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An Empath's Guide to Surviving the Wedding & Events Industry

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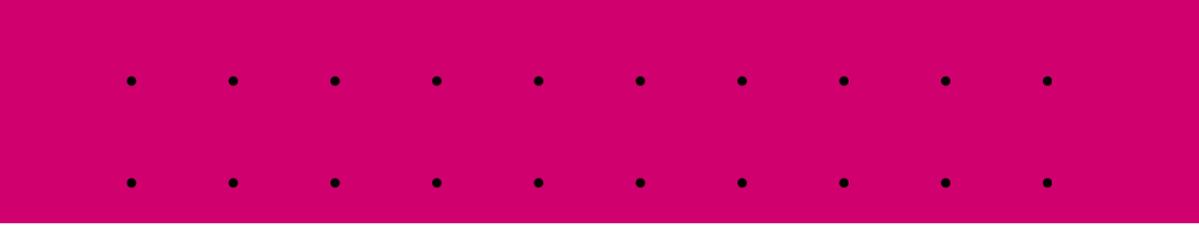


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- Attorney
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- Recovering wedding planner
- Author

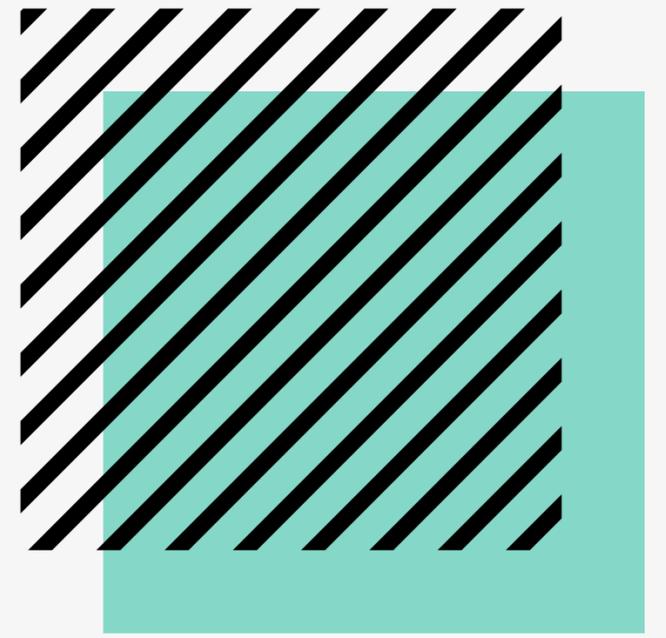
Photo by Haley Sheffield



What Is an Empath?

“An empath is a person highly attuned to the feelings and emotions of those around them. Empaths feel what another person is feeling at a deep emotional level.”

