

Parenting Series



優質生活、培訓及發展課程
*Wellness Promotion, Training
and Development Programme*

父母之道系列

隨著時代變遷，父母與子女間的相處模式不再局限於傳統文化下的單向式溝通，漸漸變成相向式溝通。身為父母的同時亦建立著亦師亦友的關係。但知易行難，當責任落在自己身上的時候，往往卻很難拿捏與子女相處的界線。我們希望透過「父母之道系列」幫助雙職父母平衡工作、生活及家庭之外，也能了解子女不同階段的需要，建立正向關係及和諧家庭。當工作以外的煩惱減少後，工作效率自然能事半功倍。The common way of interaction between parents and children has switched from the traditional one-way communication to two-way communication over time. Parents have gradually developed a more dynamic relationship with their children that is more like a friendship or mentorship. However, it is not always easy to set the right boundaries when the responsibility falls on ourselves. Our "Parenting Series" aims at helping employees who are working parents to strike a balance between work, life and family, understand children's needs at different age and establish a positive relationship with children, so as to improve their family lives and enhance work efficiency.



01 精明父母親子技巧 *Effective Parenting for Working Parents*

Duration: 1.5 hours

- ◆ 雙職父母的掙扎和困難
Struggles and challenges of working parents
- ◆ 雙職父母實戰管教小貼士
Quick tips for working parents in everyday scenarios
- ◆ 做個輕鬆快樂的家長
Be a happy parent

03 談Teen說地 *Effective Communication with Teens*

Duration: 1.5 hours

- ◆ 青少年的成長需要和關注的事 VS 父母的憂慮和恐懼
Adolescent's developmental needs and concerns VS parental concerns and fears
- ◆ 溝通的障礙
Barriers to effective communication
- ◆ 認識現今的青少年
Things we should know about this new generation
- ◆ 如何有效的與你的孩子溝通
Tips to communicate effectively with your child

02 好父母成長之路 *Be a Better Parent*

Duration: 1-1.5 hours

- ◆ 察覺成長對自己的影響
Aware of the influence of growth on oneself
- ◆ 理解自己管理情緒的方法
Understand how you manage your emotions
- ◆ 與孩子建立親密關係的實用技巧
Skills to build good relationships with children

04 成為子女的快樂教練 *Parent as Happy Coach*

Duration: 1.5 hours

- ◆ 反傳統的快樂心理學
Positive psychology: A paradigm shift
- ◆ 「記·存」感恩
Power of gratitude
- ◆ 尋找性格強項
Spotting character strengths
- ◆ 積極建設性的回應
ACR responding strategy