

Sensitive Living: Navigating Life as a Highly Sensitive Person or Empath

with Stephanie Cunningham
Saturday, February 22, 10a-4p
Cost: \$99

Are you sensitive to sound, light, fabric or food textures? Are you always searching for meaning? Can you swing from euphoric to crushed in a matter of seconds? Do you actually feel the emotional or physical feelings of others? Does negativity overwhelm you? If so, you may be a Highly Sensitive Person (HSP) or an Empath.



It's estimated that 15-20% of the population are highly sensitive and 2-4% are empathic (not to be confused with empathetic). These are not disorders, they are simply different ways to experience life. Unfortunately, most have never heard these terms, so they feel like there's something wrong with them. They're pegged as overly sensitive and diagnosed with a psychological disorder that may not exist. This lack of understanding results in being negatively labeled, misunderstood by self and others, and being unnecessarily medicated by self or professionals.

This course is designed to help HSPs and Empaths regain their power and integrate their gifts for a purposeful life. By understanding this sensitivity as a gift to humanity rather than a character flaw, HSPs and Empaths can navigate relationships, careers, and stressful situations in a way that feels aligned, without sacrificing their true nature.

At the end of the day, you will:

*Understand the difference between HSP and Empath *Why these personality traits are gifts to humanity *How to use awareness, energy management and connection to integrate these powerful gifts

*Learn how to find purpose and peace as a sensitive being



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Registration:

<https://www.schedulicity.com/scheduling/TRCLMY/classes>