

APPROACHING EMPATHY AS A WAY OF LIFE

- JENNY FLORENCE



onlineevents
Learning Together Online

Resource Guide

About Jenny Florence

Drawing on her extensive experience as a therapist, Jenny Florence's books are a journey of self-awareness, connecting the intelligence and creative capacity of our mind with emotional knowledge and understanding. She has a unique ability to talk about the complexities of our mind and emotions in a language that is accessible and without jargon.



Jenny has worked as a counselor and therapist for over 26 years and has trained in a variety of therapeutic modalities. She has listened to people of all ages; men, women, couples, and individuals, each on their own unique and individual journey. She has seen first hand that in times of difficulty, almost everyone, herself included, struggle with our powerful emotions.

She also explains, "If we are to develop lives that are based on considered, mindful, and reflective thought, then it becomes clear that we will need to listen to ourselves without fear or judgment and find a way to engage with our more challenging emotions as a positive and valuable experience. An experience that contributes to the health and well-being of our daily living rather than being seen as potentially overwhelming and as something to be feared."



About Jenny Florence (ctd)

Our emotions are a powerful, human commodity. They can be our strongest, most supportive ally or they can disable us, leaving us feeling blocked, out of control and in pieces. In Jenny's experience, it is our ability to listen to and understand our powerful emotional responses whilst learning how to channel the extraordinary energy that they bring, that will help us to live a life underpinned by considered and reflective thought creating empowered choices in our lives.



Event Details

Following their previous event focusing on self-care, Jenny and John will talk about Empathy as being central to leading a healthy and vibrant life in which we can learn to listen, not only to others but also to ourselves.

Drawing on her book, *7 Steps to Spiritual Empathy, a Practical Guide*, Jenny highlights the connection between, science, spirituality, and the listening professions.



Free Library Resource



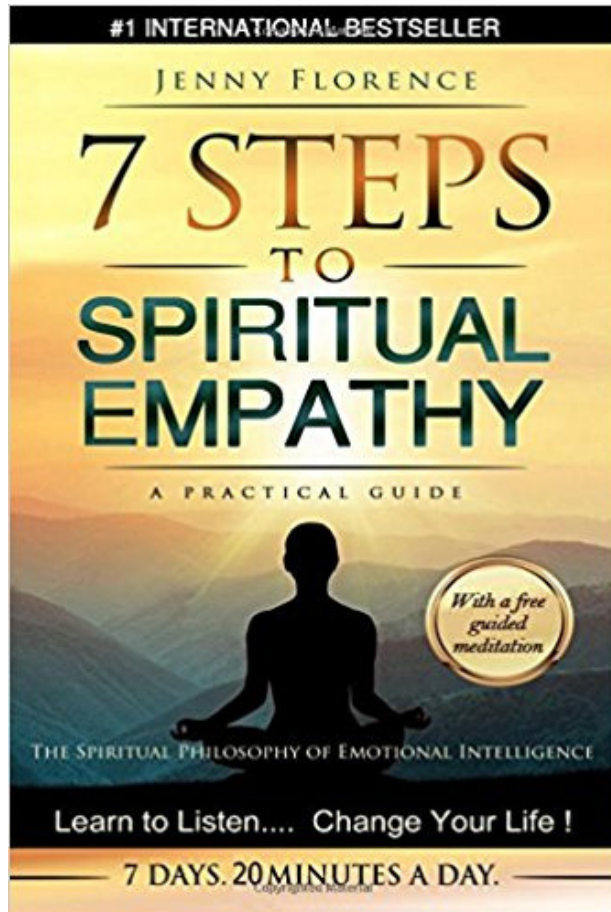
A FREE RESOURCE TO SUPPORT ALL ASPECTS OF EMOTIONAL HEALTH & WELLNESS

Launched in June 2017 as a Free Public Resource, the A-Z of Emotional Health online library is dedicated to promoting all aspects of Emotional and Mental Health. Drawing on both personal and professional experience Jenny has a unique ability to talk about the complexities of our mind and emotions in a language that is accessible and without jargon.

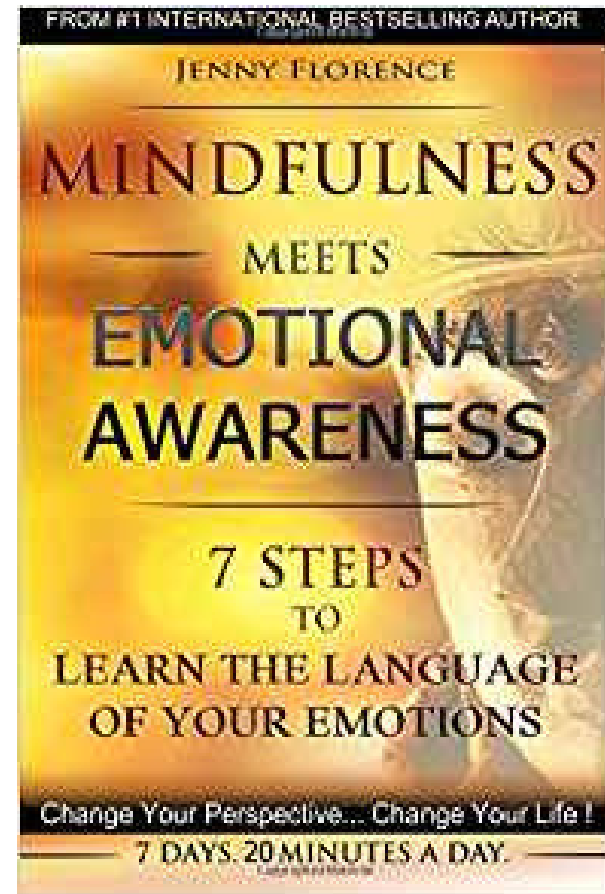
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Contact & Websites

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Connect with Jenny on Social Media

Click the links below



Jenny Florence - YouTube Channel



@JennyFlorence1



The A-Z of Emotional Health



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