

HSP Events : Online, Affordable, Educational

Dear HSPs,
Here are several online educational (and affordable) opportunities for HSPs :

October 8 and 15, 2020

Myers Briggs with HSP Overlay, with Jacquelyn Strickland, LPC

It is not too late to join the Fall 2020 Myers Briggs/HSP Overlay class. Identify your accurate Myers Briggs type, and learn why it is important to differentiate between four temperaments: 1) Introvert; 2) Extrovert; 3) HSP introvert; 4) HSP extrovert

New times are October 8 and 15, 2020 - 4:00 - 5:30 pm (Mountain) - 7:00 am, Oct 9 and 16 in Tokyo ...

<http://www.lifeworkshelp.com/HSP-Newsletter/myers-briggs-hsp-overlay-fall-session-2020/>

October 24 & 25, 2020

Self-Care and the HSP, with Dr. Elaine Aron & Alane Freund, LMFT

<https://www.ciis.edu/public-programs/event-calendar/aron-freund-october-24-25-2020>

Saturday, December 2, 2020

The 2nd Highly Sensitive Men's Seminar: Meaningful Work for a Fuller Life, with Dr. Tracy Cooper, Tom Falkenstein, Ph.D., Will Harper & John Hughes

<https://www.eventbrite.com/e/the-2nd-highly-sensitive-mens-seminar-meaningful-work-for-a-fuller-life-tickets-119633630409>

And because we ALL need self-care, now more than ever, here is an updated (with pictures) of my **Top Ten Tips for HSP Self Care**, first published back in 2011 in this newsletter. This list also includes a link to the **Top Ten Reasons to Have an HSP Dyad Partnership**.

<http://www.lifeworkshelp.com/HSP-Newsletter/jacquelyns-top-ten-hsp-self-care-suggestions/>

Coming soon... my second (yes, only 2nd video 🙄) - coming soon: **Knowing When, If and How to Share Your HSP Trait**, which has been taught at several HSP Gathering Retreats.

Finally -- to answer many of your inquiries: Yes, there will be future HSP Gathering Retreats here in Colorado, hopefully in 2021, and there will be opportunities for other smaller retreats and online courses as well . Please stay tuned.

With you on this incredible journey of being an HSP,

love,

Jacquelyn