

## Parent Evening Talk “Raising an Optimistic Child”

<b>Date:</b>	<b>9 March, 2010 (Tuesday)</b>
<b>Time:</b>	<b>7:00pm - 9:00pm (a 1-hour presentation followed by Q&amp;A and discussion)</b>
<b>Venue:</b>	<b>School Hall, 4/F, HKUGA Primary School, 9 Yee Shing Street, Chaiwan, HK</b>
<b>Speakers:</b>	<b>Dr. Bob Murray and Dr. Alicia Fortinberry</b>
<b>Language:</b>	<b>English</b>

*To celebrate the 10<sup>th</sup> Anniversary of HKUGA Education Foundation, two renowned consultants from Australia are invited to give a talk on the topic.*

Flexible, realistic optimism is a key factor in the success and resilience of individuals, families and even organizations.

Using fun, mood-enhancing exercises based on the latest research in brain science and developmental psychology, best-selling authors Dr. Bob Murray and Dr. Alicia Fortinberry show how to build a resilient and harmonious family and learning environment for children and minimize the impact of work stress.

This highly practical talk will help parents, educators and carers model optimism and use effective relationship-building skills that nurture life-long resilience in young children and teens.

Learn proven strategies and tips, including how to:

- Create a supportive, interdependent family
- Prepare children to face life challenges and adversity with an optimistic outlook
- Encourage children to communicate honestly and with empathy and respect
- Make friends with your adolescents
- Give skilled feedback and hard messages while building children’s self-esteem
- Stimulate children’s curiosity and develop broad and balanced thinking

### **Presenters**

Bob Murray, Ph.D. and Alicia Fortinberry, Ph.D., help individuals, families and organizations around the world enhance optimism and resilience. Psychologists and best-selling authors of *Creating Optimism* and *Raising an Optimistic Child*, Dr. Bob Murray and Dr. Alicia Fortinberry have taught health professionals and family therapists at leading universities in the US and Australia. Founders of Fortinberry Murray Consulting, their corporate clients include PricewaterhouseCoopers (Global, China/Singapore/Hong Kong), Hong Kong Institute of Certified Public Accountants, PepsiCo, McDonald’s, Stockland, Macquarie Bank, Deloitte, and some of the world’s top law firms. For more information see [www.fortinberrymurray.com](http://www.fortinberrymurray.com).

***The event will be free of charge. Please register early as seats are limited.***

## 參加辦法 / 查詢 Registration / Enquiry

請填妥下列登記表格，傳真至香港大學畢業同學會教育基金秘書處收。

Please complete and fax the following registration form to the Secretariat of HKUGA Education Foundation.

電話Tel : 2240 6913 電郵Email : [info@hkuga-ef.org.hk](mailto:info@hkuga-ef.org.hk) 網頁Website : [www.hkuga-ef.org.hk](http://www.hkuga-ef.org.hk)



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致：香港大學畢業同學會教育基金秘書處

To : The Secretariat, HKUGA Education Foundation

傳真 Fax : 2870 0110 或 2870 8825

REGISTRATION FORM 登記表格 (請在適當空格上加 ✓ 號 Please ✓ the appropriate box only)	
Title 稱謂	<input type="checkbox"/> Mr. 先生 <input type="checkbox"/> Ms. 女士 <input type="checkbox"/> Mrs. 太太 <input type="checkbox"/> Dr. 博士 <input type="checkbox"/> Prof. 教授
中文姓名	
Name in English	
Post/Status 職位/身份：	<input type="checkbox"/> Parent 家長 <input type="checkbox"/> HKUGAPS 港大同學會小學 Year-level: <input type="checkbox"/> P1 <input type="checkbox"/> P2 <input type="checkbox"/> P3 <input type="checkbox"/> P4 <input type="checkbox"/> P5 <input type="checkbox"/> P6 <input type="checkbox"/> HKUGAC 港大同學會書院 Year-level: <input type="checkbox"/> S1 <input type="checkbox"/> S2 <input type="checkbox"/> S3 <input type="checkbox"/> S4 <input type="checkbox"/> From another primary school 其他小學 <input type="checkbox"/> From another secondary school 其他中學  <input type="checkbox"/> Teacher 教師 <input type="checkbox"/> HKUGAPS 港大同學會小學 <input type="checkbox"/> HKUGAC 港大同學會書院 <input type="checkbox"/> From another primary school 其他小學 <input type="checkbox"/> From another secondary school 其他中學  <input type="checkbox"/> Members/Associates/Friends of HKUGA Education Foundation 教育基金會員/附屬會員/基金之友  <input type="checkbox"/> Members of Hong Kong University Graduates Association 香港大學畢業同學會會員  <input type="checkbox"/> Others, please specify 其他, 請註明:_____
Mobile Phone No. *手提電話號碼*	
E-mail Address*電郵地址*	
Registration Date 登記日期	

\* 秘書處將透過電郵及短訊與您聯絡。請提供正確電郵地址及手提電話號碼，以確保能收取我們發出之訊息。

The Secretariat will contact you via email and SMS. In order to receive our reply, please make sure your email address and mobile phone number are clearly written.

### Notes on registration 報名細則

- 你可以透過網上或傳真登記，每人只需登記一次。You can choose to register online or by fax. Each applicant only needs to register one time.
- 座位有限，請儘早報名。Please register early as seats are limited.
- 名額將以先到先得形式分配(以收到日期為準)。On a first-come-first-served basis.
- 截止報名日期：2010年3月3日。Deadline of registration: 3 March, 2010
- 「教育基金」將於3月9日前以短訊發出入場編號。An admission number will be issued via SMS before 9 March.