

Positive Education Seminar Series (2):

Parent Seminars on Positive Education

Evenings on November 26 & 27, 2015
Venue: Rm. 3505, 3/F Academic 2, City University of Hong Kong

Deadline of Registration: November 24, 2015

Originated from positive psychology, positive education focuses on well-being and flourishing. With specific skills training and curriculum implementation, positive education encourages students to strengthen their relationships, build positive emotions, enhance personal resilience, promote mindfulness, and encourage a healthy lifestyle. Many schools in the USA, UK and Australia have incorporated positive education into their curriculum and school programmes. Research assessing the impacts of these programmes showed that positive education had successfully reduced students' anxiety and depressive symptoms, and increased their sense of happiness and problem-solving skills.

Parents nowadays spend a lot of resources and effort for the development of their children, hoping that they can excel in the future. We have invited the professional trainers from Geelong Grammar School and Dr. Janet Leung, Assistant Professor, Department of Applied Social Sciences, the City University of Hong Kong to introduce the fundamental concepts of Positive Education to audience in English and Cantonese respectively. They will use the fundamental concepts of Positive Psychology and Positive Education to illustrate the fundamental key concepts of children's positive development and equip parents with techniques and skills in nurturing their children. The seminars also aim at providing a platform for parents to share their views on children's positive development, and at the same time reexamine parents' beliefs and practice in parenting.

26 November 2015 (Thursday)

Theme **Introduction to Positive Education for Parents**
Time 7:00pm – 9:00pm
Presenter Ms. Janis Coffey and Mr. Justin Robinson, Geelong Grammar School
Language English with powerpoint slides in English & Chinese

27 November 2015 (Friday)

Theme **“Follow your heart” – Parent’s Workshop on Positive Psychology**
Time 7:00pm-9:00pm
Presenter Dr. Janet Leung, Assistant Professor, Department of Applied Social Sciences, the City University of Hong Kong
language Cantonese

Registration and Enquiries

Both seminars are free of charge. Due to limited seats, interested parties please register at the following link: <http://goo.gl/forms/nxCdaR6wgY>. For enquiries, please contact Ms. Kathy Siu at 25043988 or email at contact@beishantang.org.

Presented by



INSTITUTE OF
**POSITIVE
EDUCATION**

Organizer



香港城市大學
City University
of Hong Kong

Organizer and sponsored by

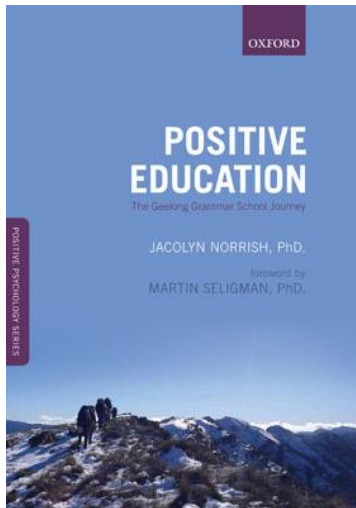


北山堂基金
Bei Shan Tang Foundation

Partners



Introduction of Geelong Grammar School and the Speakers



In collaboration with Prof. Martin Seligman of the University of Pennsylvania, USA, pioneer in the field of positive psychology, Geelong Grammar School (“GGS”) in Australia developed a framework of positive education which has been very successfully incorporated into their curriculum since 2009. As the pre-eminent secondary school to implement positive education via a whole school approach, GGS has further established the Institute of Positive Education (“the Institute”) in 2014 with the objective of delivering transformational educational programmes to promote wellbeing throughout the world and to nurture the growth of Positive Education through the provision of training, research and development. GGS has even published a book entitled “*Positive Education: The Geelong Grammar School Journey*” in 2015 to share their journey of implementing positive education at school.

Justin Robinson is the inaugural Director of the Institute of Positive Education, based at Geelong Grammar School, Victoria, Australia, where he leads a team of staff dedicated to contributing to a flourishing world. His appointment follows a very successful career as a secondary school teacher, during which time he taught Mathematics and Physical Education, and was appointed to many leadership positions at both Trinity Grammar School and Geelong Grammar School, where he was Head of the Positive Education Department for four years.

Janis Coffey is the Associate Director for the Institute of Positive Education. She has formerly been the Head of Teaching & Learning at Geelong Grammar's Toorak Campus and has been working in early childhood and primary education for over fifteen years. She commenced the Masters of Applied Positive Psychology at the University of Melbourne in 2013. Janis’ particular area of expertise is in mindfulness and meditation practices in which she has both personal commitment and experience in classroom application.

Introduction of Dr. Janet Leung



Dr. Leung Tsin Yee, Janet is Assistant Professor of the Department of Applied Social Sciences at City University of Hong Kong. She is a registered social worker and has been working in social welfare field for over 20 years. She had been a service supervisor in a social service organization and was responsible to supervise a wide range of services such as children and youth services, school counseling services, training projects for dyslexic children, family support programmes, etc. Her areas of interest include poverty, adolescent development, family processes and parent education.

