

✕  Carmen
1 review

★★★★★ 2 weeks ago

非常欣賞 Rachel 以幽默和生活化的例子去講解 PET 理論，令課堂充滿趣味，每次上完 Zoom 堂都會覺得自己好似再又咗電，有能力去應付同小朋友相處時嘅挑戰。

上完課好似又再電

Rachel 了解每位學員的家庭狀況，時常按大家實際需要去提供練習機會，並適時作出鼓勵和建議改進，真正做到與家長同行。

✕  Clara P. Chin
17 reviews

★★★★★ 3 weeks ago

Rachel 是一位充滿熱誠的 PET 導師，我好慶幸上了她的課堂，讓我解開了我擁有的問題。

充滿熱誠...解開了我的疑惑

她是一位非常專業問知識的 PE 知導師。我最大的得着是更明白自己的問題，會用 PET 所學到的，令自己改好及和兒子的關係變得更好。

✕  Cherry NG
1 review

★★★★★ 2 weeks ago

Rachel 是一位很專業和有經驗的 PET 導師。他不但有全面深入的理論知識，而且能引導我們學員應用到我們日常生活，以致用，有豐富的實踐經驗，經常分享她如何用 PET 在兩位女兒身上。

課程設計很好...

時間充足，很多互動

Rachel 課程的設計很好，有些課堂是觀看教學影片，給予我們充足的時間睇片和嘗試應用。實時網課時，他又能提供很多互動機會，有足夠時間提出問題和分享學習心得，並即時提供正面回應。

我由於多了聆聽女兒的分享，彼此的關係改善了，孩子較以前開心平和，我也感到欣慰。而且，我找到跟孩子溝通的正確和有效的方向，可以朝着目標，一步一步地向前進發。

✕  Chris Chong
2 reviews

把複雜道理簡單化

Rachel 上課時能把一些複雜的道理簡單化，利用很實際的例子來，讓學員更有效掌握技巧。其中一項最重要的上課方式便是角色扮演，透過角色扮演令學員更容易掌握技巧及更能夠明白孩子的想法。

課程令我明白做家長的不足，更重要的是令我明白現時所面對問題的原有。另外亦令我懂得該如何有效地和孩子及家人溝通。最大的得着便是其中一種技巧 Active Listening，除了讓我能夠明白孩子的感受之外，更能夠從中找到答案。

✕  kelly chan
1 review

★★★★★ 2 weeks ago

Rachel 是一位很有耐性的導師。她為了讓學員深入淺出地明白 PET 的概念，特意在課堂安排很多 role play 讓大家練習，令學員更容易掌握到如何運用技巧。她對孩子有更深入的了解，知道孩子有地方需要改善後，家庭氣氛亦有改善，所以很感謝 Rachel 的指導。

家庭氣氛有改善

✕  Yvonne Wong
1 review

★★★★★ 2 weeks ago

Rachel 的 PET 課程非常有系統地解釋整個 PET 的 Structure 及原理，容易明白及掌握。課程裏的 role play 引導及 Coaching 亦非常有效讓家長更深入明白 PET 一套教導的哲學。Rachel 是一個非常有心的導師，從那次有一位家長分享與孩子的關係不好，Rachel 說着便留起眼淚來，我對 Parenting Coaching 是真的付了心出來的。two thumbs up。她的工作讓我知道了如何處理孩子和我的問題，如何根據 PET 的架構，用相應的策略應付，比起以前更加有信心處理。

非常有心...

two thumbs up

家長分享短片



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[@RachelTheParentingMuse](https://www.youtube.com/@RachelTheParentingMuse)

✕  J R
2 reviews

★★★★★ 3 weeks ago

Rachel 的講說非常清楚，常利用不同例子和角色扮演，讓我們可以實踐和更懂得掌握 PET 的溝通技巧。Rachel 也經常引用不同的生活例子，以及她個人教育小孩的經驗，讓我們更容易明白整個溝通技巧背後的理念和意義。

