



2022 Summer Group
How to improve social skills? (Part 1)
(Suitable for students age 4-7)

Course Instructor:
Ms. Chloe. H.Y. Wong
(Board Certified Behavioral Analyst, Counseling Psychologist)

Course Details

The program aims to teach pre-primary school students' foundational skills in communicating with others through structure practices in group settings, and also how to increase their play skills to increase social interactions.

Course Schedule

	Topics	Date	Time
Session 1	Effective communicational skills – understanding gestures	12/7/2022 (T)	5:00-5:45pm
Session 2	Effective communication skills – understanding social cues	19/7/2022 (T)	5:00-5:45pm
Session 3	Two way communication	2/8/2022 (T)	5:00-5:45pm
Session 4	Communication in play	9/8/2022 (T)	5:00-5:45pm

Fee: \$700/session

Course enquiries or registration
Phone: 21518009 / Whatsapp: 56230196 / Email: info@alphawellbeing.com.hk



2021 Summer Children Social Skills Training Group
(Suitable for Primary 1 to 6 students)

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

Course Content

This course strives to improve primary school students' social abilities through group activities, sharing and role play. This includes paying attention to social cues, understanding societal rules, decoding what others think and how to manage feelings from past experiences etc., enabling them to build and maintain good relationships with peers.

Course Schedule

	Lesson Topic	Date	Time
Session 1	Effective conversations	8-7-2021 (Thurs)	1130-1245
Session 2	Two-way communication	15-7-2021 (Thurs)	1130-1245
Session 3	Emotional control	22-7-2021 (Thurs)	1130-1245
Session 4	How to handle Conflict?	5-8-2021 (Thurs)	1130-1245

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

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2021 Summer Social Skills Training Group (Suitable for Secondary 1 to 5 students)

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

Course Content

This course aims to develop secondary school students' social skills, helping them solve problems in their daily lives. After completing the training, they will be able to grasp the basic skills in getting along with peers, as well as to enjoying the fun of socializing.

Course Schedule

	Lesson Topic	Dates
Session 1	How to make good use of communication?	12-8-2021 (Thurs)
Session 2	How to maintain friendship via gathering?	19-8-2021 (Thurs)
Session 3	How to deal with rumors?	26-8-2021 (Thurs)
Session 4	How to handle different viewpoints?	4-9-2021 (Sat)

Time: 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



2020 Summer Children Social Skills Training Group (Suitable for Primary 1 to 6 students)

Course Details

This course strives to improve primary school students' social abilities through group activities, sharing and role play. This includes paying attention to social cues, understanding societal rules, decoding what others think and how to manage feelings from past experiences etc., enabling them to build and maintain good relationships with peers.

Course Schedule

	Lesson Topic	Class A (Tues & Fri)	Class B (Mon & Thurs)
Session 1	Building good impression	14-7-2020	27-7-2020
Session 2	Controlling your emotions	17-7-2020	30-7-2020
Session 3	Strengthening communication skills	21-7-2020	3-8-2020
Session 4	Becoming a welcoming person	24-7-2020	6-8-2020
Session 5	Solving problems effectively	28-7-2020	10-8-2020
Session 6	Protecting oneself and handling conflicts	31-7-2020	13-8-2020
Session 7	Maintaining good sportsmanship	4-8-2020	17-8-2020
Session 8	Working in a team	7-8-2020	20-8-2020

Time: 1045 – 1200

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

Phone: 21518009 / Whatsapp: 56230196 / Email: info@alphawellbeing.com.hk



2020 Summer Social Skills Training Group (Suitable for Secondary 1 to 5 students)

Course Content

This course aims to develop secondary school students' social skills, helping them solve problems in their daily lives. After completing the training, they will be able to grasp the basic skills in getting along with peers, as well as to enjoying the fun of socializing.

Course Schedule

	Lesson Topic	Class A (Every Tues) 1645 - 1800	Class B (Wed/Fri) 1215-1330
Session 1	Enhancing your communication skills	14-7-2020	15-7-2020
Session 2	Finding common topics in conversations	21-7-2020	22-7-2020
Session 3	Techniques of joining and exiting conversations	28-7-2020	29-8-2020
Session 4	Improving others' impression on you	4-8-2020	14-8-2020
Session 5	Resolving conflicts with peers	11-8-2020	21-8-2020
Session 6	Appropriate responses and strategies to face bullying	18-8-2020	28-8-2020

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

Phone: 21518009 / Whatsapp: 56230196 / Email: info@alphawellbeing.com.hk



2019 Summer Social Skills Training Group

Course Content

This training group will be taught by clinical psychologists to provide participants with social skills training. The course aims to help teenagers to solve problems throughout their daily lives. After completing this training course, the participants are expected to understand the basic skills of getting along with their peers, and to enjoy the fun of socializing.

Course Schedule

Target Participants	F1- F5 Students	
Dates	16/7 (Tuesday)	How to enhance communication skills?
	23/7 (Tuesday)	How to find common topics in conversation?
	6/8 (Tuesday)	How to make good use of electronic communication tools?
	8/8 (Thursday)	How to identify good friends and establish relationships with them?
	13/8 (Tuesday)	How to enter and exit a topic in conversation?
	15/8 (Thursday)	Learn how to make jokes at the appropriate time
	20/8 (Tuesday)	How to plan for gatherings with friends?
	22/8 (Thursday)	Appropriate responses and strategies to face bullying
	29/8 (Thursday)	How to change other's bad impressions on yourself?
	30/8 (Friday)	How to resolve conflicts with peers?
Time	10:30am - 12:00pm	
Venue	Unit 605, 6th Floor, The Printing House, 6 Duddell Street, Central, Hong Kong	
Course Fees	\$7,000 (10 sessions) or \$850 (1 session)	

Course enquiries or registration: 2151 8009 / info@alphawellbeing.com.hk .

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