-Writer Leah Campbell, verywellmind.com

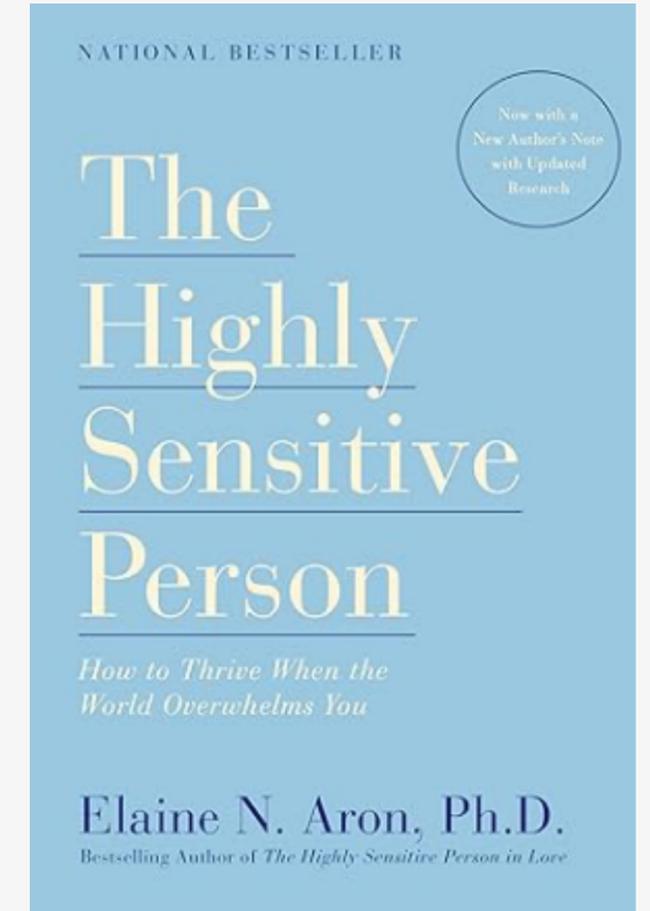


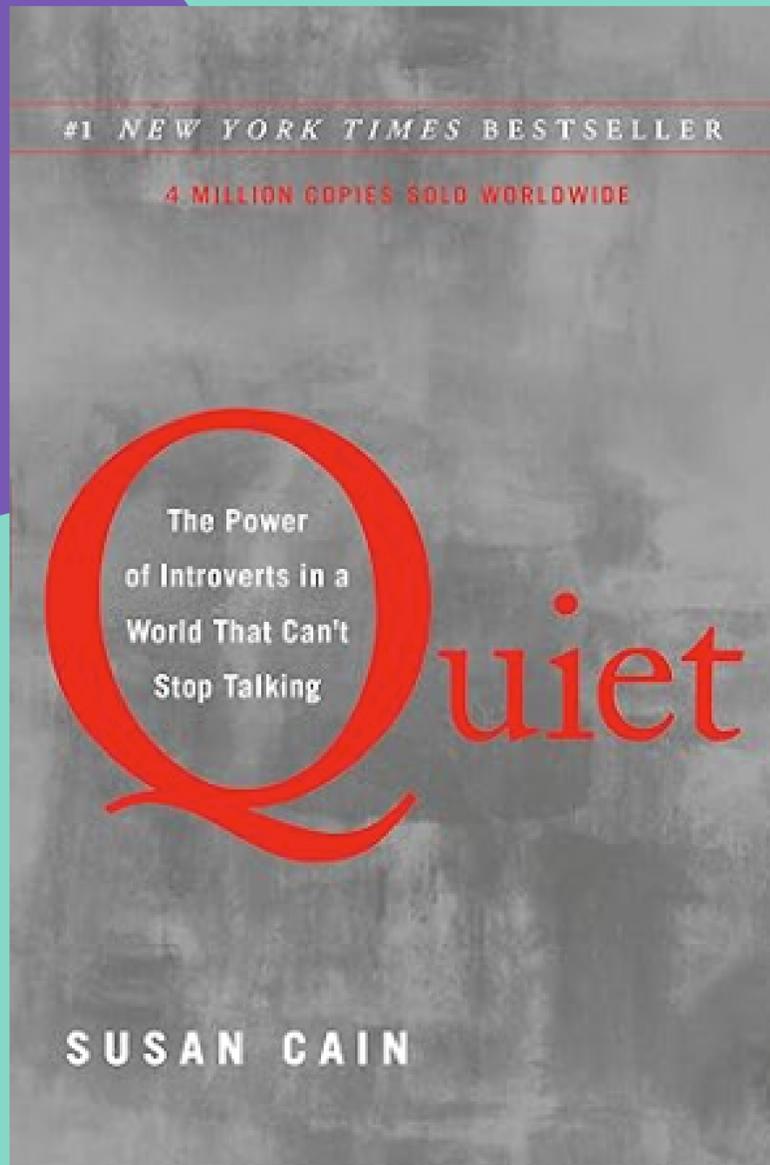


What Is a Highly Sensitive Person?

“Highly Sensitive Person, or HSP, is a term coined by psychologist Elaine Aron. According to Aron’s theory, HSPs are a subset of the population who are high in a personality trait known as sensory-processing sensitivity, or SPS. Those with high levels of SPS display increased emotional sensitivity, stronger reactivity to both external and internal stimuli—pain, hunger, light, and noise—and a complex inner life.”

