



**2021 Summer Children Executive Function Training Group  
(Suitable for Primary 1 to 6 students)**

**Course Instructor:  
Mr. Aled L.Y. Tang, Clinical Psychologist**

**Course Details**

This course helps primary school students to improve their executive functions through a series of demonstrations and activities so that they can effectively execute and deal with problems and cope with challenges in real life.

**Course Schedule**

	<b>Topics</b>	<b>Date</b>	<b>Time</b>
Session 1	Stress management & Coping skills	8-7-2021 (Thurs)	1000-1115
Session 2	Anger management	15-7-2021 (Thurs)	1000-1115
Session 3	Maintaining Attention	22-7-2021 (Thurs)	1000-1115
Session 4	Time management	5-8-2021 (Thurs)	1000-1115

**Address:** Unit 402, 4/F Printing House, 6 Duddell Street, Central, HK

**Fee:** \$700/session (can freely choose any session) **[enrol 6 sessions to get 1 free]**

Course enquiries or registration

Phone: 21518009 / Whatsapp: 56230196 / Email: [info@alphawellbeing.com.hk](mailto:info@alphawellbeing.com.hk)



## 2020 Summer Children Executive Function Training Group (Suitable for Primary 1 to 6 students)

### Course Details

This course helps primary school students to improve their executive functions through a series of demonstrations and activities so that they can effectively execute and deal with problems and cope with challenges in real life.

### Course Schedule

	Topics	Class A (Tues/Fri)	Class B (Mon/ Thurs)
Session 1	Self regulation techniques	14-7-2020	27-7-2020
Session 2	Emotional control	17-7-2020	30-7-2020
Session 3	Reactions control	21-7-2020	3-8-2020
Session 4	Problem solving	24-7-2020	6-8-2020
Session 5	Organizational skills	28-7-2020	10-8-2020
Session 6	Time Management	31-7-2020	13-8-2020
Session 7	Persistent concentration	4-8-2020	17-8-2020
Session 8	Techniques and applications of problem solving skills	7-8-2020	20-8-2020

**Time:** 1215 – 1330

**Address:** Unit 605, 6/F Printing House, 6 Duddell Street, Central, HK

**Fee:** \$600/session (can freely choose any session) [enrol 6 sessions to get 1 free]

Course enquiries or registration

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## 2019 Executive Function Training Group

(5 sessions)

for

Primary school students

### Course Content:

Reactional control, working memory, time management, emotional control and organizational skills

### Schedule

Sessions	Date	Topic	Time
1	2/8 (Fri)	Organizational Skills	10:30am-11:30am
2	8/8 (Thurs)	Time Management	2pm-3pm
3	9/8 (Fri)	Reactional control	10:30am-11:30am
4	16/8 (Fri)	Emotional control	10:30am-11:30am
5	22/8 (Thurs)	Reactional control	2pm-3pm
6	23/8 (Fri)	Working memory	10:30am-11:30am
7	29/8 (Thurs)	Emotional control	2pm-3pm
8	30/8 (Fri)	Time Management	10:30am-11:30am

Course Fees: \$2,800 (5 sessions) / \$680 (1 session)

one hour per session

Venue: The Alpha Wellbeing Centre, 6 Duddell Street, Central, Hong Kong

Course enquiries or registration: 2151 8009 / [info@alphawellbeing.com.hk](mailto:info@alphawellbeing.com.hk) .

Centre website: <http://alphawellbeing.com.hk/>