PET 課程技巧聽起來好像簡單，但實踐起來需要持續的努力和耐力，也顛覆了一直以來往往以為要解決孩子的問題就是要找出解決方法。這個課程用簡單的理論和技巧去解決父母和小孩溝通上的問題，看似簡單的技巧和理論，但啟發很大。

對我來說最大的得着是讓我重新檢討自己想成為一個怎樣的媽媽，上 PET 以後我放下了從前認為孩子應該都要聽父母話這個概念，反而應該學習怎樣和孩子溝通，了解雙方的需要，才有機會可以灌輸孩子正確的教育理念，“Connect before we correct” 盼望和孩子可以成為彼此一輩子的朋友。

**生活例子...
啟發很大**

✕  Maria Fung
1 review

★★★★★ a month ago

Rachel 好專業，認真，對學員有要求，能應變不同同學 case 和需要再加以 linked to PET outcomes.

課程比想像更實用，上堂反覆 role play 練習，令 theory 可以具體應用和 deepen the skills learned, 我亦好喜歡每堂學員分享和 take away. 大家分享喜與憂和心得。

課程實用，反覆role play

PET 課程令我學識 active listening which is very powerful. 以前自己 listening 只係聆聽孩子的需要，但 active listening 係要加自己嘅同理心等等，讓孩子知道我哋同一陣線，先可以建立關係。我覺得 Active Listening 係 the core stone of PET.

加深學習

✕  PongManChiu Conrad
1 review

★★★★★ 4 months ago

我是位 11 歲女兒的父親，為了改善關係，剛剛上完網上 PET 課程。非常感謝老師 Rachel 很細心和很專業的指導，讓每一位學員在每堂都有平均而且充份的參與和投入機會。老師本人很懂得鼓勵和能有效地利用自身的生活體驗；仲使她已經多次授課，但每次仍都讓我們受她的投入感而牽動。

Rachel 讓我從 PET 中了解到親子溝通問題的“Root Causes”所在，有別於一般只留在“方法層面”的授課方式。

細心專業...受她的投入所牽動

課程讓我領悟到不要花精力在死力角鬥，經過化深為淺的理解和實踐，開始了不斷自覺的生活練習，一步一步的逐漸拉近和女兒的溝通距離。

✕  Sylvia Yeung
1 review

★★★★★ a month ago

非常感謝 Rachel 的寶貴時間和個人分享，令我更容易明白及了解 P.E.T. 的概念及如何應用在家庭當中，令我和女兒有更多時間做真實的自己之餘，同時去成就孩子做最好的自己。

另外，我很喜歡 Rachel 幽默風趣的風格，使課堂增添不少樂趣，我很感恩遇上 Rachel 這位導師。

非常感謝 Rachel 用心去設計及安排課程，不是單純教授 P.E.T. 的概念，還有透過角色扮演、分組討論或遊戲等，務求令我們可以更充分了解及掌握學習內容。

這個課程讓我學到一套更有效的方法去管教孩子，讓我意識到以往管教孩子的方式的不足之處及弊端，亦啟發我多思考自己的真正需要及價值觀。完成這個課程，令我更有信心於應對孩子成長路上帶來的挑戰。

幽默風趣，用心設計課程

非單純教授，還有角色扮演

家長分享短片



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× **M** MOMOE
1 review

★★★★★ a month ago

Rachel是一位很專業的導師。她很用心去準備每一課堂，也很有耐性去聆聽和解答我們家長的問題。她之後亦會跟進我們的進度。Rachel對我們家長真的很上心！

Rachel對家長真的很上心

我每次都都很期待上Rachel的課堂，很喜歡她用很多自己及自己的經驗去解釋和示範PET的精髓，亦可以鼓勵我們多點嘗試用PET在子女及家人身上。

PET令我和14歲兒子的關係更加親密，我現在能夠理解孩子行為背後的需求，從而更好地回應他的需求，減少了大家的衝突。

× **G** Grace Liu
1 review

★★★★★ a month ago

非常感謝Rachel悉心的教導。Rachel在教學中展示了她深厚的專業知識，能夠清晰、透徹地解釋複雜的概念，讓學員能夠輕鬆理解。她採用了多樣化的教學方法，包括實例講解、小組討論和實踐練習，這有助於學員更好地掌握知識並應用於實際情況。

