



# On-site Activity Schedule

## 25/10 (Sat)



Registration and Enquiries: [letstalkadhd.hk](http://letstalkadhd.hk)

### 7th Floor Foyer Seminars and Performances

Time	Session	Guest/Unit
11:00AM	Opening Ceremony	Mr. Shawn Cheung, Former Hong Kong Fencing Athlete and Mr. Him Law (Law Chi Yip), Actor
12:30PM	ADHD Magic Show	Social Innovation Magician Limited
1:00PM	Ambassador Mascot: Meet-and-Greet with "Chiro" and Friends	Chiro and friends
2:00PM	"Family Safety Net" for Children with ADHD	Ms. Natalie Chan, Registered Social Worker and SEN & Awareness Convener of Hong Kong Council of Early Childhood Education and Services
3:00PM	Beyond Rumination: Metacognitive Therapy for Flow & High-Impact Living	Dr. Kino Lam Metacognitive Therapist (UK certified), Former Assistant Professor of Practice at The Hong Kong Polytechnic University
4:45PM	Embracing ADHD Neurodiversity: Unpacking Hidden Emotional Debt and Adapting in the Digital Age	Mr. Ernest Wong, Clinical Psychologist
6:00PM	ADHD Stand-up Comedy	Stand-up Comedians: Oli, Lam Haan, and Giny
6:45PM	A Guide to Living with ADHD	MK Jason, Content creator
7:30PM	Adult ADHD Human Library & Group Sharing	Let's Talk ADHD

### 8th Floor Interactive Activities

Time	Session
10:00AM - 2:00PM	FREE Child ADHD Assessment
9:00AM - 9:00PM	FREE Adult ADHD Screening
1:00PM - 9:00PM	Metacognition Board Game Workshop: "Meta Light Treasure Box"
3:00PM - 6:00PM	Access Bars® Experience Day



# On-site Activity Schedule

## 26/10 (Sun)



Registration and Enquiries: [letstalkadhd.hk](http://letstalkadhd.hk)

### 7th Floor Foyer Seminars and Performances

Time	Session	Guest/Unit
12:00PM	Singing Performance	Future Bloom
12:30PM	Karate Performance	Tou Dou Kai
1:00PM	Unraveling ADHD Myths with a Psychiatrist	Dr. Candy Luk & Dr. Lai Chi Lun, Specialist in Psychiatry
2:00PM	The use of functional near infrared spectroscopy (fNIRS) to diagnose ADHD in adults	Prof. Roger Ho, Professor and Senior Consultant Psychiatrist, Department of Psychological Medicine, National University of Singapore
3:00PM	Mascot Mini-Drama: The Classroom Mystery of Chiro and Friends: The Case of the Stolen "Lightning Whistle"	Chiro and friends
3:30PM	How does Scout training improve the psychological quality and executive function of adolescents with ADHD?	Mr. Kwok Ling-lam, Assistant Training Commissioner (Leader Training) and Assistant Leader Trainer of Hong Kong Training Team, Scout Association of Hong Kong
4:45PM	ADHD & Executive Function: Practical Strategies for Classroom and Case Management	Ms. Amanda Fok, Founder of Let's Talk ADHD, International Certified ADHD Coach
6:00PM	Brain Calming Technique: An Introductory Seminar on Access Bars® for Releasing Stress, Clearing Mental Clutter, and Raising Consciousness	Ms. Cherry Lai, Registered Access Bars® & Body Process™ Facilitator & Practitioner, Registered Social Worker, Mindful Coach, Child Play Therapist

### 8th Floor Interactive Activities

Time	Session
11:00AM - 12:00PM	Parent Mindfulness and Stretching Relaxation Workshop
9:00AM - 9:00PM	FREE Adult ADHD Screening
2:00PM - 7:00PM	Silent disco experience
12:00PM - 6:00PM	Access Bars® Experience Day



# Online Seminar Live Stream Schedule



Registration and Enquiries: [letstalkadhd.hk](http://letstalkadhd.hk)

## 27 / 10 (Mon)

Time	Session	Guest
10AM-11AM	Decoding ADHD Medication: A Parent's Guide	Dr. Candy Luk & Dr. Lai Chi Lun, Specialist in Psychiatry
1PM-2PM	Unlocking ADHD Potential: Brain Science and Effective Learning Strategies	Mr Ho Ka Wa, Project Manager of the Centre for Special Educational Needs and Inclusive Education at The Education University of Hong Kong
9PM-10PM	AI-Driven Neuroplasticity: Personalized Treatment for ADHD and Mental Wellness	Professor Roi Cohen Kadosh, Head of School of Psychology & Professor of Cognitive Neuroscience, University of Surrey, UK & Founder and CSO, Cognite Neurotechnology Ltd 

## 28 / 10 (Tue)

Time	Session	Guest
10AM-11AM	AI-Powered Learning: Simple Steps for Parents to Build "Focused & Effective" Study Systems for ADHD Kids	Ms Salina Ip, Founder of AIWORK.ME Consultancy Ltd
1PM-2PM	How I Overcame the Challenges of ADHD to Become Both an Athlete and a Teacher?	Mr. Wong Pak To, Former Hong Kong Triathlete, Special Educational Needs (SEN) Sports Coach, Teacher
9PM-10PM	From Soil to Synapses: Oigomeric Polyphenols for ADHD	Dr. James Greenblatt MD, Founder and CEO of Psychiatry Redefined, Author of Finally Focused, Author of Upcoming Book Finally Hopeful: The Personalized, Whole Body Plan to Find and Fix the Root Causes of Your Depression 



