



Summary 講座大綱

Title: Parenting the Positive Discipline Way: Be Kind and Firm

標題：家長正面管教培訓：《溫和且堅定的力量》

Abstract:

"In today's fast-paced and competitive society, parents and children face pressures from various aspects, often accumulating negative emotions and facing various challenges in academics or behavioral discipline, which can strain parent-child relationships."

Have you and your children experienced any of the following situations?

1. Arguing over daily schedules?
2. Disputing over the use of electronic devices?
3. Feeling angry due to the other's tone of speech or lack of response to messages?

This seminar allows participants to engage in experiential activities based on the principles of Positive Discipline and Adlerian psychology, and through lively interactions, learn how to create a culture of mutual respect, cooperation, and encouragement within the family.

Seminar content:

1. Introduction to Positive Discipline (Interactive Session: Ideal Child vs. Real Child)
2. The five Principles of Positive Discipline
3. Experiential learning of Positive Discipline techniques (How to be both kind and firm? - Ask versus Tell, Encouragement versus Praise)
4. Introduction to more Positive Discipline tools and extended learning resources (e.g., Family Meeting, Mistaken Goal Chart, Emotional Tools, Tool Cards)

Family life and parent-child relationships have a significant impact on the well-being and holistic health of both parents and children. Positive Discipline helps to establish a harmonious, encouraging, and cooperative family atmosphere, enhancing the positive emotions and happiness of family members.



Goal:

This workshop allows participants to experience activities based on the principles of Positive Discipline and Adlerian psychology (Alfred Adler). The workshop will provide practical methods and techniques to help parents understand how to create a culture of mutual respect and encouragement in parenting.

「在現今生活節奏急促且充滿競爭的社會中，家長和子女面對來自各個方面的壓力，容易積累負面情緒，也可能因學業或行為管教上面對各種挑戰，令親子關係變得緊。」

你和子女是否經歷過以下情況：

- 1) 因為作息時間而吵架？
- 2) 因為電子產品使用情況而爭執？
- 3) 因為對方說話的態度或未回覆訊息而感到憤怒？

此講座讓參加者透過經歷以正面管教(Positive Discipline) 原則和阿德勒心理學為基礎的體驗活動，及活潑的互動方式，掌握如何在家庭中創造相互尊重、合作，及具鼓勵的教養文化。

講座內容：

- 1) 正面管教介紹
- 2) 正面管教五大標準
- 3) 正面管教實踐技巧體驗 (如何做到溫和與堅定並行？)
- 4) 更多正面管教工具及延伸學習資源簡介

家庭生活和親子關係對於家長和子女的幸福感和身心靈健康有著重大影響。「正面管教」有助於建立和諧、具鼓勵和合作的家庭氛圍，提升家庭成員的正向情緒和幸福感。



目標：此工作坊讓參加者經歷以正面管教(Positive Discipline) 原則和阿德勒心理學為基礎的體驗活動。工作坊將提供實用的方法和技巧，幫助家長了解如何創造相互尊重及具鼓勵的教養文化

Speaker: Ms Ava Lau

講者: 劉俐君小姐 (Ms Ava Lau)

Ms. Ava Lau possesses a diverse range of educational and counseling qualifications, including a Master of Education from the University of Hong Kong and a Certificate in Professional Development for Teachers, focusing on addressing the needs of students with diverse learning requirements. She is also a part-time lecturer in the Master's program for Career Planning and Counseling at the Education University of Hong Kong and holds certified qualifications as a Career Services Planner, and as an instructor in Positive Discipline for schools and parents. In addition, she is a certified instructor of Zentangle and Japanese Harmony Pastel Art. Currently, she has founded Flourishing Journey, where she serves as a consultant and trainer for secondary schools, dedicated to promoting positive education and career planning.

劉俐君小姐 (Ms Ava Lau) 擁有多元的教育及輔導專業資格，包含香港大學的教育碩士學位、教師專業進修課程證書，專注於照顧不同學習需要的學生。她亦是香港教育大學的生涯規劃與事業輔導碩士課程的兼職講師，並具備認證的職涯服務規劃師、正面管教學校及家長講師資格。除此之外，她還是禪繞和日本和諧粉彩的認證教師。目前，她創辦了 Flourishing Journey，擔任中學顧問及培訓師，致力於推動正向教育和生涯規劃。
