

Parent Evening Talk “Raising an Optimistic Child”

Date:	9 March, 2010 (Tuesday)
Time:	7:00pm - 9:00pm (a 1-hour presentation followed by Q&A and discussion)
Venue:	School Hall, 4/F, HKUGA Primary School, 9 Yee Shing Street, Chaiwan, HK
Speakers:	Dr. Bob Murray and Dr. Alicia Fortinberry
Language:	English

To celebrate the 10th Anniversary of HKUGA Education Foundation, two renowned consultants from Australia are invited to give a talk on the topic.

Flexible, realistic optimism is a key factor in the success and resilience of individuals, families and even organizations.

Using fun, mood-enhancing exercises based on the latest research in brain science and developmental psychology, best-selling authors Dr. Bob Murray and Dr. Alicia Fortinberry show how to build a resilient and harmonious family and learning environment for children and minimize the impact of work stress.

This highly practical talk will help parents, educators and carers model optimism and use effective relationship-building skills that nurture life-long resilience in young children and teens.

Learn proven strategies and tips, including how to:

- Create a supportive, interdependent family
- Prepare children to face life challenges and adversity with an optimistic outlook
- Encourage children to communicate honestly and with empathy and respect
- Make friends with your adolescents
- Give skilled feedback and hard messages while building children’s self-esteem
- Stimulate children’s curiosity and develop broad and balanced thinking

Presenters

Bob Murray, Ph.D. and Alicia Fortinberry, Ph.D., help individuals, families and organizations around the world enhance optimism and resilience. Psychologists and best-selling authors of *Creating Optimism* and *Raising an Optimistic Child*, Dr. Bob Murray and Dr. Alicia Fortinberry have taught health professionals and family therapists at leading universities in the US and Australia. Founders of Fortinberry Murray Consulting, their corporate clients include PricewaterhouseCoopers (Global, China/Singapore/Hong Kong), Hong Kong Institute of Certified Public Accountants, PepsiCo, McDonald’s, Stockland, Macquarie Bank, Deloitte, and some of the world’s top law firms. For more information see www.fortinberrymurray.com.