



## THE EMPATH TRAINING LAB

**Doors to the Empath Training Lab Are Open for Early Registration!**

### Who:

Empaths who desire to learn a system of energy management and self-care practices to help them live a more empowered life.

### What:

The Empath Training Lab is a 6-week group course for female empaths to share, learn and practice tools & techniques that support the 4 Pillars for Empath Health (Grounding, Protection, Clearing and Daily Self Care). This is a safe space for support, education, connection & personal growth.\*

### When & Where:

Sundays at 10 am - 11:30 EST on Zoom

Dates: Feb. 28, Mar 7, Mar. 14, Mar. 21, Mar. 28, Apr. 11 (skip Apr. 4)

### What's Included:

- Six, 90-minute classes that include group sharing, learning, practice time in a small group or with a partner, journaling and self-reflection
- 1 private empath coaching session with Stacey for additional 1:1 support
- Access to private Facebook group for ongoing conversation & connection
- Mid-week check-ins with Stacey every week through Facebook Live (recorded)
- A copy of *The Empath's Survival Guide* by Judith Orloff, MD, mailed to your home

\*If you are interested in this program, but are not comfortable doing this work in a social setting, Stacey highly recommends that you inquire about private coaching.



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**Topics will be chosen based on group interest & need. Here's a sample list:**

- Protecting yourself from others' emotions
- Over-identification: what is it and how to stop
- The art of saying no
- Navigating difficult social situations
- Resetting your system
- Discerning between your own energy and someone else's
- Releasing over-responsibility & guilt
- Handling energy vampires
- Raising kids who are empaths or highly sensitive
- Living in harmony with your 80% family or partner
- Connecting with your intuition & learning your body's cues
- Healing shame

### **Investment:**

\$597 (payment plan available)

Save \$50 with early bird registration through Feb. 17 only! \$547

Venmo @luckygirlhealth or PayPal luckygirhealth@gmail.com to save your spot!

### **Optional Add On's:**

Participants may choose any of the following to enhance their experience and foster deeper healing during or after this course. Many empaths have a dense energy body that is full of emotional pain that they've absorbed throughout their lives. HMR® can lighten this burden. Learn more on Stacey's website.

- 6 weeks of health coaching: Add \$1000
- 3 HMR sessions: Add \$420
- 1 HMR session: Add \$140