From Psychology Today





NOT introvert vs. extrovert



Super Powers of Empaths and HSPs

- Understanding the nuances of situations
- Knowing how to take care of people
- Acting when the going gets tough

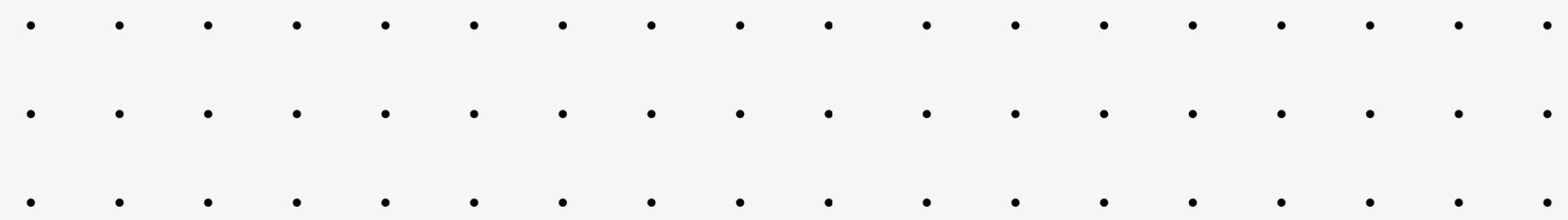
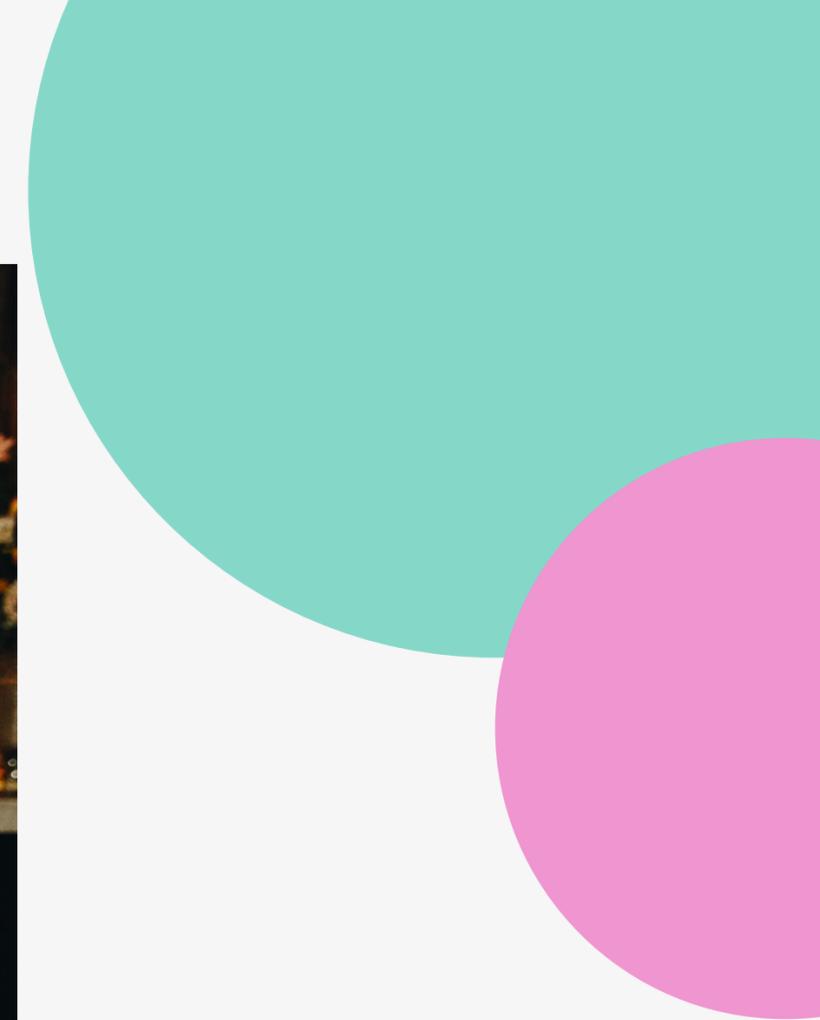




Photo by Erica Reade Photography





What to Watch Out For:

- Taking on stress of others.
- Overwhelm
- People pleasing
- Perfectionism
- Burn Out

WHEN THINGS GO WRONG....

1. Whether or not it's your fault
2. If it IS your fault
3. If it's NOT your fault



Photo by Justin McCallum Photography

What does the client want?

1. They want to be heard.
2. They want to vent their frustrations.
3. They want an apology.
4. They want a refund.
5. They want the thing they paid for.





