



*Welcome to the
Colorado HSP Weekend Retreat and Workshop*

*Co-facilitated by Jacquelyn Strickland, LPC,
co-founder of HSP Gathering Retreats^{Since 2001}*

*and Barbara Allen-Williams, Founder & Senior Mentor at
the*

*National Centre for High Sensitivity CIC, in the UK
www.hpsensitive.com*

Saturday March 24th, 2-18 – 9:30 am – 4:30 pm ~~ \$110, includes lunch, coffee, tea, snacks
DISCOVERING, UNDERSTANDING AND INTERGRATING YOUR HSP TRAIT

This will be a day for those fairly new to the genetic trait of high sensitivity or those wishing to build on their knowledge. We will explore various aspects of our HSP trait, look at facts, dispel myths, answer questions and importantly, look at what it means to live an authentic HSP life. Through group discussion and shared experiences, topics may include the joys and possible repercussions of showing up and being seen as an HSP, relating with friends, family or partners and speaking our truths as HSPs. This is not a therapy day, but you may find it has therapeutic or poignant moments ☺.

Each HSP will be at a different place along the path towards thriving and enjoying a sensitive life. You will learn from others' experiences, as well as gaining insights and guidance from Barbara and Jacquelyn. If there is interest, we will view the 1-hour documentary, 'Sensitive: The Untold Story'.

Sunday March 25th, 2018 - 9:30 am – 4:30 pm ~~ \$110, includes lunch, coffee, tea, snacks
NURTURING THE NUMINOUS – MENTORING AND SUPPORT DAY

This is a support day for those who are, or are aiming to be HSP role-models and who already have a strong interest (or responsibility) in the development of highly sensitive people. If you have known about the trait of high sensitivity for some time, have read about it, and are on a conscious path to authentic HSP living, then this day is about you.

The numinous space is one where one becomes connected to 'something' greater than oneself. HSPs often self-create those spaces as part of who they are, but as they mature, they also create and maintain those spaces for others, pointing the way for them to experience this sense of the numinous. In order to do this, a deep level of self-care and compassion, wisdom and support is required. This workshop invites you to look at your support network of friends, colleagues or family; your vocation, your personal impact on others in both practical and numinous ways. Bring your personal self to this workshop and not your 'role' – looking after the one, will take care of the other.

Barbara has been a co-facilitator at several HSP Gathering Retreats (Sweden, Germany, Canada, and United Kingdom.) Combined, she and Jacquelyn have 26 years of work with highly sensitive people. Besides colleagues, Barbara and Jacquelyn have formed a wonderful HSP friendship over the years.