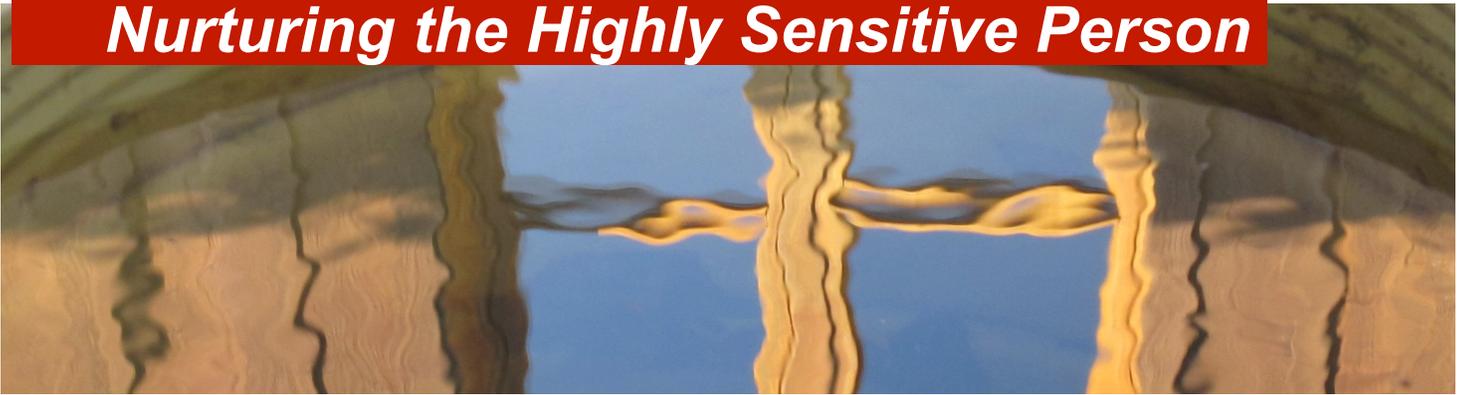


# Nurturing the Highly Sensitive Person



## **Synopsis**

15 - 20% of students are considered to be highly sensitive people. Most of these possess artistic gifting or what is commonly referred to as the artistic temperament. Un-nurtured sensitive students don't fit in, feel unwanted and experience feelings of disorientation. Expressive, vocal, dramatic and highly involved in the arts and worship, they impact public relations and often comprise the majority of students that determine some of the prominent features of the public face of the school.

Staff, administration and parents will be equipped to nurture the highly sensitive person and dealing with issues related to creativity and the arts. Students will understand themselves better as highly sensitive people.

## **Workshop Premise**

*If David, with his intense artistic temperament, could be called "a man after God's own heart", then there is hope for every highly sensitive person.*

- Students who understand themselves as highly sensitive people are a joy to work with and channel their gifting into profitable and constructive endeavors and help create a positive spirit led school culture.
- Surrendered to the will of God, the artistic component of the school is an asset. Controlled by self and fueled by sinful passion, it is a liability.
- Creativity is an essential ingredient to all learning and is dependent on sensitivity.
- Many aspects of this workshop are relevant to all students and all areas of education. The workshop can be geared towards students or teachers and parents. All will benefit from the spiritual and practical guidance presented.

## **Who will benefit from this workshop?**

- Highly sensitive students, their peers and parents
- Staff who work with highly sensitive students
- Administration and boards who are impacted by the PR (positive or negative) generated by highly sensitive students.

# Nurturing the Artistic Temperament

## Possible Workshop Outline\*

### **SESSION 1**

- Understanding the highly sensitive person
- Strengths and weaknesses of the highly sensitive person
- The highly sensitive person and the artistic temperament
- Personal spiritual & artistic inventory

### **SESSION 2**

- Value of story
- Value of David's story
- Welcoming the wilderness of soul and art

### **SESSION 3**

- Rooting and growing the highly sensitive temperament
- Practical techniques for learning how to control emotions, conquer emotional negativism, dealing with perfectionism, achieve artistic and spiritual disciplines.

### **SESSION 4**

- Growing a sanctified imagination
- Word study of "magnify"

### **SESSION 5**

- Living in an artistic community
- Power and promise of the sanctified highly sensitive person

*\*Schedule and topics may be adopted to as necessary to local situation.  
As time allows, seminar provides numerous opportunities for reflection and integration of artistic medium of choice.*