HOW TO MANAGE YOUR EMOTIONS

1. Let yourself experience the stressful event.
2. With your brain, analyze what happened.
3. With your body, identify how you're feeling.

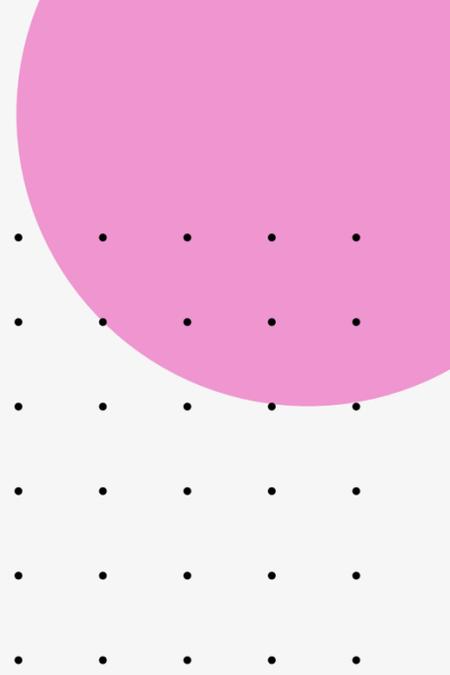
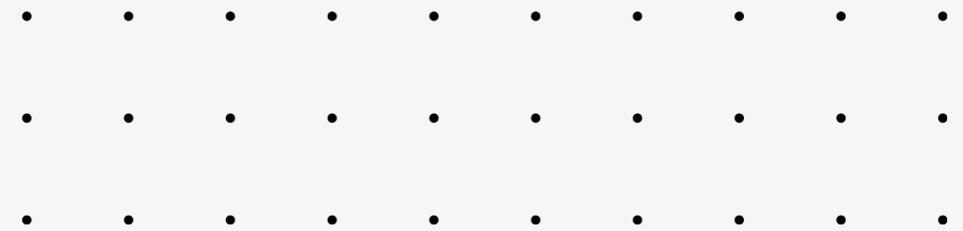
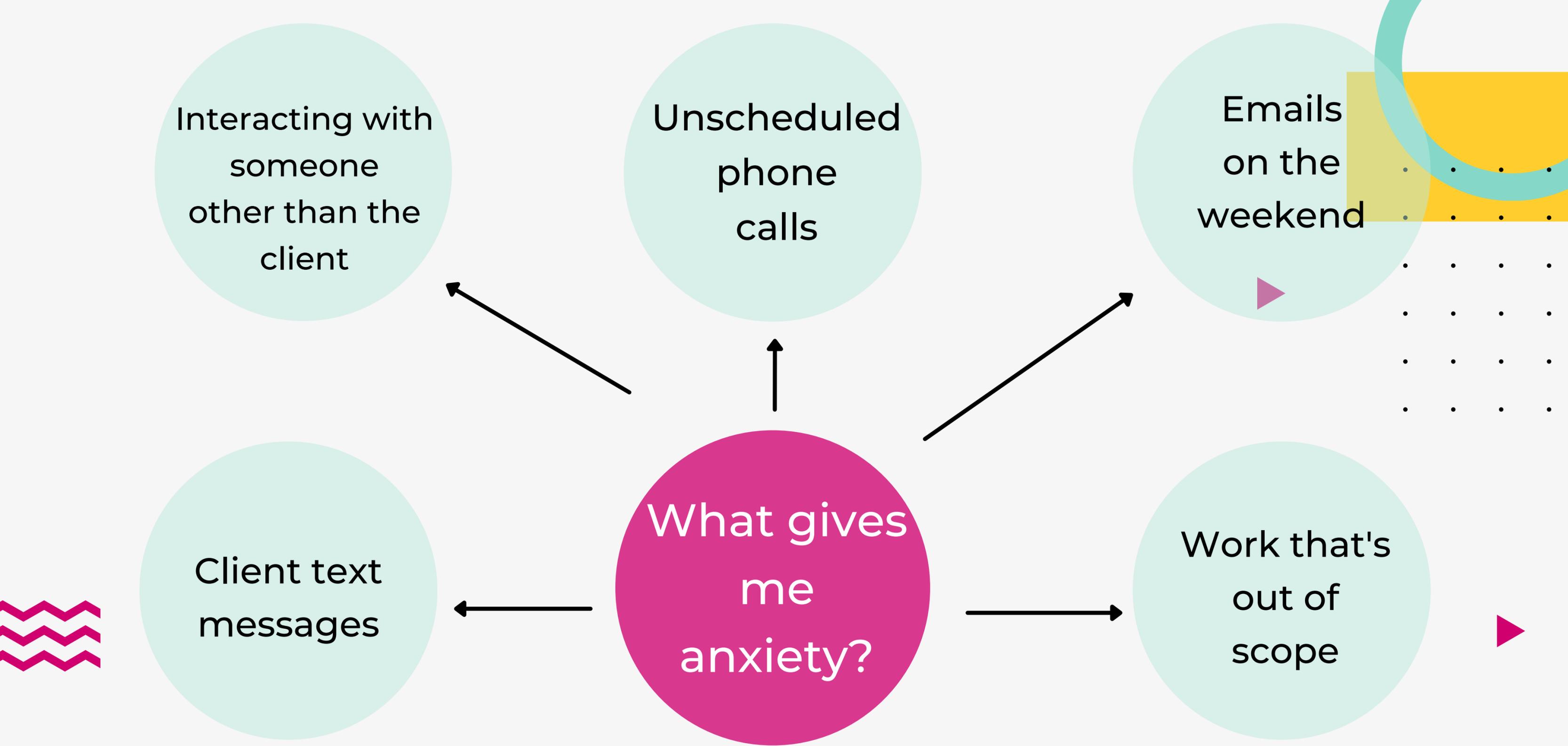




