Jennifer Elizabeth Moore

AUTHOR TRAINER SPEAKER Jen@empathicmastery.com 207-200-8447



How does one go from being a former HOT MESS and world class awfulizer to a calm, resilient mentor & healer? Willingness, Persistence and Divine Intervention with some rather bone-headed moves (aka personal growth opportunities) thrown in along the way.

Podcast guest and expert on all things Empathic, Jennifer Moore is passionate about sharing the hard won lessons of being an Empath and offering clear accessible tools that bring relief and empowerment. It's her mission to spare other highly sensitive women the years of floundering she endured. Her primary goal is to help others embrace their abilities as gifts instead of cursing them as burdens. During these turbulent times the world needs all hands on deck more than ever.

Jen's message to Empaths, Lightworkers, Intuitives, Creatives & Sensitive Souls is that WE are the ONES we've been waiting for and we are the ones who can turn this imperiled ship around.

Jennifer has a no B.S. Tell-It-Like-It-Is approach that mixes wit, compassion & candor. As an experienced mentor, trainer and seasoned interviewer herself, she'll bring relaxed competence and valuable information to your show.

Jen strikes a nearly-impossible balance between profoundly powerful & life-changing, and sublimely simple & easy to comprehend & apply.

-BRITT BOLNICK, In Arms Coaching

• One of the best self-help books I've read in a long time!

-PAMELA BRUNER, CEO of Attract Clients Online

Jennifer Moore is a

mentor & healer for sensitive intuitive women. Jen holds a Master's Degree in Psychology & Religion, she's also an Accredited Master Trainer for EFT International and founder of the Empathic Mastery Academy. Jen is the author of Empathic Mastery, host of Empathic Mastery Radio, and creator of two oracle decks and the photographic Healing Tarot.

Bringing over thirty years of personal & professional experience, Jen merges practicality, intuition and wisdom to offer insight, guidance & emotional freedom to those she serves.

@ModernMedicineLady



Connect with Jen on Social Media

(in)@JenniferElizabethMoore



# Empathic Mastery Q & A with Jen



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Jennifer's path alone is but one reason I highly recommend Empathic Mastery to enlighten, inspire and guide anyone who struggles to serve the world through their empathic gifts. She also shares the 'how' and 'why' in practical ways that truly allow you to harness and share YOUR light in a glorious way. Your struggle is over dear empath. This is your ultimate guidebook to live in splendor as you share your blessed gifts. ANNA PEREIRA, Founder of TheWellnessUniverse.com

& CEO of SoulVentures

Jennifer is a modern age Angel with tools to help you heal anything that doesn't serve you very well... Another gift to our Universe! JOHN THADDEUS FIORE, Sports Performance Improvement Techniques





SACRED Jucces SALON

Autumn Energy Event

The Dream Catcher



BROKENHEARTED



**News** for **Soul** 

## Topics Jen covers...

#### **Empathic Collapse Syndrome**

Being empathic impacts all

aspects of life. Even with the best intentions unchecked sensitivity can derail us and block us from effectively sharing our gifts with the world. Unfortunately ordinary spiritual & strategic solutions rarely cut-it, Jen explains why and how.

## **Fatal Flaws of the Empathic Entrepreneur**

The desire to help the planet and offer healing and love is a primary motivator for many empaths. However, without conscious awareness of all the ways our sensitivity drives our bus, we're vulnerable to over-giving, undercharging, hiding, procrastinating, self sabotaging and spinning our wheels. Jen brings unique insight as an empath and experienced entrepreneur who has faced many of these issues herself and overcome them.

## **5 Steps to Empathic Mastery**

Empathic wellbeing takes diligence and self awareness. We did not become this way overnight, so it is a process to become more resilient, calm & confident. Jen shares the 5 steps of Empathic Mastery: RECOGNIZE, RELEASE, PROTECT, CONNECT & ACT and offers concrete tools, tips & resources that listeners can adopt and implement immediately.

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