



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  
Subvented by the Education Bureau, the Government of the HKSAR



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[ **Gifted Programme** ]

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(Token- required)

**Talk / Introductory Level**

# Emotion Management Talk

Instructors from JEMS Character Academy



**Application Deadline**  
**13 Feb 2025 12:00 noon**

## **Intended Learning Outcomes**

**Result Release**  
**14 Feb 2025**

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

1. Evaluate personal emotional patterns and triggers to enhance self-awareness and understand the importance of emotional intelligence and empathy development in well being and success.
2. Apply emotion regulation techniques to manage challenging emotions, exhibit effective communication and utilize conflict resolution skills in social interactions.
3. Enhance emotional resilience to navigate diverse emotional contexts confidently.
4. Enhance confidence in assuming leadership roles and responsibilities.



## ◆ Gifted Programme Introduction

This talk is one of the core programmes of the Leadership Training Programme Series.

It aims to explore the vital role of emotional intelligence in our lives. Understanding and managing emotions can lead to healthier relationships and greater well-being. The talk will focus on developing self-awareness, practising emotion regulation strategies like mindfulness and positive self-talk, and enhancing communication skills. Additionally, it highlights the importance of empathy in leadership and relationships. Through interactive activities and discussions, you will gain practical tools to navigate your emotions confidently.

## ◆ Schedule

Session	Date	Time	Venue
1	12 Apr 2025 (Sat)	10:30 a.m. - 12:30 p.m.	Room 105, HKAGE

## ◆ Suitable for

- S1 – S6 HKAGE student members in the 2024/25 school year. (Priority will be given to S3 to S5 HKAGE student members whose HKAGE student numbers begin with 233 admitted in the 2023/24 school year through the Principal's Nomination).

- Class size: 60

\*Student members will be selected randomly by the computer system. The decision of HKAGE regarding the selection results is final.

## ◆ Medium of Instruction

English

## ◆ Pre-requisite

No special prerequisites are needed

## ◆ Certificate

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



## LEADERSHIP TRAINING PROGRAMME SERIES 2024/25

### Core programmes

Orientation Talk 01

02 Two Celebrity Talks in Leadership

Leadership Workshop 03

04 Emotion Management Workshop

Leadership Training Camp 05

06 Forest Therapy Experience

Mindfulness Workshop 07

08 Drama Course

Communication Course 09

10 Graduation Ceremony & Showcase\*

*Elective Programmes: All Other HKAGE Programmes/Activities*

The programme information may be subject to change; please refer to HKAGE website for details.

### Graduation Certificate Requirements:



**Gold Award: Complete 5 core programmes\* + 1 elective programme**



**Silver Award: Complete 4 core programmes\* + 1 elective programme**



**Bronze Award: Complete 3 core programmes\* + 1 elective programme**

- All programmes (except "Orientation Talk" and "Graduation Ceremony & Showcase") must be completed within 1 September 2024 to 30 April 2025.
- \* "Core Programme: Graduation Ceremony & Showcase" (Early July 2025) must be included.