

# Need help dealing with difficult situations?

Do you become upset easily? Are you *unusually* sensitive to the actions (and reactions) of others?

Do you avoid conflict whenever possible?

Are you at a loss as to what to do when people *set you off* or otherwise *push all of your buttons*?

Join Cliff Harwin, highly sensitive person, author of *Making Sense of Your High Sensitivity*, and self-employed businessman, for a special workshop. He combines his many years of personal and professional experience to help you better cope with bosses, colleagues, kids, parents, friends, neighbors, lovers — and life's challenges in general.

- ☑ Optimize your natural, highly sensitive person (HSP) traits to handle people and situations better.
- ☑ Get your needs met, while at the same time, minimizing conflict.
- ☑ Establish boundaries, so you feel empowered.
- ☑ Bring your pet peeves, and if you choose, we can *role play* your problems away!

For more information about highly sensitive people, go to our website [www.TheHighlySensitivePerson.com](http://www.TheHighlySensitivePerson.com). Download our free ebook, *Real World Advice Specifically for Highly Sensitive People*.



## Workshop Details

**Topic:** How Highly Sensitive People Can Peacefully Co-Exist With Others

**When:** Sunday, March 21, 2010, 1:00 - 3:30 pm

**Where:** *The Arc of Middlesex County* ([www.arc-middlesex.org](http://www.arc-middlesex.org))

**Address:** 219 Black Horse Lane, Suite 1, North Brunswick NJ 08902

**Cost:** \$25 (complimentary for Arc employees)

**To Register:** 800.601.5151 or online at [www.TheHighlySensitivePerson.com](http://www.TheHighlySensitivePerson.com)