

PowerWood Project C.I.C is the UK's leading not-for-profit, community driven, social venture committed to raising awareness and supporting and improving the emotional wellbeing of families and individuals living with intensity, hyper-sensitivity and super-reactivity. Psychologists refer to these combined traits as 'overexcitability' (OE). Having this increased sensitivity, awareness and intensity makes a real difference to how life is experienced. These positive personality traits may bring above-average energy, pleasure, enjoyment, creativity, interests and empathy. OE also often comes with the deep urge to make the world a better place for everyone. PowerWood was founded and is led by Simone de Hoogh, supported by a board of directors, an advisory board, and a team of more than 30 enthusiastic and skilled volunteers.



Simone de Hoogh

Simone de Hoogh is an experienced Parenting Consultant, Family and Life Coach, and ECHA Specialist in Gifted Education specialising in OE.

Through family, individual and group support, workshops, PowerWood Camps and celebrations Simone aims to raise awareness, increase understanding, support parents, and improve communication in families living with atypical children.

In 2008 Simone de Hoogh received a European Advanced Diploma in Educating the Gifted from Radboud University (Netherlands) and approved by the European Council of High Ability (ECHA). Two years later she won an award from UnLtd to start the first PowerWood Camp. In 2012 the Lloyds Bank Social Entrepreneurs Programme offered her a fully-funded year of learning, including a grant to help grow PowerWood further.

Simone has been married to her partner Nic for more than twenty years and is the mother of two young adults.

*** Children, teenagers who have OE can be extremely overwhelmed by their strong urge to move and talk, their intense physical feeling, their vivid positive and negative imagination and thoughts, their thirst for knowledge, deep sense for justice and their profound emotions.**

POWERWOOD

What PowerWood has to offer and how you can get involved.

- **FREE Online OE Questionnaire** to find out if your children have OE as well
- **Workshops** Learn to connect positively and guide confidently your 'OE'* Child and/or Teenager
- **Clinics** to learn from Simone's advice and each others stories
- **Volunteering** You can e.g. join the editors group (online) or the Land volunteers (in North Devon) or organise a PowerWood workshop in your own area
- **Coffee with Simone** Free informal chat with a professional and connecting with parents facing the same challenges
- **Celebrations** Join and celebrate together being part of an empowering, caring and supportive community
- **PowerWood Camps** Time with inspiring workshops for the whole family in beautiful countryside in Devon
- **Book a Free Introductory Talk** to learn about OE and if you wish share your concerns
- **Family and Individual Support By Phone, Skype or in person** in Crediton, Devon
- **Group Support** Meet and share with others facing similar challenges by Video Conference

Further information

www.powerwood.org.uk

Phone or Text 079 263 665 11

Email info@powerwood.org.uk

Tweet @PowerWoodUK,

www.facebook.com/PowerWoodUK

POWERWOOD



... being happily unique ...

East Sussex Workshops 17 and 18 Oct 2015



Intense?



Sensitive?

Easily overwhelmed?



Reacts out of proportion?

Over-anxious?

Over-caring?



Over-enthusiastic?

Over-fearful?

Connecting Positively with your 'OE'* Child and/or Teenager 17th October



Guiding Confidently your 'OE'* Child and/or Teenager 18th October

With Simone de Hoogh**

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PowerWood raises awareness about and supports individuals and families living with intensity, (hyper)sensitivity and 'super reactivity'

EXPERIENCE LIFE DIFFERENTLY?

Do you know someone who seems to experience life differently from everyone else? Who seems hyper-sensitive, appears to overreact to everyday situations, and who generally seems to experience life more intensely than other people? There's a good chance you do, because one in five people have this combination of 'OE' personality traits.



Children with OE tend to be over-sensitive, easily overwhelmed and display over-excited behaviour. They may be nervous or shy, or they may show strong emotional reactions. Their behaviour may be inappropriate or challenging and

they are often misunderstood, misdiagnosed and labelled.

Quality of Life

20% of children have OE to some extent and 2-4% have it in such a way it can bring challenges to family life. If it isn't recognised and supported OE can have a negative effect on quality of life. Even at a young age, affected children can become extremely unhappy, display symptoms commonly associated with depression and even express suicidal thoughts.

Challenges

Parents of intense, super-sensitive and hyper-reactive (more)able children and teenagers often feel alone, they have tried many parenting techniques, which didn't work, and sometimes are at their wits end. Often parents blame themselves and unfortunately sometimes get blamed by their social environment for the behaviour of their children. In fact parents are faced by many challenges because overexcitable children and teenagers need a different style of parenting, teaching and counselling.



POWERWOOD



... *being happily different from the norm* ...

*"I thought it was brilliant. Very inspiring and just what we needed for our family. I gained confidence in myself and my choices and to get tools to help our family." Mum of a nine and two-year-old.
(Read what other parents thought on the website)*

You are not alone!

PowerWood's workshops offer solid advice and support for parents puzzled or worried about their child's behaviour: about the sensitivity; intensity and strong emotional reactions. You might worry about your child's mental health or even wonder if a given diagnosis really covers what is going on.

Empowering parents with skills needed

PowerWood organises two different full day workshops for parents, carers and professionals.

"Connecting Positively with your 'OE' Child and/or Teenager" (Saturday 17 October) which is designed to help you understand what you and your child need to enable positive dialogue and develop a clear connection. You'll learn how strong emotions may affect development and behaviour, as well as discovering more about influencing factors such as Asynchronous Development, OverExcitability and High Ability and get practical tools to help improve family dynamics.

The full day workshop *"Guiding Confidently your 'OE' Child and/or Teenager"* (Sunday 18 October) for parents, carers and professionals that have been to the 'Connecting positively with your 'OE' Child and/or Teenager" and is designed to help you support your child be in charge of their own emotions and needs.

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You'll learn how emotional stress may influence intellectual, emotional, creative, practical ability and communication, as well as discovering more about important aspects in communication and self-regulation such as involuntary mechanisms, neurological pathways and how to model the ability to change.

This workshop will also be more tailored to your needs as participants are invited to list beforehand any particular challenges related to the social and emotional needs of your child/teenager per email and any subjects you would like Simone de Hoogh to cover. This information will be if possible used in designing the programme, but individual details will remain confidential at all times.



Key Aim

A key aim of both workshops is to empower parents with the skills needed to help their child to understand and be in charge of their own emotions, behaviour and needs and support overexcitable children develop independent skills to understand and deal constructively with their own feelings and needs. You'll also be introduced to strategies that can make challenging situations more manageable and build greater communication. The workshops will be led by Simone de Hoogh**.

Further information or Booking

You can find further information or book one of these workshop online at www.powerwood.org.uk or text/phone mobile number: 079 263 66511 or email info@powerwood.org.uk

