



F1PEP023W

## Parent Workshop 2

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

Miss Tinsley Du

Counselling Advisor (Counselling Psychologist), HKAGE



**Application Here**

**Deadline is on 14 April 2026  
(Tue) 12:00 noon**

## Intended Learning Outcomes

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

1. Identify how challenges in emotional regulation and adaptability can impact the overall development and well-being of gifted learners.
2. Recognize how mindfulness practices, resilience-building methods, and a growth mindset enhance inner stability and coping abilities in gifted children.
3. Demonstrate increased confidence and willingness to create supportive environments that address the diverse challenges of gifted children.



## ◆ Introduction

These 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 emphasises mindfulness practices, resilience-building methods, and growth-mindset approaches, all designed to strengthen children's inner stability and coping abilities.

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	21 Apr 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

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