

Welcome to the First European HSP Gathering Retreat
6 - 10 April 2006
Croydon Hall, Minehead, Somerset, England
www.croydonhall.co.uk

The Agenda
(updated 3/10/06)

Thursday, April 6, 2006

3:00 pm - 5:00 pm

Check in; make a name tag; get acquainted with your surrounding; sign up for volunteer task; write out a question for Elaine; sign up for a brief private moment with Elaine- mainly for book signing & personally meeting her.

You are also invited to bring personal items for the HSP Networking Table.

A Gentle Reminder * The HSP Quiet Zones

We have designated the sleeping rooms for napping, journaling, puttering, meditating, organizing, writing, and reflecting. Please do socialize - very quietly in your room (with consent of your roommate), or preferably in the group areas on walks and at meal times.

5:30 pm Getting to Know You - An optional ice breaker
Angela Dunning, co-host, from Barnsley

6:00 - 7:00 pm Dinner

7:00 - 9:30 pm Welcome, Overview, Orientation, Norms, Introductions
Jacquelyn Strickland, LPC

Friday, April 7, 2006

8:30 - 9:15 am Breakfast

9:30 - 12:30 pm **Creating Authentic Dialogue - Small Group Discussions**
Neil Turley, Victoria, B.C.

We all know HSPs enjoy deep, intimate conversations, yet we also know it can be difficult to start a conversation which evolves into a meaningful discussion. We'll learn and practice the Conversation Cafe method in order to experience meaningful conversations with anyone. Our topics may include: HSPs & Work; Relationships; Sensitive Men; Spirituality; Being HSP & HSS, and other topics we may identify. After this workshop, you may want to invite friends over once a month for conversations on different topics using the Conversation Cafe method. To learn more visit the Conversation Café web site: <http://www.conversationcafe.org>

Friday, April 7, 2006

continued

12:30 – 1:30 pm

Lunch

1:30 - 3:00 pm

Part One - Myers Briggs Personality Inventory
Jacquelyn Strickland, LPC

Here is your opportunity to take the statistically valid and reliable MBTI instrument and score them in preparation for the interpretation on Sunday. (*Note: There is an additional \$30 US (£17) materials fee for the professional instrument and extensive handouts which will be mailed to you at a later date.*)

3:00 - 4:30 pm

Free (Retreat) Time: Journal, Nap, Hike, Socialize

4:30 – 5:30 pm

Join Croydon Hall staff for a sound, dance and silent Kundalini movement activity

6:00 - 6:45 pm

Dinner

7:00 - 8:00 pm

"A Personal Interview with Dr. Elaine Aron"
by Jacquelyn Strickland. Have you always wanted to know a little more about Dr. Aron? Here is our chance.

8:00 - 9:00 pm

Open Format - Questions & Answers & Book Signing with Dr. Elaine Aron. Elaine will answer the questions we have accumulated since our arrival on Thursday.

Saturday, April 8, 2006

8:30 - 9:00 am

Breakfast

9:15 -10:15 am

"What's Special About the HSP's Brain and Body
Scientific Facts and Theories Dr. Elaine Aron

You'll learn about new scientific theories and data that have not yet been published or presented at conferences. These are from some of the best research laboratories which have taken a sudden interest in the highly sensitive person idea because it makes so much sense and works so well in predicting differences in brain anatomy, genes, and physiological responses to stress and novel stimuli. But it's all work in progress, so Elaine will ask you to think about what seems true for you. This is a chance to ask all sorts of questions as well.

10:15 am

Group Picture

10:30 am Farewell to Dr. Aron. She is off on her France vacation and must leave Croydon Hall by 10:30 am to catch her plane.

10:30 - Noon Free time

12:15 - 1:15 pm Lunch

1:30 - 4:30 pm **What HSPs Can (and Must) Do to Thrive**
Jacquelyn Strickland, LPC

The HSP Good Life: What We Can (and Must) Do to Thrive

Living the HSP good life is 'thriving' instead of merely 'surviving,' and thriving in a demanding and not so sensitive world can be daunting at best. Jacquelyn will present over 30 things HSPs can do to begin the process of thriving. You will also learn and practice two specific cognitive coping strategies Jacquelyn personally uses to help toward her continuing goal of becoming an empowered HSP. Bring your most challenging HSP obstacles or challenges, and share in our group dialogue and problem solving process.

