



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 .

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