課程內容非常實用，涵蓋了多種有效的育兒技巧和策略，幫助家長解決在日常生活中遇到的各種挑戰。這

清晰透徹解釋複雜概念

課程結構設計合理，循序漸進，每一節課都有明確的學習目標和重點，讓我們能夠更好地掌握育兒技巧。每個單元之間的銜接自然，過渡流暢。

非常實用

Thank you so much Rachel!

× **P** Pink O
1 review

★★★★★ a month ago

感謝Rachel的真誠及悉心的教導。Rachel用心設計課程，影片詳細解釋理論，也加入案例幫助我們進一步明白理論及掌握技巧。課堂給予我們充分的時間去互動，透過角色扮演和小組討論，我們能夠更好地理解和發

很好的表達能力

技巧演示明白

發。Rachel有很好的表達能力，把每個理論都解釋清楚，技巧演示也非常清晰，讓我們對PET的主要概念都有充分的理解。

也感謝Rachel經常在群組裏分享相關的文章及影片，在課堂上加入PET以外的教育元素，都是很有用的資訊，對我有更多的反思和啟發。

× **DonJo Williams**
2 reviews

★★★★★ 3 weeks ago

Rachel demonstrated her deep knowledge of PET overall. I liked she was NOT just teaching us parenting, her skill could apply to any communication aspect. She provided a heartwarming safe platform for us to learn and grow. It inspired me tremendously. I love her sense of humor so people can relate to the concepts with our family.

heartwarming and safe

learning platform

very powerful roleplay

skills applicable to any

relationship

and cons. The biggest pros from PET is be the most active listener to my family, because that's the key to open up all the different applications to find the best solutions. Also, I learned to accept everyone emotion and disagreement while listening, my role is to help others to find their own journey of finding Success in their own way if they allowed me. Thank you P.E.T. and thank you Rachel.

× **C** Chun Ling Tao
1 review

★★★★★ 6 months ago

課堂上我完全感受到Rachel的熱誠、專業及對學員的耐性。對於學員不太理解的理論，

日常事例 深入淺出

不可多得 具說服力

Rachel工作認真，她會用很多生活中的事例令學員更易明白，關於課外的知識，Rachel更會主動與我們分享她的資訊；對我而言，Rachel是一位不可多得及具說服力的導師。

家長分享短片



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[@RachelTheParentingMuse](https://www.youtube.com/@RachelTheParentingMuse)

✕ **F** Fanny Wong
1 review

★★★★★ a year ago

Rachel has created a judgement-free environment for us to show tolerance, respect and make contribution. She empowers us to become change makers through P.E.T. and listen to our needs. I can now communicate honestly with my children and help them be a problem solver. I am called to respect their needs and

feelings, and am charged with making sure my own needs are addressed as well.

help my child be a problem solver

✕ **L** LorRAINE C
2 reviews

★★★★★ a year ago

very supportive and resourceful

Rachel is very supportive and resourceful. Her presentation was well organised and she responded to questions raised with patience and good analysis.

✕ **K** Karmen Ng
1 review

★★★★★ a year ago

Rachel's course provides us with such an abundance of everyday examples that makes grasping the theories of P.E.T. an easy task. I particularly appreciate her insightful feedbacks during our role-playing sessions. They give me the confidence boost

insightful feedback

No judgement but constructive guidance

I need to apply what I have learned to my child. Rachel offers no judgement, but only constructive guidance to lead us down the road of introspection. Step by step, she corrects and guides us to a better relationship with our children. I feel the burden of parenting is lifted from my shoulders; it no longer feels like such a daunting task to me! The course is pragmatic and instantly effective.

