Parents’ Education Talks 2019/20

EQ Easy
20 October 2019

Speakers:  Dr Sylvia Liu
Mrs Kit Chan
Faculty of Education,
The University of Hong Kong
**Five Essential Steps of Emotion Coaching**

**Dr John Gottman**

1. **Beware of your child’s emotions**
2. **Recognise emotion as an opportunity for connection and teaching**
3. **Help your child verbally label emotions**
4. **Communicate empathy and understanding**
5. **Set limits and problem solve**

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**Emotion Coach EQ Training Habits**

**Dr Sylvia Liu**

🌟 **Handle one’s mood first, everything comes next**
🌟 **Know yourself and know your child, both win**
🌟 **Parent’s demonstration, a role model for your child**
🌟 **Apply what you have learnt, adept and adjust**

For more information:

- HKU Faculty of Education
- Jockey Club “Play n Gain” Project