

**Parent Seminars 2019/20 –
EQ Easy
(Code: 1913) (20/10/2019)
Video links **

Video Titles	Length	Links (Please click the links below to access the videos) (in Cantonese only)
1. Importance of Emotional Quotient	8 min 10 sec	https://youtu.be/C0TnvIjXAj8
2. Handle one's mood first, everything comes next	9 min 37 sec	https://youtu.be/88_YoTZir-A
3. Know yourself and know your child, both win	7 min 54 sec	https://youtu.be/WGaB6treu0U
4. Parent's demonstration, a role model for child	9 min 57 sec	https://youtu.be/Lg1nwxSIY0Y
5. Apply what you have learnt, adept and adjust	5 min 47sec	https://youtu.be/qGdqDLFPa-U
6. Dr John Gottman's five essential steps of emotion coaching	3 min 11 sec	https://youtu.be/0F3Q_6NYGnA