





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叉咗電,有能力去應付同小朋友相處時嘅挑

上完課好似叉再電

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

★★★★★ 3 weeks ago

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

充滿熱誠...解開了我的疑惑

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

□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,我也感到欣惠。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

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





Yvonne Wong

★★★★ 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 上海 中间 的 two thumbs up。她的表现 为 the 的 the sup。她的表现 为 the sup 的 the sup 的 the sup 的 the sup 的 the sup of the

家县份宫短片

















JR 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課程技巧聽起區的 PET課程技巧聽起區的 PET課程技巧聽起區的 PET課程技巧聽起區的 PET課程 PET课程 PET PETRE P

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。





Maria Fung 1 review

★★★★★ a month ago

Rachel 好專業, 認真, 對學員有要求, 能應變不同同學嘅 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

課程實用,反覆role play

PET課程令我學識別學學學學學學 ich 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。





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

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 一層的逐漸拉近和女兒的溝通距離。





Sylvia Yeung

幽默風趣。用心設計課程 的個人分享,全我更容易明白及了解PET的概念及如 非單純教授,還有角色扮演

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。

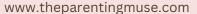
這個課程讓我學到一套更有效的方法去管教孩子,讓 我意識到以往管教孩子的方式的不足之處及弊處,亦 啟發我多思考自己的真正需要及價值觀。完成這個課 程,令我更有信心於應對孩子成長路上帶來的挑戰。

家長分享短片

















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

Rachel對家長真的很上心

PET的精髓,亦可以鼓勵技 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。





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

要概念都

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。





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。對於學員不大理解的理論

力的導師。





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

學習目標和重 握育兒技巧。

Thank you so much Rachel!





DonJo Williams

★★★★★ 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

spect. She provided a heartwarming safe platform

heartwarmingiandisate so peolearning platformations

very powerful roleplay

skills applicable to any

and cons serelationship

The biggest pros fro 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.



















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

help my child be a problem solver





LorRAINE C

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.





Fiona Chan

★★★★ 2 weeks ago

Rachel is very knowledgeable and knows PET insideout. She is very passionate to share her knowledge

learning fruitful and practical

enguiding principle that ole

us to purnuttures my kids

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.





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 appr<mark>eciate her insightful feedbacks during our role-playin insightful feedback.ce boost</mark>

No judgement but constructive

guidance to lead under the 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.





Winnie L

★★★★★ 7 months ago

I enjoy so much the 8-week PET course with Rachel knowledgeable, supportive

practices throand patient 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.























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

parenting journey. pract eatrofessional and supportive, she shares a lot of experiences and cases that are very practical in parents' daily life.





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 develogame changer awareness that will help me grow with my children.





Monique Tang 1 review

★★★★★ a month ago

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

She provid genuine enthusiasm

our questions and tyamples, have learned a lot from the course, not just you the haterial, get more importantly,

from her teaching methods. Her genuine enthusiasm for

helping us become better mothers is truly inspiring.





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

Not just simple solutions but a set of tools to navigate

through various stages

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.





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.

Sin relationship with son easier greatly improved

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























George Chan 1 review

★★★★★ 7 months ago

Rachel is very knowledgeable. She is able to explain complicated concepts in simple terms with everydaylife examples. When I heard about this new PET

method of parenting, I was a little skeptical of how it my wife noticed the positive changes in family dynamics

"handle" them. 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!





Cooking Good 1 review

★★★★★ 6 months ago

fruitful and joyful

humurous and genuine ded

resourceful, respectful and

of time and tiring in nedim to lee 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 n 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! de de de de de





Deb J 2 reviews

★★★★ 7 months ago

Informative and effective. Money

effective, money well spent 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

fewer angry outbursts and more problem solving in Active

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.





Sandy Wong 1 review

★★★★ 7 months ago

Rachel's teaching is exceptional! Her passion and translateeling empowered life examples. Parents were left feeling empowered and eager for the next session. Highly recommended for anyone seeking expert guidance with a personal touch!



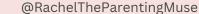














https://www.facebook.com/rachelmiuhk





★★★★★ 6 months ago

Rachel is an amazing teacher. She is professional and very patient. In class, she makes learning interesting by sharrealt life examples to helps simplexplain difficult ideas ficult 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.





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 preciate her valuable feedback provided to our

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.





Dorathy 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

wish to join more of her courses

highly recommended struggling in parenting.





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 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.

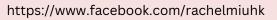
more relaxed now as trust is built











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