



Just because I can't talk,
doesn't mean I don't have
anything to say.

Audience Tips

Thank you for supporting me in my journey to teach about love.

I consider myself a classic extrovert, however I am managing from a non-verbal body. I am constantly challenged to process sensory stimuli, and often this tends to direct several of my behaviors. Below are a few tips as we become more acquainted:

1. Sometimes I put my hands over my ears. This does not necessarily mean something is too loud – it often means that I am excited. Covering my ears is something I do to self-regulate how much “excitement” to let in. (Example: Have you ever had to look away or leave the room during the final seconds of a close Broncos game? It is as if you simply can't take in all the emotions of the moment. This is the same concept.)
2. I often choose to stand in the periphery of a room to listen and observe. I assure you, I am taking it all in from the margins of the experience.
3. My body “craves” sensory input – just like you might crave a deep body massage. So, sometimes I might take your hand and “ask” you to rub my back, neck or hands. This helps me “organize” my body.
4. I fully understand everything going on around me. Even though my expressive communication is limited to pointing, clapping, and the Facilitated Communication method discussed today. I do not understand or use standard sign language.
5. I have a heightened awareness of people's emotions and can sometimes become overwhelmed in large crowds when emotions - happy or sad - are prominent. Therefore, I may need some downtime after today's message. Please don't be offended if I am unable to return your hug today.
6. My ability to have a conversation via typing is still evolving. I am processing many sensory “inputs” therefore my “output” takes time. Feel free to leave me a note and I will respond via email after I have time to process.

How to support Holly's journey -

Visit Holly's website at www.HollySpeaksUp.com

Purchase Holly's book “Just Because I Can't Talk Doesn't Mean I Don't
Have Anything to Say

Purchase a copy of Holly's CD – God Will Sing You Home