



Parent Advanced Learning Programme 2024/25 Session 4:

Cultivate Resilience

Miss Tinsley DU
HKAGE, Counselling Advisor



[Application Here](#)

Intended Learning Outcomes

**Deadline is on 2 July 2025
(Wed) 12:00 noon**

After completing this session, parents should be able to:

- Understand how to help their children cope with stress, overcome setbacks, and thrive in adversity, while fostering a growth mindset and enhancing self-efficacy.
- Access counselling or consultation services provided by HKAGE's professional psychologists.
- Build positive relationships with their children using appropriate methods.
- Build a network with parents of gifted children and support each other.



◆ Introduction

Our previous "Parent Support Group Programme" has been upgraded to the "Parent Advanced Learning Programme" starting from the 2024-2025 school year and is open to all parents of student members. As this programme may involve concepts and knowledge from neuropsychology, psychopathology, counselling, or clinical psychology, we recommend (but do not require) that parents have some foundational knowledge in behavioural science, child or adolescent psychology, or parenting (e.g., parents who have attended our "1+1 Parent-Child Group Programme," "Parent Training Programme," or other relevant programmes) before considering enrollment.

Designed and led by our clinical psychologist and Counseling Advisor (Counselling Psychologist), this advanced workshop offers in-depth support group sessions specifically for parents of gifted students, with each session held quarterly. Each session will provide group consultations or counselling, allowing parents to grasp specialised knowledge and connect with and support one another. This workshop will explore the unique stressors faced by gifted students and introduce effective strategies for parents to support their children in managing stress, overcoming setbacks, and thriving in adversity, with the aim of cultivating lasting resilience.

◆ Profiles of Speaker

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.

◆ Schedule

Session	Date		Time	Venue
1	9 July 2025	Wednesday	6:45 pm – 8:15 pm	HKAGE, Room 303

◆ Target Participants

This programme is open to parents who meet any of the following criteria:

- Parents of HKAGE student members.
- Completed our "Parent Training Programme."
- Completed our "1+1 Parent-Child Programme" or "Be-together Parent-Child Programme" during or after the 2021-2022 academic year.
- Class size: 40

* First-come-first-served.

◆ Pre-requisite

While not required, some familiarity with behavioural science, psychology, and parenting concepts is recommended.

◆ Medium of Instruction

Cantonese

◆ Administration Fee

- Nil