

Part II - Workshop B2

Parent Coaching Introductory Workshop

Course Code: PT-251110

Date and Time: 21 Nov 2025, 6:30pm – 9:30pm

Duration: Half-day (3 hours)

Venue: 9/F, No.9, Shing Mun Road, Caritas Social Service Building

Targets: Social Workers, Counsellors, Teachers, and other helping professionals

Fee: Early bird fee : \$540 (On or before 21 Oct 2025)

Original Fee : \$600

*Enroll 2 or more courses: extra 10% off (If participants want to enjoy the "2 or more courses" offer, they must indicate in the enrollment form)

Aims:

To support helping professionals in offering useful guidance and practical parenting tools to parents struggling with daily parenting issues with their children based on the "Positive Parenting EASILY Framework", which is a holistic, systematic approach to solving parenting issues.

Content Outline

- Introduction to "Positive Parenting EASILY" Framework and how the 6 parenting aspects work together.
- Discuss common parenting issues faced by Hong Kong parents, their pain points, and blind spots.
- How to utilize the EASILY framework and respective parenting tools to help parents develop useful mindsets and initiate changes.
- Discuss and apply where effective coaching comes into the picture in helping parents.

Key Takeaways

- How to apply coaching skills when working with parents
- How to identify the angle of possible changes
- How to empower parents to try new ways and live out new habits in building a positive parent-child relationship to increase their parenting effectiveness.

Training Format and Prerequisite

- It is a 3-hour training. The training format will include lectures and practical exercises
- Prerequisite: Participants must have completed Part I – Core Training, or demonstrated equivalent basic coaching training.

Trainer:

Ms. Chloe Chiu 趙穎彤女士 (*aka* “Chloe 媽媽”)

- Professional Team Member, Transforming Space Counseling & Development
- MBA, Chinese University of Hong Kong
- Founder of Positive Parenting EASILY Framework (「正向親職 EASILY」)
- Associate Certified Coach (ICF)
- Certified Transformational Coach (Coach Master Academy)
- Certified Positive Parenting Trainer (The Parent Practice, United Kingdom)
- Certificate in Supporting SEN Students (TQUK)
- Online Radio Channel D100 Parenting Show 「D100 港爸媽講爸媽」 Host & Curator

Chloe (*aka* 正向親職教練 Chloe 媽媽) is a certified parenting coach and a certified positive parenting educator. Having three children spanning university, secondary, and primary school levels, she prides herself on being capable of leading their children successfully through the local mainstream education, as well as building a positive character and cultivating a positive family atmosphere. She advocates “Relationship Before Academic Results” (「關係好才會讀書好」). Combining her parenting experience and multidisciplinary exposure in positive psychology, personal development, child development, neuroscience, childhood trauma, etc., she designed the Positive Parenting EASILY Framework © (「正向親職 EASILY」©), particularly suited to Asian family cultures, to help parents quickly identify their angles of change and actionable items to get to the parenting outcome they want. She loves to share the methods and tools she built within her framework to help more parents and families.

