

Sensitive People!

Does your sensitivity affect your life? Are you hiding your gift? (Or hiding from it)

The trait of High Sensitivity is found in 15-20% of the population and is equally common in women and men. You may be highly sensitive if you:

- * Feel **overwhelmed** when too much is happening at once.
- * **Think** about things a lot and **deeply** (e.g. the meaning of life).
- * Notice **physical sensations** like strong smells, loud noises, lighting and temperature levels more than others.
- * **Feel** emotions **intensely**.
- * **Are creative** and moved by art and music.
- * Have a lot of **empathy**.
- * **Are conscientious**.

Term 2 workshops

Presented by Fiona Ingram and Gaylene Hansen.

A new series of interactive workshops designed to help you

- *Recognise, manage and value your gift of sensitivity.*
- *Create and maintain healthy boundaries in your life.*

Workshop 1 <i>Are you Highly Sensitive?</i>	Workshop 2 <i>Boundaries for sensitive people</i>	Workshop 3 <i>Highly Sensitive Children</i>	Workshop 4 <i>Boundaries for sensitive children</i>	Workshop 5 <i>Your thoughts change your health</i>
Sun 27 May 3.30-5pm Trafalgar St Hall \$15	Thu 31 May 7-9pm Trafalgar St Hall \$20	Sun 10 June 3.30-5pm Trafalgar St Hall \$15	Thu 14 June 7-9pm Trafalgar St Hall \$20	Thu 28 June 7-8.30pm Trafalgar St Hall \$20
...Or is your partner/ friend/ family member /client/ student? What this gift is and how it affects one's life.	Learn to create and maintain healthy boundaries. Includes intro to EFT/Tapping and other helpful techniques.	How to talk to, care for and guide our sensitive children. For parents, caregivers or professionals who work with children.	Help the children in your life to create and maintain healthy boundaries. Includes intro to EFT/Tapping and other helpful techniques.	An introduction to Meta-Health, EFT, Matrix Reimprinting and our body's innate response to how we think and feel.
Fiona	Fiona & Gaylene	Fiona	Fiona & Gaylene	Gaylene

To register interest contact Fiona.Ingram@windowslive.com or call/text 021-02796390.



Fiona Ingram

B.Soc.Sci, Dipl.Teaching, NCALNE

Sensitive Aotearoa

Facebook: **Sensitive Aotearoa**

fiona.ingram@windowslive.com

021 02796390

Gaylene Hansen

RN, BN, PG Cert, RM, META-MP, Matrix
Reimprinting, EFT, Reiki, BodyTalk Access
www.nurturingnaturally.nz

Facebook: **Nurturingnaturallynz**

nurturingnaturallynz@gmail.com

027 2303505(text only) 03 5451618

