

The 20th AGM of SPCS PTA



聖保祿學校家長教師會 第二十屆週年大會

Seminar Topic:

Understanding Rebellion:

Decoding the Psychological Messages Behind Your Daughter's Rebellion

講座專題：

由「聽話」到「自主」：
解讀女兒反叛背後的心理密碼



Guest speaker:

Ms. Dorothy Wong

黃茵女士

Date: 24 Oct 2026 (Saturday)

日期：2026 年 10 月 24 日（星期六）

Time: 2:30 pm- 4:40 pm

時間：下午二時三十分至四時四十分

Location: Room G7, St. Paul's Convent School (GF)

地點：聖保祿學校 地下G7室

Participants: SPCS PTA Members

參與者：聖保祿學校家教會會員



MS. DOROTHY WONG

Founder, ICC Limited (姻美輔導中心)

Ms. Dorothy Wong, P.G.D. (Lifelong Education), M.B.A., M.Soc.Sci., B.A., is a professional counsellor, corporate trainer, and founder of ICC Limited. With advanced qualifications in counselling, lifelong education, and business administration, she has received the HKMA Distinguished Trainer Award twice. Her specialist training includes Enneagram personality studies, family therapy, marriage counselling, effective communication, personal growth, and self-esteem development.

Academic Qualifications

Postgraduate Diploma in Lifelong Education
(University of Nottingham / The University of Hong Kong)
Master of Social Science in Counselling
(University of South Australia)
Master of Business Administration (Boston University)
Bachelor of Arts (State University of New York at Albany)

Seminar Philosophy

In today's digital age, many parents face a common dilemma: despite their daughters' academic achievements and outward confidence, they often struggle with unseen pressures arising from social media, AI, and the constant pursuit of perfection. These technologies are no longer merely tools; they have become powerful influences on how young people shape their identity, relationships, self-worth, and values.

Effective parenting in the digital era requires more than traditional wisdom. By integrating current insights on adolescent development, social media, and AI, this seminar equips parents with practical understanding and relevant strategies to navigate modern challenges. Above all, it encourages parents to move beyond the roles of authority figure and provider and instead, become trusted mentors and companions who can build strong emotional connections with their daughters, guiding them confidently through adolescence and beyond.

Seminar Objectives

- Help parents distinguish between "rebellion" and "problem behavior" – and understand the digital dimension of both;
- Teach the "Three Don't's" communication principle – don't rush to judge, don't pry, don't impose outright bans;
- Introduce three "buffer phrases" for heated moments – including digital conflict scenarios

Key Takeaway

Parenting in the digital era is not about winning power struggles—it is about building an emotional bridge strong enough to sustain your daughter's journey toward resilience and healthy autonomy.