

The Education University of Hong Kong  
Community of Practice in Life Education and Positive Education  
Seminars

- Positive Education



Community of Practice in  
Life Education and Positive Education

## Positive Education

Date: 6 January 2021

Time: 2-3pm

Venue: Online via Zoom



Register here!

Research shows that some students in Hong Kong often feel distressed and exhausted and experience low levels of well-being. To address this issue, our Community of Practice (CoP) will give a talk on the PERMA Model and the Multi-Dimensional Model of Well-Being and share some L&T reference materials that may help students learn more about well-being and foster their positive life values. In this talk, the speakers will introduce five elements of well-being in the PERMA Model, namely, positive emotions, engagement, positive relationship, meaning, and accomplishment. The speakers will also introduce six aspects of well-being in the Multi-Dimensional Model of Well-Being, namely, self, intellectual, social, spiritual, emotional, and physical well-being. Lastly, the speakers will talk about a collection of L&T reference materials related to positive education gathered by the Community of Practice.

## Speakers



**Dr. Chan Wing Yan Arita**  
Senior Lecturer II  
Department of Psychology



**Dr. Chen Junjun**  
Assistant Professor  
Department of Education  
Policy and Leadership



**Ms. Tang Hau Yu Christine**  
Senior Lecturer II  
Department of Psychology



**Dr. Wan Lai Yin Sarah**  
Senior Lecturer II  
Department of Psychology

*All are welcome!*

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