



F1PEP021W

Parent Workshop 1

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

Miss Tinsley Du

Counselling Advisor (Counselling Psychologist), HKAGE



[Application Here](#)

**Deadline is on 27 January 2026
(Tue) 12:00 noon**

Intended Learning Outcomes

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

1. Recognize the key mind-body characteristics of gifted children in relation to peak performance, including prefrontal functioning, stress responses, attention regulation, and emotional processing;
2. Apply practical strategies and skills to help their children manage these challenges in everyday situations;
3. Demonstrate increased confidence and willingness to create supportive environments that address the diverse challenges of gifted children.



◆ Introduction

The parent workshops build on two earlier parent seminars delivered this academic year on the same topics. Each workshop will briefly recap key insights into the psychological, emotional, and neurobiological development of gifted children in relation to peak performance, whilst dedicating most of the time to exploring practical strategies for addressing the unique challenges these children face. The primary focus is on empowering parents with actionable approaches that they can readily apply at home to support their children more effectively.

This workshop centres on the science of peak performance. It will review key mind-body characteristics of gifted children, including prefrontal functioning, stress responses, attention regulation, emotional processing and explain how these influence peak performance. Participants will then learn strategies to manage related challenges, such as anxiety, perfectionism, hypersensitivity, and somatic expressions.

The workshop also encourages interaction, discussion, and questions among parents, thereby enabling a more practical understanding of, and response to, the various challenges parents face in relation to their children's whole-person development.

◆ Schedule

Session	Date	Time	Venue
1	3 Feb 2026	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: 25

* First-come-first-served.

◆ Medium of Instruction

- Cantonese

◆ Pre-requisite

- No special prerequisites are needed

◆ Administration Fee

- Nil

◆ Enquiries

3940 0101



programme@hkage.org.hk