



Parent Workshop

Whole Person Development of Gifted Children – Promoting Desirable Habits in Life

Dr LAU Kai Cheung Richard

Clinical Psychologist, Hong Kong Academy for Gifted Education



[**Application Here**](#)

**Deadline is on 10 January
2023 (Tue) 12:00 noon**

Intended Learning Outcomes

Upon completion of this session of workshop, parents should be able to acquire skills to:

1. promote study related desirable habits (e.g. time management, setting goals, reading regularly, doing exercise);
2. promote some other desirable habits (e.g. expressing and regulating emotion, desirable thinking, meditation);
3. get rid of study related undesirable habits (e.g. procrastination, losing focus); and
4. get rid of other undesirable habits (e.g. losing temper, bragging, overly critical or argumentative, breaking promises easily, and poor attire and hygiene).



◆ Introduction

This is the second workshop of a series of parent workshop with a purpose of exploring with parents practical ways and skills that their children need to recognize and acquire during the process of their whole person development. In this series of workshop, the instructor will give participants opportunities to share if their children have any difficulties in building desirable habits in life, and building desirable mindsets in life. Hence, the facilitator will enlighten the participants with useful ways or skills in promoting all those qualities mentioned, so that participants will know how to guide their children in enhancing those qualities in their whole person development journey.

◆ Schedule

Session	Date		Time	Venue
1	17 January 2023	Tuesday	6:30 pm – 9:00 pm	HKAGE, Room 203

◆ Instructor 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

- Only for parents of HKAGE student members
 - Class size: 20
- * First-come-first-served.

◆ Medium of Instruction

- Cantonese

◆ Pre-requisite

- No special prerequisites are needed

◆ Administration Fee

- Free of charge