



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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(Not-token required)

[**Gifted Programme**]



Ignite Life Talk Series

Understand Yourself, Embrace Challenges, Pursue Excellence.

Dr Lee Chi-Wo Daniel

Associate Director of the Elite Training Science and Technology
at the Hong Kong Sports Institute (HKSI)



Application Deadline

17 April 2025

12:00 noon

Intended Learning Outcomes

Upon completion of the gifted programme, gifted students should be able to:

1. identify two challenges faced by full-time athletes
2. describe stress management techniques used by full-time athletes to handle pressure with ease.
3. enhance self-awareness and facilitate personal development direction.



◆ Gifted Programme Introduction

This talk is one of the core programmes of the Leadership Training Programme Series. **Please note that attending TWO "Ignite Your Life" talks is required to complete one core programme.**

We are privileged to have Dr. Lee Chi-Wo Daniel, the Associate Director of the Elite Training Science and Technology at the Hong Kong Sports Institute (HKSI), as our speaker. Dr. Lee holds Bachelor's, Master's, and Doctoral degrees in Sports Science and Physical Education from The Chinese University of Hong Kong (CUHK) and has furthered his expertise by successfully completing an Executive MBA at CUHK. With a strong athletic background as a full-time triathlete, he represented Hong Kong at the 2004 Athens Olympics and the 2008 Beijing Olympics.

In the talk, Dr. Lee will share the life of full-time athletes and explore how they face challenges and pressure. The goal of the talk is to help students gain a comprehensive understanding of the daily lives of full-time athletes, learn stress management techniques to face pressures in both life and sports with ease. Additionally, we will guide participants in self-discovery to inspire personal growth and developmental direction, thereby promoting psychological resilience and self-improvement.

◆ Schedule

Session	Date	Time	Venue
1	26 Apr 2025	10:00 a.m. – 12:00 n.n.	Room 105, HKAGE

◆ Suitable for

- P4 – S6 HKAGE student members in 2024/25 school year. (Priority will be given to S3 to S5 HKAGE student members whose HKAGE student number begins with 233 admitted in the 2023/24 school from the Principal's Nomination.)
 - Class size: 150
- * First-come, first-served.

◆ Certificate

E-Certificate will be awarded to participants who have attended the talk.

◆ 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 membership:

- Attend One Talk; AND
- Participate in One programme or activity of any kind

◆ Medium of Instruction

Cantonese

This talk is one of the items in the five domains of the Holistic Talk Series. The objective is to facilitate the all-round development of student' gifted potential.



Emerging Technology Talk Series by YASHK

Scientists introduce eye-opening emerging technology to enhance students' motivation to learn.



Trendy Academic Talk Series

Introduce trendy topics to widen the students' horizons.



National Security Talk Series

Understanding the meaning of National Security, enhances students' sense of national identity.



Ignite Life Talk Series

Celebrities share their life-changing moments to enhance students' aspirations for life.



Future Insight Talk Series

Professionals share insights about the latest trends in their industry to help students plan their future.



LEADERSHIP TRAINING PROGRAMME SERIES 2024/25

Core programmes

Orientation Talk 01

02 Ignite Life Talk (2 sessions)

Leadership Workshop 03

04 Emotion Management Workshop

Leadership Training Camp 05

06 Forest Therapy Experience

Mindfulness Course 07

08 Drama Course

Communication Course 09

10 Community Service

Career Development Workshop 11

12 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.