



通告編號: 23-24 / 027c

【尋找復原力家長工作坊】

敬啟者：

為提供家長交流平台，鼓勵彼此分享心得、互相支持，成為「終生學習、自強不息」的新一代父母，本學年第一個家長工作坊已於 10 月 13 日順利進行，反應十分正面。為方便更多家長能參加工作坊，現再次誠邀各位家長參加這一系列的工作坊，每個工作坊的內容不同，家長可以參加多於一場的工作坊。詳情如下：

日期： 2023 年 10 月 27 日、2023 年 12 月 15 日、2024 年 1 月 19 日 ( 星期五 )

時間： 晚上 7 : 00 – 8 : 30

地點： 演講廳 (G07)

主題： **【尋找復原力家長工作坊】**

是次家長工作坊將會以正向心理學為基礎，探討如何建立更穩固的復原力，讓自己和子女擁有更堅強的心靈力量；亦讓家長有更多方法和心力去展現對子女的關愛。

日期及內容安排如下：

1. 2023 年 10 月 27 日： 如何建立正面情緒 ( 學習如何面對失落、憤怒、緊張，安頓每一種內心需要 )
2. 2023 年 12 月 15 日： 引導子女運用多角度思考 ( 強化認知彈性，尊重不同角度的想法 )
3. 2024 年 1 月 19 日： 如何協助子女從挫折邁向成功 ( 重新認識「失敗」，將挫折轉化為成長養分 )

形式： 短講、分享、體驗活動等

導師： 郭啟晉先生 ( 香港城市大學社會及行為科學系「正向教育研究室」服務督導郭啟晉先生，註冊社會工作員 )。由 2013 年開始，郭先生為超過 400 間機構及學校提供員工培訓、家長講座及推展正向心理學的督導工作。 )

報名方法： 請於 2023 年 10 月 24 日或之前回覆電子回條。各位家長可參加多於一場工作坊。如對活動有任何查詢，請致電 2605 9033 聯絡洪培華老師。

此致

各位家長/監護人

天主教郭得勝中學校長

韓思騁 謹啟

二零二三年十月二十一日

【尋找復原力家長工作坊】通告回條

敬覆者：

本人已知悉由學校舉辦的正向教育家長工作坊。

本人  曾經參加去年 2022-2023 年度舉辦的正向教育家長工作坊 /  本人從未參加去年 2022-2023 年度舉辦的正向教育家長工作坊。

本人  會 (請選擇會出席的日子及填寫參加者資料) /  不會出席家長工作坊。

若參加家長工作坊，請選擇會出席的日子。(可選擇多項)

- 2023 年 10 月 27 日 (星期五) 如何建立正面情緒
- 2023 年 12 月 15 日 (星期五) 引導子女運用多角度思考
- 2024 年 1 月 19 日 (星期五) 如何協助子女從挫折邁向成功

參加者資料

參加家長中文姓名：\_\_\_\_\_ 聯絡電話：\_\_\_\_\_

此覆

天主教郭得勝中學

學生姓名：\_\_\_\_\_

班別：\_\_\_\_\_ 班號：\_\_\_\_\_

家長 / 監護人簽名：\_\_\_\_\_

二零二三年十月\_\_\_\_日



Dear Parent(s) / Guardian(s),

Workshops on Restoring Resilience

To provide a platform for parents to communicate, support each other, and become a new generation of "lifelong learners, striving for self-improvement" parents, a series of workshops on restoring resilience will be held this year. The first workshop was conducted on 13 October and received positive feedback from participants. As the workshops of the series include different topics, parents are welcome to enroll in different workshops.

Details of the workshop are as follows:

Dates: 27 October 2023, 15 December 2023, 19 January 2024 (Friday)

Venue: Lecture Theatre G07

Time: 7p.m. – 8:30 p.m.

Fee: Free of charge

Theme: "Love" and "respect" are the cornerstones of interpersonal relationships and important elements for healing the soul. From the "pandemic" to the "new normal," students and parents are slowly regaining their pace in life. However, have our minds, bodies, and souls truly recovered well? When there is inner spiritual trauma between parents and children, it naturally leads to conflicts and affects family relationships. These parent workshops will be based on positive psychology, exploring how to build stronger resilience, allowing ourselves and our children to possess greater mental strength. It will also provide parents with more methods and emotional energy to demonstrate love for their children.

Topics:

1. 27 Oct 2023: How to cultivate positive emotions (learning how to face disappointment, anger, and nervousness, and meeting each inner need).
2. 15 Dec 2023: Cultivating multiple perspectives (strengthening cognitive flexibility and respecting different viewpoints).
3. 19 Jan 2024: How to help your child move from setbacks to success (redefining "failure" and transforming setbacks into growth opportunities).

Speaker: Mr. Remus Kwok, the supervisor of the Positive Education Research Laboratory from the Department of Social and Behavioral Sciences at City University of Hong Kong

Application method: please reply to the e-notice on or before 24 October 2023. Parents are welcome to join more than one workshop. For enquiries, please contact Ms. Hung Pui Wa on 26059033.

Yours sincerely,

Steven Hon  
Principal

**Reply Slip**  
**(Please tick the appropriate box)**

I fully understand the arrangements for the workshop

I  \* attended the positive education workshop last year. /  did not attend any the positive education workshops last year

I  \*will (please fill in the information of the participants) /  will not attend the workshop.

Please tick the dates that you can attend the workshop. (you can choose more than one workshop)

27 October 2023: How to cultivate positive emotions.

15 December 2023: Cultivating multiple perspectives.

19 January 2024: How to help your child move from setbacks to success

Information of the Participant(s)

Name of the parent: \_\_\_\_\_ Contact No. \_\_\_\_\_

Student's name: \_\_\_\_\_

Class: \_\_\_\_\_ Class no.: \_\_\_\_\_

Parent's / Guardian's signature: \_\_\_\_\_