



Parent Seminar 2

Whole Person Development – Cultivating Inner Peace – Mindfulness, Resilience, and Growth

Dr Richard Kai-Cheung LAU

Clinical Psychologist, HKAGE



Application Here

Intended Learning Outcomes

**Deadline is on 25 February
2026 (Wed) 12:00 noon**

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

1. Understand the roles of mindfulness, emotion regulation, and stress responses in gifted children's development.
2. Recognise common presentations of anxiety, perfectionism, hypersensitivity, and attention difficulties in gifted children.
3. Learn mindfulness and resilience-building strategies grounded in clinical psychology and neuroscience.
4. Apply growth-mindset practices and emotion-coaching techniques to support their children's healthy development.



◆ Introduction of the Talk

This seminar draws on clinical psychology, neuroscience, and psychiatry to explore how mindfulness, resilience, and a growth mindset can support whole-person development and inner calm in gifted children. The speaker will explain how the brain manages stress, emotion, and attention, and how common experiences such as anxiety, perfectionism, hypersensitivity, and somatic complaints may influence daily functioning and learning. Parents will also learn practical mindfulness exercises, emotional regulation strategies, resilience-building practices, and growth-mindset approaches that can be easily applied at home to help children develop stability, focus, and psychological strength. A Q&A session will be included for further discussion of children's learning and mental health needs.

◆ Schedule

Date	Time	Venue
4 March 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 or non-HKAGE students)
- Class size: 80
- * First-come-first-served.

◆ Pre-requisite

No special prerequisites are needed

◆ Medium of Instruction

Cantonese

◆ Administration Fee

- Nil