

THE HSP NEWSLETTER
ISSUE 1, AUGUST 2010

Welcome to the first issue of our newsletter!

THE PURPOSE OF THE NEWSLETTER

This publication represents the HSP network and its members. That means it's your chance to contribute whatever you feel is helpful to the network. If you have any news, stories, articles or suggestions to do with the HSP trait, please get in touch. I would also like to offer you the opportunity to share your story here to inspire, encourage and foster awareness about being Highly Sensitive. After all the purpose of the network is to encourage connections... so let's connect!

ABOUT ME

My name is Tracey Wood. I grew up in a family of non-hsp's and have spent most of my life up until recently thinking there was something severely wrong with me. A few years ago I went through a major personal crisis and Elaine's book almost jumped off the bookstore shelf into my hands. When I did the test and scored 20/23 all the pieces fell into place for me. It is fair to say it was a pivotal moment that set me on the path of healing and to a deeper level of self awareness.

Having gained so much I was keen to get involved with the network. When I discovered that the Australian New Zealand HSP network needed assistance I connected with Trudy Brunton and offered my expertise as a life coach, web designer and writer. My role in the network is to maintain and update the website and create the newsletters. So that's me! Now over to you...

HSP NETWORK (AUSTRALIA & NEW ZEALAND) GOES LIVE The launch of the website has been a great success. New members are signing up almost daily, which makes you realise there are a lot of HSP's in Australian and New Zealand. If you haven't already, visit www.hspnetwork.com.au and take a look around.

JOIN OUR YAHOO GROUP

Trudy has done a fantastic job of setting up the group forum and it's great to see so many members contributing already. I encourage you to get involved and introduce yourself.

To learn more about the hsp-oznz group go to:
<http://groups.yahoo.com/group/hsp-oznz>

To post a message:
hsp-oznz@yahoogroups.com

To contact the moderator:
hsp-oznz-owner@yahoogroups.com

"This Month's Focus" Segment

To get some discussions happening, I propose we have a topic of discussion.
To get the ball rolling, our first topic is:

“The day to day challenges of being overwhelmed”

Log in and share your experiences about what types of things make you overwhelmed and how you manage it. It would be great to hear different approaches, ideas and tips on how you avoid getting overwhelmed and also how you manage and then dissolve it once it's taken hold.

HSP NETWORK STATE REPRESENTATIVES

If you're interested in taking a leading role in your state or region to organise workshops, local groups, gatherings or other events, let us know.

PROFESSIONAL SUPPORT NETWORK

I thought it would be handy to have a 'useful contacts' page on the website with a list of contacts of professional and personal support providers such as counsellors, life coaches, related groups etc. If you offer a service that is helpful to HSPs (or you know someone who does) then please help us create a personal and professional network of support.

HSP MEETINGS

There are a number of members interested in holding meetings in their cities, towns and regions. If you are interested in participating in or facilitating meetings in your area, please let us know.

UPCOMING MEETINGS

AUSTRALIA

Melbourne, Victoria

Melbourne HSP Network Inaugural Meeting

Date: Tuesday 7th September 2010

Time: 7pm

Venue: Bowen Street Community Centre, 102 Bowen Street, Camberwell.

Contact: Trudy Brunton

Phone: 0414 422 877

Email: trudybrunton@yahoo.com

Sunshine Coast, Queensland

Local group proposed in this area. If you live on or near the Sunshine Coast and want to connect with other members then get in touch.

Contact: Tracey Wood
Phone: 0400 097 941
Email: traceywood@live.com.au

OTHER AUSTRALIAN AND NEW ZEALAND CAPITAL AND REGIONAL AREAS Please contact us if you are interested in starting or participating in a group in your area.

Next Issue

If you have something to contribute to the next newsletter, please email me at tracey@momentum7.com or via the contact form at www.hspnetwork.com.au/contact

Until next time,
Tracey