



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**]

F1LEA023W

(Token- required)

Workshop / Introductory

Emotion Management Workshop: Self-management

Programme Officer, HKAGE



Application Deadline

6 Nov 2025

12:00 n.n

Result Release

7 Nov 2025

Intended Learning Outcomes

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

1. identify how gifted ability influences emotion management.
2. describe various emotion management strategies.
3. build greater confidence in enhancing emotion management.



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

In today's fast-paced world, gifted students often face unique emotional challenges. Emotion Management Workshop: Self-management aims to equip these students with essential self-management skills, enabling them to navigate their emotions effectively. Through interactive activities, discussions, and practical strategies, participants will learn how to recognise, understand, and manage their feelings, fostering resilience and emotional intelligence.

◆ Schedule

Date	Time	Venue
30 Dec 2025 (Tue)	2:30 p.m. – 5:30 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.