



## The Thriving Empath Workshop Series

Participants will experience a series of live-streamed classes that focus on the following topics...

### Week 1

This Gift Called “Being An Empath”

*That’s right—it’s a gift, not a burden! Paula will tackle that first thing. You’ll learn more about the invitation that Spirit is offering you to add to the loving on the planet through your gifts.*



### Week 2

Participate Fully in Your Life & Easily Manage Your Energy

*Learn new ways to manage your energy so you don’t have to shy away from living life fully and joyfully.*



### Week 3

Participate More Fully By Staying Full Instead of Disengaging from yourself and others. *Learn how you can stay full regardless of where you go or who you are with.*



### Week 4

The Basics of Handling Yourself Once You’ve Been Depleted



*Learn how to recharge your battery quickly so you can get back to being “full” and fully engaged in your life.*

### **Week 5**

Participate in Service Consciousness: Let go of What You Are Not & Move More Fully into the Love That You Are

*Experience amazing tools that help you expand into a consciousness of ongoing service, taking care of yourself first by using your gifts to fill yourself and then give from the overflow.*



### **Week 6**

Live in the Oneness: Learn Strategies to Gracefully Handle Yourself In Situations Where You Have Allowed Others to Pull Your Energy

*Learn to disconnect from an “Energy Taker” while staying connected to yourself and others, deeply connected to your loving and Spirit while being in a place of overflow.*



[Register Here](#)



*Come Shift with Us*

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