✕ **F** Fiona Chan
2 reviews

★★★★★ 2 weeks ago

Rachel is very knowledgeable and knows PET inside-out. She is very passionate to share her knowledge with us.

learning fruitful and practical guiding principle that nurtures my kids

Instead of giving us ordinary classroom training, she encourages us to try the techniques out through role-play and she would reserve time between classes for us to put in practice in daily life.

Rachel invests her time and effort in making sure us how we can try it out in a practical way. The mixture of videos and zoom classes give us time to digest the theories, practice the techniques in daily lives, and learn from one another through role-play and exchange of sharings. The course instructed by Rachel is very fruitful and practical.

I am glad to learn of a guiding principle that would equip me on how to communicate and nurture my kids in a constructive way.

✕ **W** Winnie L
1 review

★★★★★ 7 months ago

knowledgeable, supportive and patient

I enjoy so much the 8-week PET course with Rachel. She provides us with quality discussions, sharing, learning PET skills and practices through role-play. Rachel is knowledgeable, supportive and patient. She listens to our stories, and provides us with meaningful insights. This is the course for all parents who want to raise and provide proper guidance to their children in a healthy and happy family environment.

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✕  Sophia Chan
2 reviews

★★★★★ a year ago

Very useful parenting training programme. Other than the effective skills we learn from the training, it is **professional, supportive and practical** and to share the difficulties we come across in our parenting journey. **professional and supportive**, she shares a lot of experiences and cases that are very practical in parents' daily life.

✕  Carmen Kwok
1 review

★★★★★ 2 weeks ago

Rachel is genuine, knowledgeable and eloquent. I feel that she really lives the PET model. She respects all members' contribution and provides constructive feedback. The lectures/materials are well organized and clearly presented. The examples and exercises are helpful and relatable.

Not just simple solutions but a set of tools to navigate through various stages

The course has greatly improved my confidence as a parent. Unlike other parenting courses/books, PET provides a comprehensive framework that is flexible and applicable in different situations. What I like about it is that it doesn't provide simple solutions or answers to specific issues, rather it provides the tools that enable me to navigate through the various scenarios and stages of parenthood.

✕  Pauline Kung
6 reviews

★★★★★ 11 months ago

P.E.T is a game changer. Through the many engaging exercises and discussions, I was able to develop **a great deal of self-awareness that will help me grow with my children.**

✕  Alison N
2 reviews

★★★★★ 4 months ago

I am very grateful to have attended Rachel's course. P.E.T. has helped me understand how to listen and empathize with my son's feelings. In class, Rachel used role-playing teaching methods, which allowed us to better understand our children's feelings from their perspective.

relationship with son greatly improved

Since attending this course, the relationship between my son and me has greatly improved, and it is now easier to resolve and improve with him.

I highly recommend everyone to attend this parenting effective training course, which makes parenting education more efficient.

✕  Monique Tang
1 review

★★★★★ a month ago

Rachel is very enthusiastic about teaching and encourages us with the mantra 'practice makes progress.'

She provides ample support and valuable feedback on our questions and examples. I have learned a lot from the course, not just from the material, but more importantly, from her teaching methods. Her genuine enthusiasm for helping us become better mothers is truly inspiring.

genuine enthusiasm truly inspiring

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George Chan
1 review

★★★★★ 7 months ago

Rachel is very knowledgeable. She is able to explain complicated concepts in simple terms with everyday-life examples. When I heard about this new PET method of parenting, I was a little skeptical of how it would work. But as it turns out, I learned a lot about myself (my feelings/emotions) and why my old/not-so-effective way of parenting doesn't work. After taking this course, I feel that my relationship with my family is closer and I have a better understanding of everyone's needs. I am more confident to resolve tensions within the family. Even my wife who did not take this course sees the change in dynamics (positive) within the family. I recommend every parent to take this course! Your children will be glad you did!

