



Parent Seminar

Whole Person Development – Desirable and Undesirable Mindsets in Life

Clinical Psychologist, Hong Kong Academy for Gifted Education



**Deadline is on 6 February
2023 (Mon) 12:00 noon**

Intended Learning Outcomes

1. understand the meaning and nature of mindsets and how they are formed;
2. understand different mindsets and how they affect individuals;
3. Understand the desirable mindsets that can shift individuals in a positive direction; and
4. Learn how to get rid of undesirable mindsets and adopt desirable mindsets in life.



◆ Introduction

This is not an overstatement: Individuals' mindsets in different aspects are one of the important factors that determines their feeling, thinking, tendency, behaviour, and future. If the mindsets are desirable, it is more likely that all these aspects will remain stably desirable. Dr Richard Lau, the speaker of this seminar, will explain to parents the concepts of mindsets include their meaning, nature, causes, types, and effects on individuals. Also, the seminar will cover how desirable mindsets could bring benefits to individuals and how individuals could change their undesirable mindsets into desirable ones. There will be a Q&A session during the seminar.

◆ Schedule

Session	Date		Time	Venue
2	21 February 2023	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 Secondary 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