

[HEART & HARDWARE] PARENTING WORKSHOP

An experiential guide to nurture children's
confidence & emotional intelligence

SUNDAY, 15 NOVEMBER

10:30am – 12:30pm

@Function Rooms 1 & 2

Parents of children below 10 years old are welcome!

Your child knows
what to do,
so why don't they?

What happens to
thinking and
behaviour when
children are under
pressure?

And how can we help
them develop the
ability to handle
things when we're not
there?

Individual
\$800

Couple Package
\$1,200

Facilitators



Adela Comsa

A Professional Certified Coach (ICF), Senior Cognitive Trainer, and Positive Discipline Parent Educator who is deeply passionate about empowering her clients. With over 12 years of experience, she specializes in personal growth, positive parenting, and emotional resilience, helping clients thrive and develop the right mindset for success and fulfilment.



Dona Eder

An Emotional and Somatic Intelligence Practitioner, AISHK parent, founder of the AISHK Smartphone-Free Community, and The Wilderness Warriors in Hong Kong. She works with parents and families to develop emotional awareness, resilience, and practical regulation skills for navigating the pressures of modern life.

Enjoy peace of mind with
complimentary,
supervised children's
activities hosted in our
dedicated
Kids Playroom during the
workshop.

**HEART
&
HARDWARE**

Enrolment :



For enquiries, please contact Sports & Recreation
on 2335 3878 or email sports@cwbgolf.org