

THE HSP AWAKENING

Virtual Summit

HIGH SENSORY
WOMEN OF COLOR
& CONSCIOUS
LEADERSHIP

6TH OCTOBER 2023



DR MICHELE MERCER

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LEADERSHIP AWAKENING SUMMIT

OCTOBER 2023

HIGH SENSORY WOMEN OF COLOR & CONSCIOUS LEADERSHIP

Transforming from the inside out through conscious leadership while advancing equity and education for high sensory women of color (HSWOC)

WITH **Dr. Michele Mercer**

OVERVIEW

In this segment focused on awakening the conscious leader within us, join Dr. Michele Mercer as she shares the unique challenges and benefits of being an HSWOC in the workplace, tips that can support how to navigate an intentional growth journey, learn about four conscious leadership practices you can adapt, and consider how the five pillars of creative and conscious leadership can elevate leader capacity with mindset transformation to meet the demands of unprecedented complexity and the ability to lead a life of meaning.

<https://the-hsp-awakening-virtual-summit.heysummit.com>

HIGH SENSORY INTELLIGENCE

- **High Sensory Intelligence is a trait with an origin founded 35 years ago by Dr. Elaine Aaron, who is a clinical research psychologist, and defines it as a distinct personality trait that is within 20% of the population (50 million people) and consists of four core aspects.**

FOUR CORE ASPECTS

- **DEPTH OF PROCESSING**

HIGHLY INTROSPECTIVE OF INTERACTIONS, PEOPLE, & LIFE, MAKE ASSOCIATIONS & LINK DISPARATE PARTS, REFLECTIVE THINKER, COGNITIVE, EMOTIONAL, & SPIRITUAL ANALYSIS WITH INFORMATION & PROCESSING.

- **EMOTIONALLY CONNECTED & FEEL DEEPLY**

CAN OFTEN APPEAR AS HIGH EMPATHY, THOUGHTFULNESS WITH OTHERS, & HAS INTENSE INNER WORLD, WITH RICH IMAGINATION, CURIOSITY, & CALIBRATING EMOTIONS & MEANING.

- **EASILY STIMULATED BY ENVIRONMENTAL ENERGY**

IN-TUNE WITH SURROUNDINGS, NERVOUS SYSTEM CAN BE HIGHLY AFFECTED BY ENERGY OF OTHERS, SOUNDS, SMELLS, LIGHTS, & CROWDS.

- **PERCEPTIVE TO SUBTLETIES**

HIGHLY INTUITIVE, SEE BEYOND PHYSICAL & FACTUAL, ASTUTE OBSERVATIONS, THE ABILITY TO QUICKLY UNDERSTAND & READ PATTERNS & SITUATIONS, CAN SEE WHAT OTHERS CANNOT.

- **CONSCIENTIOUS**

- **CREATIVE**

- **SENSATION SEEKING**

OTHER POSSIBLE TRAITS MANY HAVE