

Training Opportunities on Positive Education

Upcoming activities in 2015 & 2016:

Dear Friends,

Having received positive and gracious feedback from participants of the Positive Education Training courses conducted by Geelong Grammar School (“GGG”) last year, we are thrilled to announce that we will invite the GGS team to come to Hong Kong again for a series of training programmes, including a Positive Education seminar in November 2015 and a residential training course in May 2016. To facilitate local sharing on implementation and execution, the newly established Positive Education Training and Research Unit in Department of Applied Social Sciences, City University of Hong Kong (“CityU”), will be the co-organizer of the seminars and share their extensive experiences in organizing positive education programmes in local context.

Positive education encourages students to nurture their character strengths, develop positive relationships, enhance positive emotions, build up personal resilience, promote sense of accomplishment, engagement and encourage a purposeful life. By the means of skills training and curriculum implementation, positive education programmes were showed to be effective in reducing students’ anxiety and depressive symptoms, and increasing their sense of happiness and problem-solving skills. To extend the understanding of Positive Education among local schools, teachers and parents, the upcoming Positive Education Seminars will be held on **Nov 26 - 28, 2015**, with a series of new introductory sessions on mindfulness, parent education, and local schools’ sharing. The comprehensiveness of the Seminar topics will broaden your understanding of Positive Education and provide you with practical skills for implementation.

Furthermore, to provide in-depth training on Positive Education and understanding of the implementing journey in GGS, the trainers from GGS will offer a 3-day residential Positive Education training course on **Apr 30 - May 2, 2016** in Hong Kong.

Registration for these training courses will be opened soon. Please kindly save the date and feel free to forward the message to your colleagues and friends. Tentative schedule for the Seminar in November 2015 is enclosed for your information. We look forward to your participation in sharing and experiencing the self-fulfillment within Positive Education.

Should you have any queries, please feel free to contact us at 2504-3988 or email to contact@beishantang.org.

Best regards,



Carmen Yau

Training Opportunity - Positive Education Training by Geelong Grammar School

Jointly Organized by the Department of Applied Social Sciences,
The City University of Hong Kong and the Bei Shan Tang Foundation

November 26 - 28, 2015

Venue: City University of Hong Kong

Day 1

Time: Morning & Afternoon Designing Positive Education
Evening Introduction to Positive Education for Parents
Presenter: GGS
Language: English with powerpoint slides in English & Chinese

Day 2

Time: Morning & Afternoon Embedding Character Strength
Evening Positive Psychology for Parents
Presenter: GGS (Daytime session)
CityU (Evening session)
Language: English, with powerpoint slides in English and Chinese (Daytime session)
Cantonese (Evening Session)

Day 3

Time: Morning Local Schools Sharing
Afternoon Introduction to Mindfulness
Presenter: Invited Schools and CityU
Language: Cantonese

** The tentative schedule showed above is subject to change. For updates or more information, please follow our news or contact us at contact@beishantang.org.*