Deb J
2 reviews

★★★★★ 7 months ago

Informative and effective. Money well spent on a new parenting relationship with your child using P.E.T. method.

Lam Square
2 reviews

★★★★★ 6 months ago

Rachel is very supportive and passionate in teaching PET. The course is well-organized and delivered the principles in a clear and approachable way. I really appreciate the real-life examples shared by Rachel and her valuable feedback during our role play in class, it is very helpful to understand how to bring PET skills to life. PET has made a positive impact on my relationship with my 12-year-old daughter, and amazed with the improvement by bringing in Active Listening and I message to our communication. In the meantime, I experience fewer angry outbursts and more problem solving. PET is truly a rewarding experience for myself, I would highly recommend to all parents. ❤️

Cooking Good
1 review

★★★★★ 6 months ago

A fruitful and joyful journey! Rachel is super punctual and very well prepared, break the ice naturally and create good rapport. She responded to raised questions efficiently and right to the points. Her session was very helpful and she paid attention back to the course even I always rushing out of time and tiring. She is the genuine sharing and interaction btw, her down to the earth approach and professionalism in knowledge and attitudes also very practical, she always let us share our feelings and help us to help ourselves to apply PET in daily life, she is always supportive, very resourceful, respectful and humble! Believe your child and spouse would be grateful if you take the course. Highly recommend! 🍊🍊🍊🍊🍊

Sandy Wong
1 review

★★★★★ 7 months ago

Rachel's teaching is exceptional! Her passion and deep knowledge shine through, and she effortlessly translates complex principles into practical, real-life examples. Parents were left feeling empowered and eager for the next session. Highly recommended for anyone seeking expert guidance with a personal touch!

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✕  **CJM**
3 reviews

★★★★★ 6 months ago

Rachel is an amazing teacher. She is professional and very patient. In class, she makes learning interesting by sharing real life examples to help us understand the subject really well. Rachel uses simple words to explain difficult ideas, which makes it easier for us to understand the course material. This PET parenting skills is very effective to my family. It really helps to improve the relationship between my children and myself. It is highly recommended to all families.

real life examples to explain difficult ideas

✕  **YL**
Local Guide · 32 reviews

★★★★★ 5 months ago

P.E.T. is highly recommended not only to the parents but everyone! I'm so thankful for Rachel hosting this course as it helped so much in having effective communication with my children. The role play and having a group of parents taking the course together was something I cherished a lot, as we got to practice what we just learned and shared the challenges we faced.

**PET skills apply at my workplace
better bonding with those at work**

Last but not least, PET helped me to "active listening" to myself, which I found it's very important as it helped me to realize my own needs under the volcano!

Thank you Rachel for teaching us patiently. Your passions, wisdom and experience in parenting are truly a blessing to me and many others. May your love & passion continue to grow and be a blessing to the world.

✕  **Dorothy Chow**
4 reviews

★★★★★ 5 months ago

Rachel has a deep passion on helping parents. She made me better understand by using the realistic experiences from the parents and herself to effectively demonstrate how PET skill could be applied practically.

Her roleplay exercises made the training very interesting, there was no pressure when we were stuck to give the answers or could not move forward, she then provided good guidance to lead us how to think. My communications with my child used to involve lots of road blocks/judgements. I didn't know these would be a judgement until Rachel pointed out in the roleplay exercises. I wish I can join more of her courses in the future. I highly recommend taking her PET courses if you are struggling in parenting.

**wish to join more of her courses
highly recommended**

✕  **Anna Hui**
1 review

★★★★★ 2 months ago

P.E.T. is a well structure and easy to understand course that every parent should take. Rachel is knowledgeable and passionate to the teaching. Throughout her real-life example sharing, we can apply P.E.T skills to our life more easily. I really appreciate her valuable feedback provided to our real-life applications every lesson. With her encouragement, I keep applying what I learnt to my teenage girl. I find our relationship is getting better and relaxed as the trust among us is built.

more relaxed now as trust is built

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