# On-site Activity Schedule

## 29/10 (Wed)



Registration and Enquiries: [letstalkadhd.hk](http://letstalkadhd.hk)

### Seminar at Shop 855, 8/F

Time	Session	Guest
11:00AM	Breaking Point? Separation or Divorce?— Navigating Relationships When ADHD is the Third Wheel	Ms. Amanda Fok, Founder of Let's Talk ADHD, International Certified ADHD Coach
12:00PM	"Would You Teach a Fish to Climb a Tree?" A New Intervention Model to View Children with ADHD from Different Perspectives	Ms. Cherry Lai, Registered Access Bars® & Body Process™ Instructor and Practitioner, Senior Registered Social Worker, Certified Child Play Therapist
2:00PM	Is it Tough to be an ADHD Parent? — Navigating Challenges with Real-Life Solutions	Ms Elizabeth Ng, Certified Life Coach, Parent Coach, NLP Practitioner, and Mother of a Child with ADHD
3:00PM	The ADHD Roadmap: A Step-by-Step Guide to Early Identification and Co-Parenting Success	Ms. Natalie Chan, Registered Social Worker and SEN & Awareness Convenor of Hong Kong Council of Early Childhood Education and Services
4:00PM	Legacy of Love: CECES "Home Pet Integration" Series — Using Pet Intervention to Support the Social Skills of SEN & ADHD Children	Ms. Natalie Chan, Registered Social Worker, Mindfulness-based Social Emotional Learning Facilitator & Ms. Kimberly Chak, Pet Communicator & Art Educator Specialised in Special Art Education

### Workshop and Group Sharing at Shop 846, 8/F

Time	Session	Guest
11:00AM	【English Session】 ADHD Support Roundtable – A Safe Space to Share, Connect, and Find Support	Ms Elizabeth Ng, Certified Life Coach, Parent Coach, NLP Practitioner, and Mother of a Child with ADHD
12:00PM	【Mandarin Session】 Meet the Expert: Let's Talk About ADHD - A conversational group to discuss ADHD and related challenges	Ms Elizabeth Ng, Certified Life Coach, Parent Coach, NLP Practitioner, and Mother of a Child with ADHD
1:30PM	"Tidy Up Made Easy!" Interactive Experience Activity	Ms. Lacey Shek, Instructor of the Japan Housekeeping Association and Professional Organizer
3:00PM	【Cantonese Session】 ADHD Chat with Experts - Let's Talk Solutions	Ms Elizabeth Ng, Certified Life Coach, Parent Coach, NLP Practitioner, and Mother of a Child with ADHD
4:00PM	"3A Cards for Rapid Emotional Transformation" Workshop	Ms. Cherry Lai, Registered Access Bars® & Body Process™ Instructor and Practitioner, Registered Social Worker, Mindfulness Coach, Certified Child Play Therapist



# On-site Activity Schedule

## 29/10 (Wed)



Registration and Enquiries: [letstalkadhd.hk](http://letstalkadhd.hk)

### 1-on-1 Consultation at Shop 841, 8/F

Time	Session	Guest
12:00PM - 2:00PM & 4:30PM - 6:30PM	SEN & Awareness Mind-Body-Spirit Individual Consultation	Ms. Natalie Chan, Registered Social Worker, Hypnotherapist, MBSEL Mindfulness Social-Emotional Learning Instructor
4:00PM - 7:00PM	Complimentary 30-Minute 1-on-1 ADHD Coaching Session [English/Mandarin/Cantonese]	Ms Elizabeth Ng, Certified Life Coach, Parent Coach, NLP Practitioner, and Mother of a Child with ADHD
5:30PM - 6:30PM	"Quantum Iceberg Cards" One-on-One Coaching Service	Ms. Cherry Lai, Certified Quantum Iceberg Card Coach, Senior Registered Social Worker, Certified Child Play Therapist



# Online Seminar Live Stream Schedule



Registration and Enquiries: [letstalkadhd.hk](http://letstalkadhd.hk)

## 30 / 10 (Thu)

Time	Session	Guest
10AM-11AM	How does exercise improve the psychological quality and executive function of adolescents with ADHD?	Mr Woody Yip, Director of Children Unique Child Psychological and Sports Development Center, Counseling Psychologist (Hong Kong Psychological Society), Former Elite Karate Athlete of Hong Kong
9PM-10PM	What makes for world class care for ADHD?	Mr Phil Anderton, Chief Executive Officer of ADHD360 

## 31 / 10 (Fri)

Time	Session	Guest
10AM-11AM	The Emotional Debt: Are Our Children Paying the Price with Their Well-being? A Path to Acceptance and Mental Freedom.	Mrs Josephine Ling, General Secretary and Founder Hong Kong Character City Movement
9PM-10PM	Why We Must Find Girls with ADHD Before Age 8?	Ms Cynthia Hammer, Executive Director, Inattentive ADHD Coalition 