



教育局
Education Bureau



Faculty of **Education**
The University of Hong Kong
香港大學教育學院

Parents' Education Talks 2019/20



EQ Easy



Education Bureau
Parent Education Information
at Kindergarten Stage

EQ Easy

20 October 2019

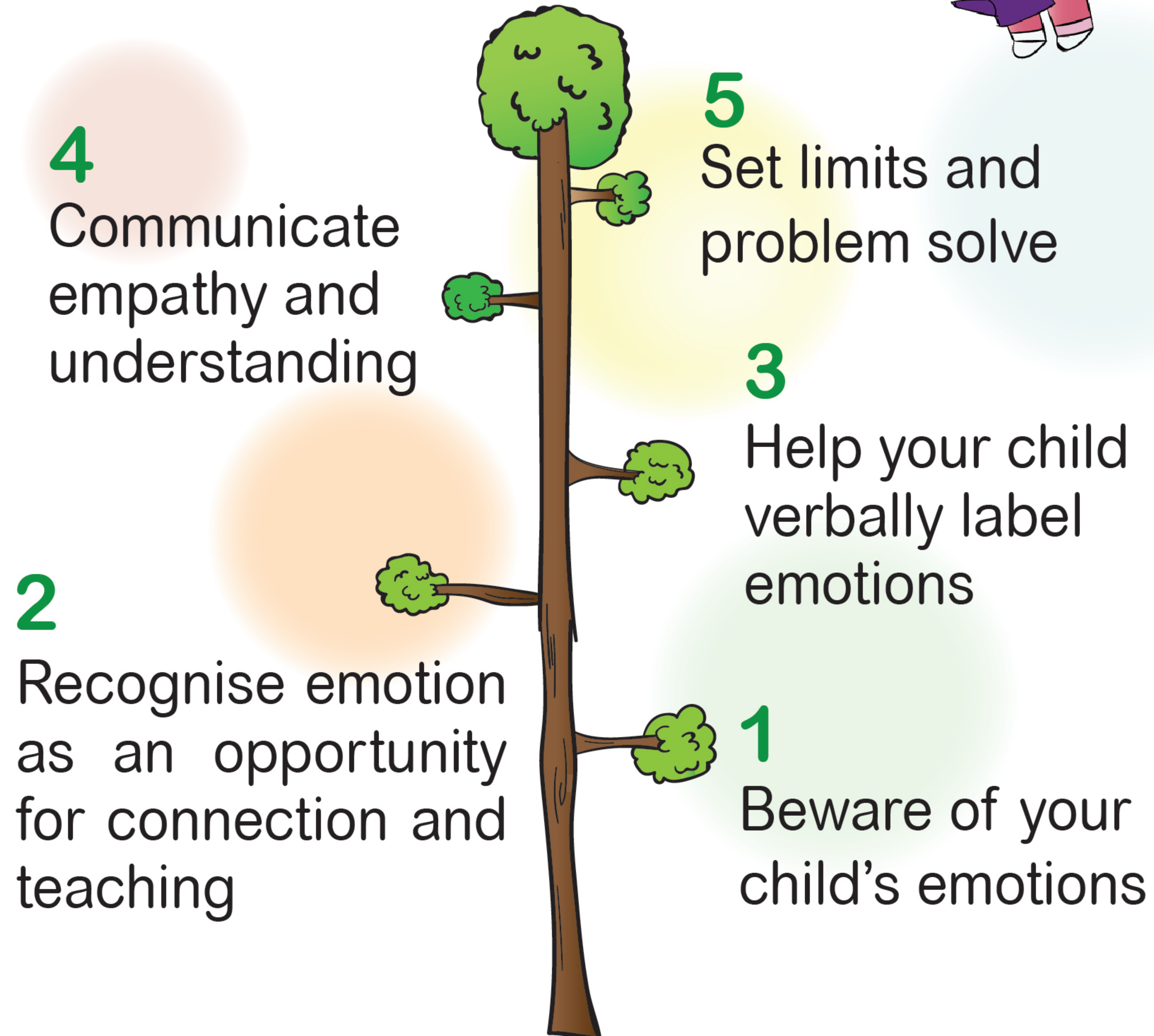
Speakers: **Dr Sylvia Liu**
Mrs Kit Chan

Faculty of Education,
The University of Hong Kong



Five Essential Steps of Emotion Coaching

Dr John Gottman



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