

Welcome! *The First Canadian
Gathering Retreat for Highly Sensitive People™*
September 23 - September 27, 2006 - The Haven - www.TheHaven.ca
Gabriola Island - British Columbia

The Agenda

Saturday, September 23, 2006

3:00 pm - 5:00 pm - Arrival, Check In, Settling In

Arriving at The Haven at 3:00 pm is fine, although you will not be able to check into your room until 4:00 pm. Consider a volunteer task.

5:30 pm Getting to Know You - An optional ice breaker

6:00 pm Dinner

7:00 - 9:30 pm

Welcome - History & Evolution of the Gatherings, Overview of
our Retreat, Orientation, Norms, and ... Introductions

Jacquelyn Strickland, LPC

Sunday, September 24, 2006

9:00 am - 10:30 am

"HSP and Self-Advocacy: Knowing, When, IF and How
to Share your HSP Trait with Others"
with Jacquelyn Strickland, LPC

12:00 Noon Lunch

1:30 - 4:30 pm

Emotional Freedom Technique - with Wendy Beauchamp

What is EFT? (from Gary Craig's website: www.emofree.com)

EFT is a new discovery that has provided thousands with relief from pain, diseases and emotional issues. Simply stated, it is a unique version of acupuncture except you don't use needles. Instead, you stimulate well established energy meridian points on your body by tapping on them with

your fingertips. The process is easy to memorize and is portable so you can do it anywhere.

6:00 pm Dinner

7:30 - 9:00 pm Group Dialogue, Q & A: A group for those new to the HSP
Trait to share challenges, joys, and concerns. Gain suggestions
for coping strategies, learn from others.

Monday, September 25, 2006

8:00 - 9:00 am Breakfast

9:45 - 10:15 am First half-hour with Dr. Elaine Aron
Personal Interview with Jacquelyn Strickland

10:30 am - 11:15am Your personal questions answered by Elaine

Noon Lunch

1:30 - 2:30 Dr. Elaine Aron
"What's Special About the HSP's Brain & Body:
Scientific Facts and Theories"

2:30 pm Free Time
See Gabriola Island - Culture and Recreation
Check with volunteer activity coordinator - we'll try to create
a few group choices of things to do

6:00 pm Dinner

7:30 pm Art Night OR Group Dialogue OR Both
If you have never made a personal art collage, be sure to join us
for this relaxing, creative, self-expression activity. This is a soothing way
to settle in for the night and possible help create some pleasant dreams.
Music, candles, materials provided. No experience necessary.

Tuesday, September 26, 2006

8:00 - 9:00 am Breakfast & Sharing our Art Collages

9:00 am - 10:30 am The Importance of a HSP Dyad Partner:
Learning to Create, Nurture and Receive
from a Dynamic HSP Partnership

11:00am - 12: 30 pm

Creating Authentic Dialogue with Small Group Discussions
Conversation Café - www.conversationcafe.org

We know HSPs enjoy deep, intimate conversations, yet we also know these types of conversations are far and few between. We'll utilize the Conversation Café model to learn and practice, how to create your own meaningful conversations with a person or group of your choosing. Topics may include: *HSPs & Work; Relationships; Spirituality; or High Sensation Seeking*. Suggested advanced topics might be: *Focusing on Needs, Not Approval - How? Challenges and Rewards.*

Making a Life, Not Just a Living - Be, Do, Have vs. Do, Have, Be
The Priestly Advisor Role: Irony, Natural or Difficult?

12:30 - 1:00 pm Lunch

1:30 pm Gabriola Island - Culture and Recreation

6:00 pm Dinner

7:15 - 9:30 pm Creativity Night!

This has always been a *very special night* at the HSP Gathering Retreats. It is a time for you - our dear creative HSPs - to shine. Please consider sharing your own creative talent which might include poetry, art, music, song, dance, monologue, photography -- or whatever you would like to share.

Wednesday, September 27, 2006

8:00 - 8:30 am Breakfast

9:00 - 10:30 am Closing Circle - What Are You Taking With You?
What's Different? Quotes Worth Remembering

10:30 am

Check out of our rooms by 10:45 am (To avoid being over stimulated, you might want to start packing the night before.)

10:45 - 11:45 am *Transformative Guided Meditation for HSPs*
 with Neil Turley

In this closing meditation, you will become familiar with the part of you known as the "observer" and learn a brand new technique for letting go.

12:00 pm Final Lunch

1:00 pm Gabriola Island - Culture and Recreation
If anyone would like to stay on for another afternoon of outdoor activities you are welcome to do so. Others may be looking for someone to recreate with as well. Be sure to ask!

Gabriola Island - Culture and Recreation
The Outdoors Awaits in all Its Glory

excerpted from *Go Gabriola!* (www.gabriolaisland.org brochure)

Gabriola Islanders seemed to be spoiled for choice of recreational activity. Some choices available to plan for our free times are:

- Paddling, kayaking, or fishing on the water
- Building sand castles on the beach
- Beach walk at sunset
- Beach exploring
- Early morning walk at sunrise
- Hiking forest trails
- Aerial helicopter tours of the island

There are also three provincial parks, a regional park and multiple beach access points feature stunning ocean and mountain views.