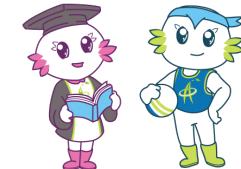




香港資優教育學苑
The Hong Kong Academy for Gifted Education

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](#)

F1SSG037W, F1SSG038W
F1SSG039W, F1SSG040W
F1SSG041W, F1SSG042W

[\(Token- required\)](#)

Workshop / Introductory Level

Student Support Group: Psychological Support for Gifted Students to Face Challenges or Difficulties in Multiple Aspects (1) to (6)

Dr LAU Kai Cheung Richard, Clinical Psychologist, HKAGE
Miss DU Pui Yu Tinsley, Counselling Psychologist, HKAGE



Application Deadlines

**Please refer to the
“Important Dates”**

Intended Learning Outcomes

Upon completion of the programme, student members should be able to:

1. demonstrate enhanced coping and resilience skills to difficulties or challenges in different life circumstances;
2. apply practical strategies and techniques introduced through counselling or consultation to manage challenging situations effectively;
3. build and maintain positive interpersonal relationships with other gifted students through appropriate communication and social skills; and
4. develop a supportive peer network and seek or provide mutual support.

If student members withdraw from the programme after the Application Deadline, the token will be deducted.

◆ Introduction

Although gifted students perform very well in many aspects, they, like non-gifted students, also need to master appropriate methods to deal with challenges and difficulties in all areas of life, so they can effectively overcome their challenges or difficulties. This series of support groups aims to provide professional group counseling and psychological support to our student members. Our psychologists will encourage students to share the challenges and difficulties they face in the group. Students not only can refer to the coping methods adopted by other students but can also receive group counseling and professional advice to face their difficulties. Although the theme of each session is the same, based on the principle of group dynamics, the interaction effect will be different, and the questions to be raised, discussed, and answered by participants and instructor in each session will also be different. Therefore, applicants may register for one or more sessions at their own discretion.

◆ Profiles of Instructors

Dr Richard LAU is a Member of the Register of Clinical Psychologists accredited by the Department of Health, Hong Kong. For more than ten years, Dr LAU has developed many training programmes for the gifted population and their parents in various private or non-government organisations in Hong Kong.

Miss Tinsley DU is a Registered Counselling Psychologist of The Hong Kong Psychological Society Limited (HKPS), provides counselling and psychotherapy. She also conducts workshops and talks for parents, teachers, and individuals of all ages, addressing various psychological and educational needs.

◆ Suitable for

- HKAGE P4 – S6 student members in 2026/27 school year only
- Capacity of each workshop: 60 (Zoom sessions); 30 (Face to face sessions)

* First-come-first-served

◆ Pre-requisite

No special prerequisites are needed

◆ Medium of Instruction

English (F1SSG037W & F1SSG038W)

Cantonese (F1SSG039W to F1SSG042W)

◆ Certificate

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

◆ Enquiries

☎ 3940 0101 ✉ programme@hkage.org.hk

◆ Important Dates

Date	Venue	Application Commencement Date and Time	Application Deadline (Date and Time)	Please return the "Confirmation Slip" no later than three working days after you applied for the class * Each session requires a separate application.
F1SSG037W 10 Oct 2026 (Saturday) 9:30 – 11:00 a.m.	Zoom Meeting* (Conduct in English)	16 Jul 2026 1:00 p.m.	24 Sept 2026 12:00 n.n.	
F1SSG038W 12 Dec 2026 (Saturday) 9:30 – 11:00 a.m.	HKAGE Room 204 (Conduct in English)	8 Oct 2026 1:00 p.m.	27 Nov 2026 12:00 n.n.	
F1SSG039W 27 Feb 2027 (Saturday) 9:30 – 11:00 a.m.	Zoom Meeting* (Conduct in Cantonese)	8 Oct 2026 1:00 p.m.	12 Feb 2027 12:00 n.n.	
F1SSG040W 10 Apr 2027 (Saturday) 9:30 – 11:00 a.m.	Zoom Meeting* (Conduct in Cantonese)	7 Jan 2027 1:00 p.m.	26 Mar 2027 12:00 n.n.	
F1SSG041W 8 May 2027 (Saturday) 9:30 – 11:00 a.m.	Zoom Meeting* (Conduct in Cantonese)	7 Jan 2027 1:00 p.m.	23 Apr 2027 12:00 n.n.	
F1SSG042W 12 Jun 2027 (Saturday) 2:00 – 3:30 p.m.	HKAGE Room 204 (Conduct in Cantonese)	8 Apr 2027 1:00 p.m.	28 May 2027 12:00 n.n.	

* Please visit the [Programme Application page](#) of the academy to check the latest information for each group session.

* The Zoom Meeting ID and passcode will be sent to student members by email before the talk.



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Journey to Wellness: Experiential Learning for Promoting Well-being

- ♥ Enhance the well-being of gifted students
- ♥ Provide ample emotional and mental health support
- ♥ Foster positive relationships
- ♥ Strike a balance between intellectual pursuits and holistic development



◆ Enquiries

☎ 3940 0101

✉ programme@hkage.org.hk