

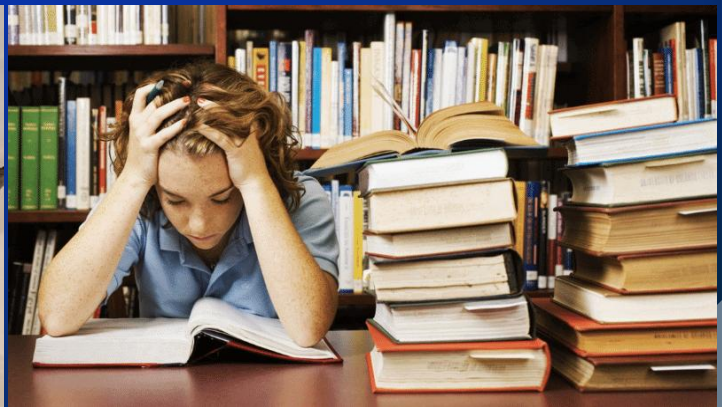
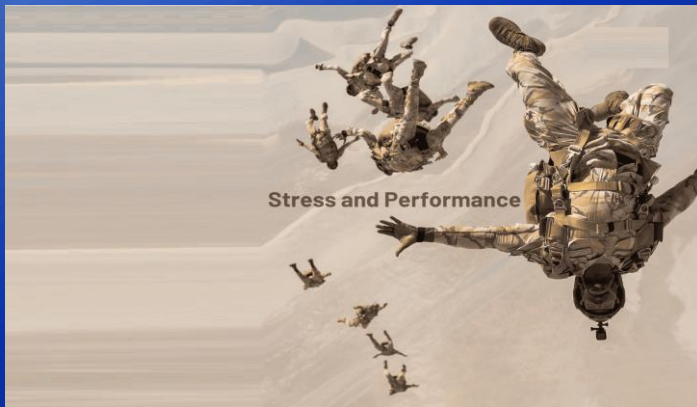
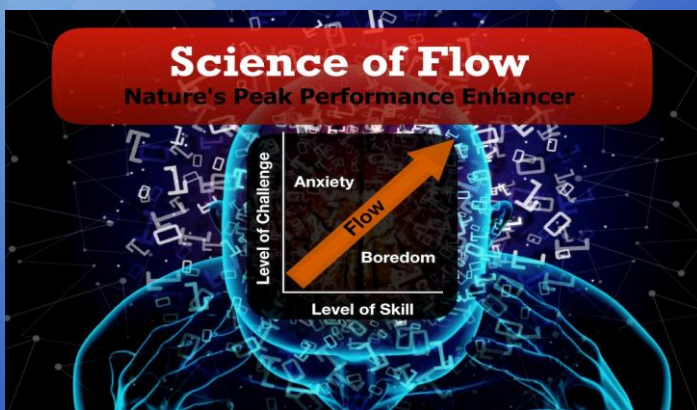


## Parent Seminar 1

# Whole Person Development – The Science of Peak Performance – Body and Mind

Dr Richard Kai-Cheung LAU

Clinical Psychologist, HKAGE



**Application Here**

**Deadline is on 7 January 2026  
(Wed) 12:00 noon**

## Intended Learning Outcomes

Upon completion of the talk, parents should be able to:

1. Understand key mind-body characteristics of gifted children, including prefrontal functioning, stress responses, attention regulation, and emotional processing.
2. Recognise how neuroscience and psychiatry explain common presentations such as anxiety, attention difficulties, perfectionism, and hypersensitivity
3. Learn evidence-based strategies informed by psychology, neuroscience, and psychiatry to support children's emotional regulation, focus, resilience, and sleep.
4. Identify warning signs such as anxiety, sleep difficulties, somatic complaints, attention decline, and functional changes, and know when to seek professional help.



## ◆ Introduction of the Talk

This seminar integrates clinical psychology, neuroscience, and psychiatry to examine the key mind-body challenges gifted children face in striving for peak performance. It will explore how prefrontal brain functioning, stress responses, attention regulation, anxiety, emotional processing, and sleep patterns influence daily functioning and learning. Drawing on current research and clinical experience, the speaker will explain how anxiety, attention difficulties, perfectionism, hypersensitivity, and somatic complaints commonly appear in gifted children. The seminar also provides evidence-based strategies that parents can apply to support emotional regulation, sleep quality, focus, and resilience. A Q&A session will follow for further discussion of children's learning and mental health needs.

## ◆ Schedule

Date	Time	Venue
14 January 2026 (Wednesday)	7:00 p.m. – 9:00 p.m.	Zoom Meeting

\* The Zoom Meeting ID and passcode will be sent to student members by email before the talk.

## ◆ Profile of the Speaker

Dr Richard LAU obtained a bachelor's degree in theology in HK, an honours bachelor of science degree in psychology in the UK, an honours master of psychology degree in clinical psychology in Australia, a master of science degree in clinical psychiatry in the UK, a PhD in clinical psychology in the US, and a PhD in counselling in Australia. He is pursuing a certificate in couples and sex therapy in the US. He is a clinical psychologist in the accredited register in Hong Kong (Department of Health), an associate fellow and registered clinical psychologist of the Hong Kong Psychological Society, a full member of the Hong Kong Clinical Psychologists Association, an associate fellow of the Hong Kong Professional Counseling Association, a registered clinical supervisor of the Asian Professional Counseling & Psychology Association, a certified clinical hypnotherapist of the Professional Board of Hypnotherapy, Inc., an academic member of the College of Clinical Psychologists of the Australian Psychological Society, and a full member of the Australian Psychological Society.





## ◆ Profile of the Speaker

Dr LAU worked as a senior clinical psychologist or director of psychological services in non-governmental organisation and private psychology centres for approximately ten years. During that time, he developed numerous training programmes for gifted individuals and their parents. Over the past eighteen years, he has held teaching positions at various universities, including senior lecturer in the Department of Special Education and Counseling, Faculty of Education and Human Development at The Education University of Hong Kong; assistant professor at the Nethersole School of Nursing, Faculty of Medicine, The Chinese University of Hong Kong; assistant professor in the Department of Counseling and Psychology, Faculty of Social Sciences, Hong Kong Shue Yan University; and visiting professor at the Faculty of Social Sciences and Education, University of Saint Joseph (current name). Through his university teaching, Dr LAU has delivered numerous courses related to teaching and counselling students with special educational needs, including gifted students. He has also trained a significant number of professional teachers, counsellors, and social workers in methods for teaching, counselling, and supporting gifted students and their families.

## ◆ Target Participants

- Parents of Students with Gifted Characteristics (including parents of HKAGE student members and non-HKAGE students)
- Class size: 80
- \* First-come-first-served.

## ◆ Pre-requisite

No special prerequisites are needed

## ◆ Medium of Instruction

Cantonese

## ◆ Administration Fee

- Nil