



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** ]

Workshop / Introductory

F1LEA024W

(Token- required)

# Emotion Management Workshop: Inner Self

Programme Officer, HKAGE



**Application Deadline**

**7 Aug 2025**

**12:00 n.n**

**Result Release**

**8 Aug 2025**

## **Intended Learning Outcomes**

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

1. Recognise and embrace their identity as gifted individuals.
2. Describe and identify their strengths and weaknesses.
3. Reflect on their own expectations and the expectations of others.
4. Formulate effective goals and strive for self-actualisation.



# Leadership Training Programme Series

## ◆ Introduction of the Series

Emotion Management Workshop is a series focused on whole-person development, covering self-management and the inner self of gifted students. This workshop series aims to foster the all-around development of gifted students by helping them better understand themselves and enhance their self-management skills.

## ◆ Introduction of the Workshop

The inner self refers to one's self-concept, which includes how you think about, evaluate or perceive yourself: your attributes, and the understanding of who and what you are. In this workshop, you will learn about various theories of giftedness, explore your strengths and weaknesses, examine how self-expectations and the expectations of others impact you and develop strategies to adjust when you feel overburdened by expectations. Most importantly, you will gain a deeper understanding of yourself.

## ◆ Schedule

| Date                 | Time                    | Venue |
|----------------------|-------------------------|-------|
| 20 Sep 2025<br>(Sat) | 09:30 a.m. – 12:30 p.m. | HKAGE |

## ◆ Suitable for

- S1 – S6 HKAGE student members in the 2025/26 school year. (Priority will be given to HKAGE student members whose HKAGE student numbers begin with 2430, admitted in the 2024/25 school year through the Principal's Nomination)

- Class size: 25

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

## ◆ Medium of Instruction

Cantonese

## ◆ 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.



# 2025/26 Leadership Training Programme

## Core Programmes

01 Orientation Talk

07 Mindfulness Course

02 Ignite Life Talk Series  
or Inclusion Talk  
(any 2 sessions)

08 Project Management  
Course

03 Leadership Workshop

09 Communication  
Course

04 Emotion Management  
Workshop

10 Community Service

05 Leadership Training  
Camp

11 Career Development  
Workshop

06 Crisis Management  
Course

12 Graduation  
Ceremony

**Elective Programmes: All Other HKAGE  
Programmes/Activities**

### 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**

1. All programmes (except "Orientation Talk" and "Graduation Ceremony") must be completed within 1 September 2025 to 30 April 2026.

2. \* "Core Programme: Graduation Ceremony" (Early July 2026) must be included.

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