4:30 - 6:00 pm Free Time

6:00 - 7:00 pm Dinner

7:15 pm **Art Night!** We'll make collages, listen to music. Okay to join in even if not making a collage. A \$4 US (£2.26) supply donation is requested. Please bring scissors and a glue stick if possible.

Sunday, April 9, 2006

9:30 - 10:15 am Sleep in enjoy a later breakfast

10:30 -11:30pm Sharing and processing our Art Night pictures

11:30 - 12:30 pm Free time

12:30 - 1:30 pm Yoga or movement activity

1:30 - 2:30 pm Lunch

3:00 - 5:30 pm **Myers-Briggs Personality Inventory Interpretations**
Jacquelyn Strickland, LPC

"Jacquelyn has been certified to utilize the Myers Briggs Personality Inventory since 1991. She has found it invaluable for the self-esteem of HSPs to better understand the gifts they bring to the world, and to understand how everyone is justifiably and interestingly different from one another. We'll discuss the MBTI in light of our sensitivity, and gain tips on manifesting our gifts in the world!

6:15 pm - 7:00 Dinner

7:15 - 9:30 pm **Creativity Night!**

This has always been a very special night for 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.

Monday, April 10, 2006

8:00 - 8:45am Breakfast

9:00 – 10:30 am Closing Circle, "What's Different and What Are You Taking With You?"

11:00 am Check Out and Farewell

Other 2006 HSP Gathering Retreats

June 14 - 18, 2006 San Francisco Bay Area - Walker Creek Ranch, Tomales Bay, California www.WalkerCreekRanch.org

Sept. 23 - Sept 27, 2006 Gabriola Island, British Columbia, www.haven.ca

About the Co-Host and Presenters

About Angela Dunning - Co-Host

Originally from Shropshire, Angela has lived in Yorkshire for the past 15 years, and has known about the HSP trait since 2005. She is currently exploring Equine Experiential Learning as a new direction in life and hopes to practice this in the future. She loves being around horses, spending time immersed in nature and dancing Tango. It was her initiative that brought the HSP Gatherings to the UK. Her help in finding Croydon Hall and handling other details has been invaluable. Thank you Angela!

About Neil Turley, presenter of Creating Meaningful Conversations

Neil first found out about the HSP trait a few months before attending his first HSP Gathering in the Pacific Northwest on Whidbey Island in late August, 2005. He is a student of A Course in Miracles and practices Vipassana Buddhist meditation. His personal philosophy is that there is really nothing to heal - that we need only reveal...the grandeur of who we really are and have always been.

Since the 1980s, Neil has been a participant, coach and employee for several Seminar/Workshop organizations in Vancouver, British Columbia. He is now very "actively retired" and lives in Victoria, British Columbia. He is also the co-host for the British Columbia HSP Gathering September 23 - 27, 2006 on Gabriola Island.

About Jacquelyn Strickland, co-creator of the HSP Gatherings

Jacquelyn is a Licensed Professional Counselor (LPC), Coach and workshop leader based in Ft. Collins, Colorado. She has been creating HSP Gatherings in the US since 2001, and is the co-creator of the Gatherings, along with Elaine Aron. She has been certified to utilize the Myers Briggs Personality Inventory since 1991. She holds a master's degree in counseling from Colorado State University, and has a background in psychology, social work & women's studies, and has over seventy hours of training in hypnotherapy. Her counseling practice combines therapeutic principles and coaching tools with a spiritual foundation. She works exclusively with HSPs and families – assisting them toward optimal health and happiness. In her leisure time, she enjoys sharing the Colorado wilderness through her WomenOutdoors program. Sign up for her ezine, *HSP Highlights & Insights* by visiting her web site at www.lifeworkshelp.com , call (970) 484-0840, or email womenoutdoors@yahoo.com .

About Dr. Elaine Aron

As we know, Elaine Aron, Ph.D. is a research psychologist and author of *The Highly Sensitive Person*, *The Highly Sensitive Person's Workbook*, *The Highly Sensitive Person in Love*, and *The Highly Sensitive Child*. She holds a master's degree in clinical psychology from York University (Toronto) and a doctorate from Pacifica Graduate Institute. She also studied at the Jung Institute in San Francisco. She is a widely published research psychologist, a workshop leader, and has a private psychotherapy practice in San Francisco. She divides her time between San Francisco and New York. You may reach her office voice mail at (415) 765-7617, sign up for her on-line newsletter, *The Comfort Zone* by visiting her web page at www.hsperson.com