



## Parent Workshop 1

# Whole Person Development – Promoting the Physical Well-being of Your Gifted Children

Miss Tinsley Du

Counselling Advisor (Counselling Psychologist), HKAGE



**[Application Here](#)**

**Deadline is on 14 January  
2025 (Tue) 12:00 noon**

## Intended Learning Outcomes

Upon completion of this workshop, parents should be able to gain the following skills:

1. emotional management: acknowledge personal feelings, reconstruct thoughts, set a timer, get close to nature, try meditation, use relaxation techniques, participate in physical activities, etc.; and
2. stress management: listen to your body, support from friends and family, consult a doctor and psychologist, “Fast-Happy-Charging-Method”.



## ◆ Introduction

This academic year we will explore six aspects of well-being through student talks: physical, social and emotional, spiritual, intellectual, career and community. In parent talks and workshops, we will focus on your child's physical, social and emotional well-being. In this workshop, the facilitator, Ms. Tinsley DU, will incorporate the content from "Parent Seminar 1: Whole Person Development - Understanding Your Child's Physical Well-being" and share strategies with parents, including how to effectively manage emotions, how to effectively manage stress, and how to encourage your children to practice the "Fast-Happy-Charging-Method" every day so that they can effectively transform negative emotions into positive emotions and reduce excessive stress levels. This will enable parents to effectively guide your gifted children through their whole-person development journey to enhance their sense of physical well-being.

## ◆ Schedule

Session	Date		Time	Venue
1	21 January 2025	Tuesday	6:30 pm – 9:00 pm	HKAGE Room 303

## ◆ Profiles of Facilitator

Miss Tinsley Du obtained a master's degree of social sciences in counselling psychology from the Hong Kong Shue Yan University, and she is a Registered Counselling Psychologist of The Hong Kong Psychological Society Limited (HKPS). Tinsley worked as Counsellor in local schools and as Service Officer and Counselling Psychologist in NGO. She supported students with various psychological and educational needs, and offered counselling, psychotherapy, whole person development service for them. She also offered counselling, psychotherapy, and conducted talks and workshops for parents, teachers, and the public of different ages including children, teenagers, and adults.

## ◆ Target Participants

- Parents of HKAGE student members
  - Class size: 30
- \* First-come-first-served.

## ◆ Medium of Instruction

- Cantonese

## ◆ Pre-requisite

- No special prerequisites are needed

## ◆ Administration Fee

- Nil