家長教育講座

(適合家長及任何對正向教育有興趣之人士參加)

2015 年 11 月 26 日 及 27 日晚上
地點：香港城市大學學術樓(二) 3 樓演講廳 3505 室

截止報名日期：2015 年 11 月 24 日

正向教育源於正向心理學，致力提升個人身心靈健康，從而使生命活得更美滿豐盛。透過一系列技能訓練及將正向心理學的概念融入課程之中，正向教育鼓勵學生與別人建立良好關係、增加積極情緒、提升個人抗逆力，並透過靜觀訓練加強專注力，以及培養良好健康的生活態度。在英、美及澳洲等國家，許多學校已將正向教育融入學校課程及活動之中。研究結果亦顯示，這些正向教育課程及活動能有效降低學生的焦慮和抑鬱症狀，增加他們的快樂感及解決問題的能力。

時下家長投放大量資源和精力發展孩子潛能，希望他們將來能出類拔萃。本次講座我們很榮幸邀請了澳洲著名學校 Geelong Grammar School 的專業培訓員以及香港城市大學應用社會科學系助理教授梁倩儀博士，分別以英語及廣東話為我們介紹正向教育。他們會以正向心理學及正向教育的基本概念來說明兒童發展的根本關鍵，並從海外及本地應用及日常生活例子等，教授家長正向教育相關知識及技巧。是次講座亦旨在提供一個平台讓父母分享交流，藉以重新審視育兒理念和教養實踐。

2015 年 11 月 26 日 (星期四)

主題	Introduction to Positive Education for Parents
時間	晚上 7 時至 9 時正
講者	Janis Coffey 女士 及 Justin Robinson 先生 (澳洲 Geelong Grammar School)
語言	英語 (附以中英文簡報)

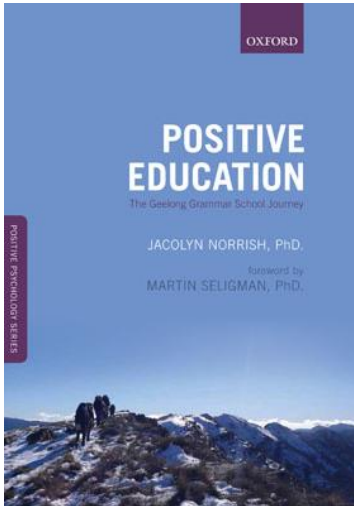
2015 年 11 月 27 日 (星期五)

主題	不忘初心 — 正向心理學家長講座
時間	晚上 7 時至 9 時正
講者	梁倩儀博士 (香港城市大學應用社會科學系助理教授)
語言	廣東話

報名及查詢

以上講座費用全免。由於場地座位有限，如欲參加，敬請到下列網頁報名：
<http://goo.gl/forms/nxCdaR6wgY>。如有任何查詢，歡迎致電 25043988 或電郵 contact@beishantang.org 聯絡蕭女士。

Geelong Grammar School 簡介



澳洲 Geelong Grammar School (“GGS”) 於 2008 年邀請正向心理學創始人，來自美國 *University of Pennsylvania* 的 Martin Seligman 教授合作，建立了一套完整的正向教育課程框架，並於 2009 年起於校內實施及推行，成效顯著。

GGS 不僅是首間以全校參與模式實踐正向教育的先驅，為了進一步向全球推廣正向教育的效益，令更多人活出豐盛人生，GGS 於 2014 年成立了 Institute of Positive Education，提供正向教育的專業培訓，及透過科學研究等，推動正向教育的發展。GGS 更於 2015 年出版了 *Positive Education: The Geelong Grammar School Journey* 一書，分享他們推行正向教育的歷程。

Justin Robinson 是 GGS Institute of Positive Education 的總監，一直帶領團隊透過推廣正向教育，讓世界變得更豐盛。Robinson 除了是一名出色的中學教師，亦在 GGS 及 Trinity Grammar School 擔任多項領導的工作，並曾經擔任 GGS Positive Education Department 的部門主管 4 年。

Janis Coffey 是 GGS Institute of Positive Education 的副總監，她曾經在幼兒及小學工作超過 15 年，並曾是 GGS Toorak Campus Teaching & Learning 的部門主管。她在 2013 年起於墨爾本大學修讀應用正向心理學的碩士課程。她的專長是靜觀訓練及正念的運用。

梁倩儀博士簡介



梁倩儀博士，香港城市大學應用社會科學系助理教授，香港註冊社工。梁博士一直於社會福利界工作了 20 年，她曾於社福機構任職主管，負責監督不同範圍的服務，包括兒童及青少年服務、學校心理諮詢服務，為閱讀障礙兒童舉辦培訓項目和家庭支援計劃等。她的研究範疇包括：貧困、青少年發展、家庭歷程和家長教育等。