



POSITIVE PARENTING SERIES
THE ART OF FRIENDSHIP FOR GIRLS
PARENT WORKSHOP

Thursday, 26 November
6:30pm to 7:45pm

Blurton Family Development Centre
19th Floor, Kennedy Town Centre, 23 Belchers Street, Kennedy Town

People are social and our connection to others is a key component of happiness. According to neuroscientist, John Cacioppo: 'loneliness is such a disabling condition that it compels the belief that the pursuit of relationships is a rock-bottom fundamental to human well-being.' (Seligman, 2011). But social relationships are complex.

Friendship is an art, which calls on the ability to understand others combined with excellent communication skills. However, there is something else which is essential – before any of the rest of it can happen. Getting along with yourself. This means understanding yourself - speaking your own language and recognising how your thoughts and feelings can impact your actions – including the way you are in friendships. People, unlike computers, can and do solve extremely complicated social problems all the time. It's neither formulaic nor straightforward, but our minds are highly adaptive and the rewards of successful and long-lasting friendships are central to human flourishing.

During this positive parenting workshop, Lucy Graham - Counsellor & Academic Life Coach at Emotional Wellness Organisation, Mindquest Group, will offer guidance in ways to promote social intelligence and relationships skills. We will present the idea of 'coaching parenting' to support wellbeing and self-awareness in your daughters, to empower them to establish strong relationship standards and knowledge of how to maintain them.

The workshop would be suitable for parents of girls aged 8 to 12.

Seating is limited. Reservations essential.
Tel: 3552 3012

Register at: <https://www.eventbrite.hk/e/the-art-of-friendship-for-girls-positive-parenting-workshop-tickets-19340709583>



Cost: HK\$100 per family (maximum 2 per family) Payable at the door

www.mindquestgroup.com