

A PARENTING TEENS CONFERENCE

HELPING YOUR TEEN LIVE A FULL LIFE

The FIRST conference
for Parents with Teens



Helping parents understand their teenagers and provide the supports for these challenges:



PURPOSE OF LIFE

What teens want in life



STORM & STRESS

Tales of teenage years



TEENAGE IDENTITY CRISIS

Teens struggling with self-esteem and identity



TEENS & MENTAL HEALTH

Depression, suicide, eating disorders and wellbeing



TECH ADDICTION

Teens' addiction to technology and gadgets



BULLY-FREE ZONE

Teens being bullied and getting out of it



LET'S TALK SEXUALITY

Teens' sexual feelings, attractions & orientation

Date:
28 Sept 2024
(Saturday)

Time:
9:00am - 12:30pm


Venue:
HELP University,
Subang Bestari Campus
1, Persiaran Cakerawala,
Subang Bestari,
Seksyen U4,
40150, Shah Alam,
Selangor

SCAN TO
RSVP BEFORE
23 SEPTEMBER
2024




PROGRAMME SPEAKERS

Dr Goh Chee Leong
Group Co-CEO (Tertiary) of HELP Education Group, Educator, Psychologist and Coach



Dr Gerard J. Louis
Group Co-CEO (HELP Education Services) of HELP Education Group, Educator, Counselling Psychologist and Coach



Dr Victor Goh
Head of Psychology Department, HELP University, Senior Lecturer and HRDC Certified Trainer and Consultant




Mr Eric Bryan Amaladas
Director of CAREERsense (HELP University's Career Development Centre), Counsellor and Coach



Dr Justine Thong Jian Ai
Lecturer of Psychology Department, HELP University, Senior Clinical Psychologist and Trainer




Ms Lee Phei Wei
Counsellor and Lecturer of CAREERsense (HELP University's Career Development Centre)



Ms Rozy Khalid
Counsellor and Family Therapist, The Mind Psychological Services & Training



Ms Nicole Tan
Clinical Psychologist, The Mind Psychological Services & Training



PROGRAMME TIMETABLE

9:00am - 9:30am	OPENING SESSION Helping your teen live a full and healthy life Speaker: Dr Goh Chee Leong				
Workshop 1 9:45am - 10:45am	Pick a workshop topic. Workshop rooms will be advised later.				
	Managing Teenage Identity Crisis Speaker: Dr Gerard J. Louis	Helping your teen build resilience Speaker: Mr Eric Bryan Amaladas	Understanding Teenage Sexuality Speaker: Dr Victor Goh	Tech Addiction Speaker: Ms Lee Phei Wei	Improving Academic Performance Speaker: Dr Goh Chee Leong
Workshop 2 11:00am - 12:00pm	Pick a workshop topic. Workshop rooms will be advised later.				
	Tech Addiction Speaker: Ms Nicole Tan	Helping your teen deal with bullying Speaker: Ms Rozy Khalid	Teenage Mental Health Issues Speaker: Dr Justine Thong Jian Ai	Improving Academic Performance Speaker: Dr Goh Chee Leong	Managing Teenage Tantrums Speaker: Dr Gerard J. Louis
12:15pm - 12:30pm	CLOSING SESSION Helping your teen find their purpose and career path Speaker: Mr Eric Bryan Amaladas				