is essential for the holistic well-being of gifted students. This talk explores the often-overlooked dimension of spiritual well-being, offering insights and practical strategies specifically tailored for gifted individuals. Discover how to connect with your inner self, find meaning and purpose, and cultivate a sense of belonging and connection to something greater than yourself. This is part of our broader exploration of the six key dimensions of well-being: physical, social and emotional, spiritual, intellectual, vocational, and community. Join us for this talk that will empower you to cultivate a deeper sense of spiritual well-being and enhance your overall flourishing. The talk will conclude with a Q&A session, providing opportunities for personalized advice.

## ◆ Schedule

Date	Time	Venue
22 Feb 2025 (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 Honours Bachelor's degree in Psychology in the UK, an Honours Master's degree in Clinical Psychology in Australia, a Postgraduate Diploma in Clinical Psychiatry in the UK, a PhD in Clinical Psychology in the US, and a PhD in Counseling in Australia, and he is pursuing a Master of Science degree in Clinical Psychiatry in the UK. He is a Clinical Psychologist in the accredited register in Hong Kong (Department of Health), 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 Counseling Association, a Registered Clinical Supervisor of the Asian Professional Counseling & 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 a Senior Clinical Psychologist or Director of Psychological Services in non-governmental organizations and private psychology centers for approximately ten years, during which time he developed numerous training programs for gifted individuals and their parents. Over the past eighteen years, he has held teaching positions at various universities, including Senior Lecturer in the Department of Special Education and Counseling, Faculty of Education and Human Development at The Education University of Hong Kong; Assistant Professor at the Nethersole School of Nursing, Faculty of Medicine, The Chinese University of Hong Kong; Assistant Professor in the Department of Counseling and Psychology, Faculty of Social Sciences, Hong Kong Shue Yan University; and Visiting Professor at the Faculty of Social Sciences and Education, University of Saint Joseph (current name). Through his university teaching, Dr. LAU has delivered numerous courses related to teaching and counseling students with special educational needs, including gifted students. He has also trained a significant number of professional teachers, counselors, and social workers in methods for teaching, counseling, and supporting gifted students and their families.

## ◆ 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



# Journey to Wellness: Experiential Learning for Promoting Well-being

- ♥ Enhance the well-being of gifted students
- ♥ Provide ample emotional and mental health support
- ♥ Foster positive relationships
- ♥ Strike a balance between intellectual pursuits and holistic development

