



Welcome to the 2nd Colorado HSP Weekend Retreat and Workshop March 29, 30, 31, 2019

Co-facilitated by Jacquelyn Strickland, LPC, co-founder with
Dr. Elaine Aron of the HSP Gathering Retreats^{Since2001}

www.lifeworkshelp.com

and

Barbara Allen-Williams, Founder

National Centre for High Sensitivity CIC in the U.K.

www.hpsensitive.com

Friday, March 29th – 7:00 – 8:30 pm

Saturday, March 30th ~ 9:30am – 3:30pm and 7:00 – 8:30 pm

Sunday, March 31st ~ 9:30 am – 4:30 pm

Cost: \$310, includes lunch, coffee, teas, snacks;

Onsite lodging available at additional cost

Friday evening, March 29th, 7:00 – 8:30 pm

We will open our weekend retreat and workshop with time to meet each other and time to reflect on a personal intention or goal. We will share our name, where we are from, how long we've known about the HSP trait. We will close our evening with a "free write" writing prompt: *"What I most hope to receive from this weekend with other HSPs is ..."* Sharing your journal write is optional.

Saturday, March 30th – 9:30 – 3:30 pm

This will be a day to explore facts, myths and mysteries of the trait of Sensory Processing Sensitivity from a scientific, personal and individual perspective. We will also focus on the unique way individual HSPs manifest the four characteristics all HSPs share: D.O.E.S. – Depth of Processing; Overstimulation, Emotional Intensity/Responsiveness; Sensitivity to Subtleties. This will form the basis for creating our own unique HSP Self-Care plan.

3:30 – 7:00 pm - Free time to rest, nap, journal and/or explore Ft. Collins. Old Town, with restaurants and shops, is only about 3 blocks away.

7:00 – 8:30 pm Viewing the documentary, Sensitive: The Untold Story. A one-hour documentary released in 2016 with Q & A to follow. Jacquelyn makes a brief appearance at the end of this documentary.

Sunday, March 31, 2019 – 9:30 – 4:30 pm

Becoming an empowered highly sensitive person is a unique journey and there are joys, challenges and repercussions along the way for each of us. Becoming an empowered HSP and manifesting those gifts in the world requires a deep level of self-care, compassion, wisdom, and support. This day invites you to look at your support network, your vocational and personal impact on others in both practical and numinous ways. The 'numinous space' is 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. Bring your personal self to this day, not your professional 'role' – as looking after the one, will take care of the other.



Barbara has been a co-facilitator at several HSP Gathering Retreats (Sweden, 2013; Germany, 2015; Canada, 2015, United Kingdom, 2011, 2013, 2018). The National Centre for High Sensitivity offers education, links and resources, events for HSPs, trainings for Professionals and for HSPs who want to facilitate their own HSP Meetups around the UK. Combined, Barbara and Jacquelyn have over 27 years of work with highly sensitive people. Besides colleagues, Barbara and Jacquelyn, a sensitive introvert and sensitive extrovert, have formed a special HSP friendship over the years.



LODGING Options - Fort Collins, Colorado ~ We will be utilizing a spacious, beautifully remodeled home as our meeting space. This home is 3 blocks from restaurants, and interesting alleyways in Old Town, Ft. Collins. It is available for overnight guests: 3 bedroom, (King and 2 Queens). After our meeting ends each day, you will have access to the entire house, including full gourmet kitchen, 50" flat screen TV; Blue-Ray/DVD player; high speed internet. You will share the house with no more than 6 total if double occupancy in the three bedrooms, or 3 others if single occupancy.



Dining Room and Workshop/Retreat area

Bedrooms



Lodging : Single, \$110 per night; Double, \$80 per night