



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



[Learn about Gigi & Yoyo](#)

[**Gifted Programme**]

Workshop / Introductory

F1LEA024W

(Token- required)

Emotion Management Workshop: Inner Self

Programme Officer, HKAGE



Application Deadline

13 Aug 2026

12:00 n.n

Result Release

14 Aug 2026

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

This workshop is one of the core programmes of the Leadership Training Programme 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
19 Sep 2026 (Sat)	09:30 a.m. – 12:30 p.m.	HKAGE

◆ Suitable for

- S1 – S6 HKAGE student members in the 2026/27 school year. (Priority will be given to HKAGE student members whose HKAGE student numbers begin with 2530, admitted in the 2025/26 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.



2026/27 Leadership Training Programme

Our leadership framework nurtures young leaders with global perspectives by strengthening their values and mindset, building their leadership knowledge, and developing the practical skills they need to lead confidently in diverse contexts.

Core Programmes & Focus Areas

Pillar 1

Values & Mindset (Who I Am)

- Ethical judgment in a complex world
- Open to diverse perspectives
- Respect for cultural differences
- Growth mindset and resilience

Pillar 2

Knowledge & Awareness (What I Understand)

- Leadership theories across cultures
- Awareness of global trends and challenges
- Insight into diverse leadership practices
- Strategic thinking and responsible tech use

Pillar 3

Applied Skills (What I Can Do)

- Communicate effectively across cultures
- Work collaboratively in diverse teams
- Solve problems and manage projects
- Make decisions under uncertainty

01

Inspiring
Talk Series



02

International &
National Exposure
Series



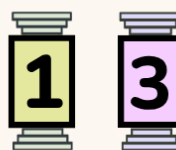
03

Empowerment
Courses /
Workshops



04

Community
Service / Social
Service Learning



05

Soft Skill
Day Camp



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 "The Academy Awards for the Gifted 2026" and "Graduation Ceremony at The Academy Awards for the Gifted 2027") must be completed within **1 September 2026 to 30 April 2027**.
2. The core programme "Graduation Ceremony at The Academy Awards for the Gifted 2027" (Early July 2027) must be included.
3. Elective Programmes: All other HKAGE programmes/activities.

Programme information and certificate requirements are subject to change. Please refer to the HKAGE website for the latest details.