

# NEWSLETTER

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Fragile  
Power

*How to support highly sensitive children and teenagers*

## FRAGILE POWER PROJECT: CLOSING ONE CHAPTER, OPENING ANOTHER!

As our project draws to a close, it leaves behind far more than completed outputs—it has ignited a renewed determination to continue the mission of Fragile Power. Although this Erasmus+ project is ending, our commitment to **raising awareness about high sensitivity and supporting highly sensitive children and young people** is very much alive.

In the final phase of the project, we focused on two key elements: the implementation of interactive **workshops for educators**—building on our Guide—and the broad **dissemination** of our results.



In Prague, we delivered four workshops for educators, marking the first systematic initiative in the Czech Republic to provide teachers with comprehensive, research-based information about high sensitivity and ways to support **HSCs in schools**. Several similar workshops were also organised in France. These workshops helped educators:

- Recognize the **characteristics** of highly sensitive children and teens

- Deepen **their understanding** of high sensitivity as a personality trait, not a disorder
- Respond to students' **needs** with practical and compassionate **strategies**
- Reflect on their own **teaching practices and well-being**
- Share **experience**, challenges and solutions with colleagues

These inspiring meetings created a bridge between our mission to spread awareness and the everyday work of school professionals. They opened space for dedicated and meaningful conversations about the needs of highly sensitive students and the reality of current educational system.

A message that resonated throughout the workshops—and beyond—is the proven insight that when we create a **supportive environment** for highly sensitive students, the entire classroom benefits. By **nurturing their strengths**, we enrich learning communities as a whole. This belief motivates us to continue raising awareness even after the project formally ends.



Looking ahead, we are also exploring the possibility of organizing **supportive circles** for highly sensitive students in the next year to empower them in their daily lives.

## MULTIPLIER EVENTS: CELEBRATION OF SHARED WORK

The project's visibility in the Czech Republic culminated in a joyful multiplier event on September 27, 2025, held as part of a **conference in Prague** organized by Institut pro vysokou citlivost.

The event featured a presentation of the project and a festive launch of the two publications created within the project. We shared this special milestone with a large audience interested in the topic of high sensitivity, both in-person and online.

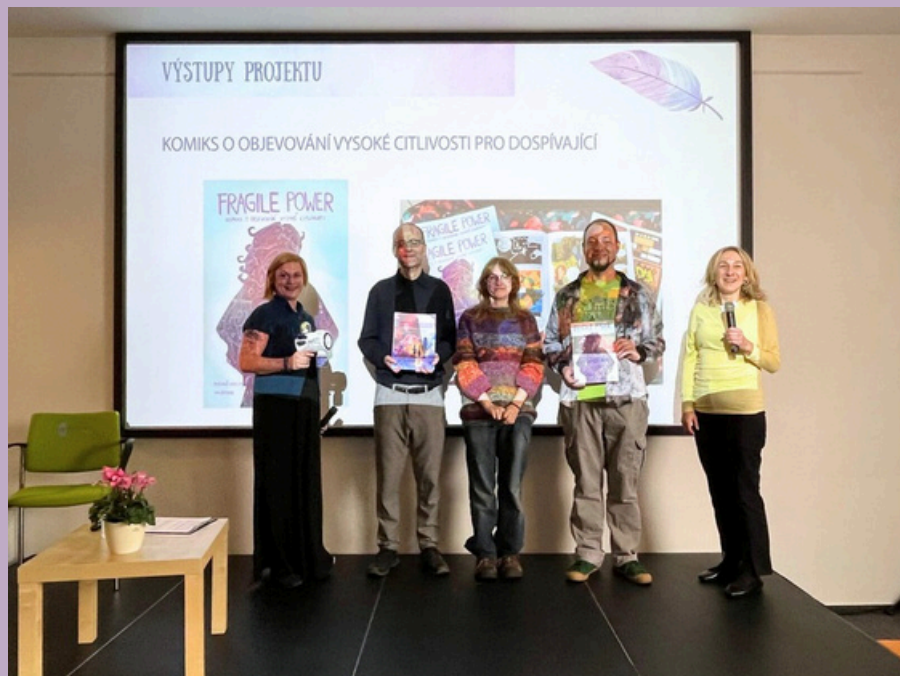
Two multiplier events were also held in France, in **Paris** on 11 October and in **Nice** on 26 November, with the same contagious enthusiasm and success!

We are deeply grateful that this project, supported by the EU, allowed us to collaborate with so many inspiring people and strengthen the support available to highly sensitive individuals. Though this chapter may be closing, the work—and the heart behind it—continues.

Let's stay connected and strive for a more thoughtful, compassionate world!



*Saverio Tomasella and other representatives of Observatoire de la sensibilité presenting the project results at multiplier events in Paris and Nice to professionals in the field of high sensitivity, as well as to the public.*



*The talented comic illustrator Nadojone, creative scriptwriter Matouš Hekela, co-authors of the Guide and the Comic from the Institut pro vysokou citlivost—Jitka Háková and Ondřej Fafejta—together with Magdaléna Hanáčková, project coordinator and contributor to its results, stand together on stage to joyfully send the Czech versions of the Fragile Power publications out into the world.*



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