



Parent Seminar

Whole Person Development – Desirable and Undesirable Habits in Life

Dr LAU Kai Cheung Richard

Clinical Psychologist, Hong Kong Academy for Gifted Education



[**Application Here**](#)

**Deadline is on 6 Dec 2022
(Tue) 12:00 noon**

Intended Learning Outcomes

Upon completion of this seminar, parents should be able to:

1. Understand the habits appear in every aspect of their gifted children's life.
2. Understand the relationship between their gifted children's habits with various factors.
3. Recognize the types and consequences of different undesirable and desirable habits of their gifted children.
4. Recognize ways to get rid of undesirable habits and to build desirable habits in their gifted children's life.



◆ Introduction

Everyone in the world is made up of many different and unique habits. If a person shows different behavior patterns every day, people around him must think that person is unpredictable. However, if most of a person's habits are considered undesirable by others, will people like this type of person? So, of course, we want to have more desirable habits, so that we can benefit ourselves. Dr Lau, the speaker in this seminar, will explain to the participants that habits appear in all aspects of individuals' life while building habit cannot be achieved by simply asking people to do so as the process of forming habits not only depends on individuals' personalities but also their interests, support and recognition from others, and extrinsic motivation. Dr Lau will also explain various types of desirable or undesirable habits in life and the consequences led by those desirable or undesirable habits, respectively. There will be a Q&A session during the seminar.

◆ Schedule

Session	Date		Time	Venue
1	20 December 2022	Tuesday	6:30 pm – 8:30 pm	Zoom Meeting*

* The Zoom Meeting ID and passcode will be sent to parents by email two days before the seminar.

◆ Speaker Profile

Dr Richard LAU is a Member of Register of Clinical Psychologists accredited by Department of Health. He obtained his honour bachelor's degree in psychology in the UK, his honour master's degree in clinical psychology in Australia, his PhD in clinical psychology in the US, and his PhD in counselling in Australia. He is also an associate fellow and registered clinical psychologist of the Hong Kong Psychological Society, and a certified clinical hypnotherapist of the Professional Board of Hypnotherapy, Inc. For about ten years, he worked as a senior clinical psychologist or the services director in various NGO and private psychological centres in Hong Kong. He also taught full-time and part-time in various local and overseas universities as assistant professor and visiting professor for almost seventeen years, Dr LAU has developed many training programmes for the gifted population and their parents over these years.

◆ Target Participants

- Parents of Students with Gifted Characteristics (Priority will be given to parents of HKAGE student members)

- Class size: 60

* First-come-first-served.

◆ Medium of Instruction

- Cantonese

◆ Pre-requisite

- No special prerequisites are needed

◆ Administration Fee

- HKD100.00