Photo by Julie Shuford Photography

Creating Boundaries

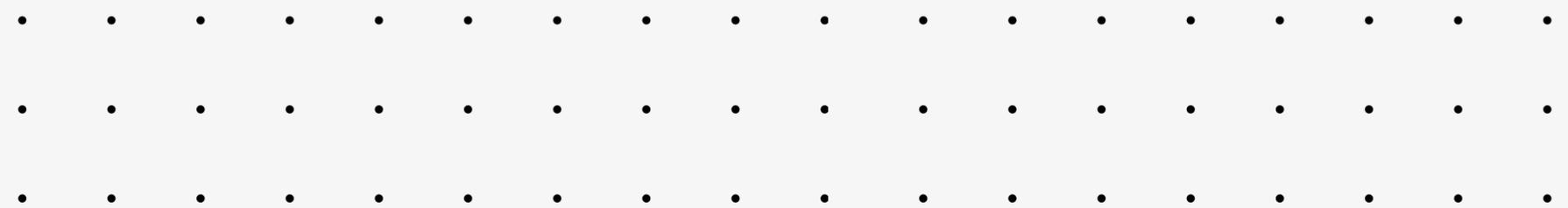






What else can we do?

- Say “no” more often - if it’s not a “heck yes,” then it’s a “heck no”
- Don’t respond to client emails on the weekend
- Don’t accept substantive text messages
- Don’t schedule calls on the weekend
- Don’t say “sorry” unless it’s your fault
- Invest less emotionally





COMMUNICATION



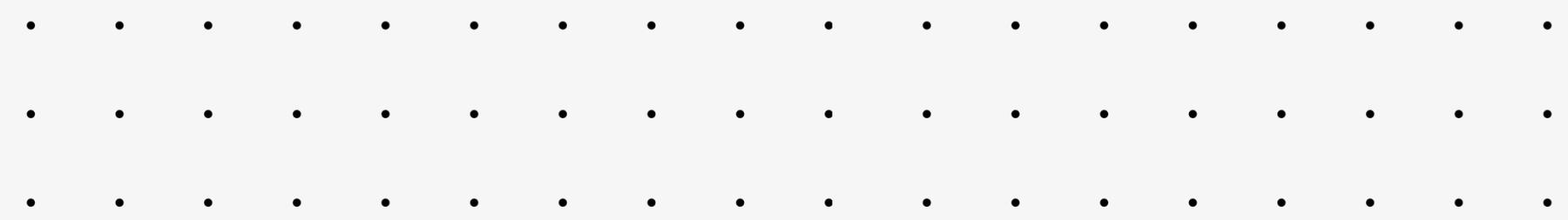
Asking Questions

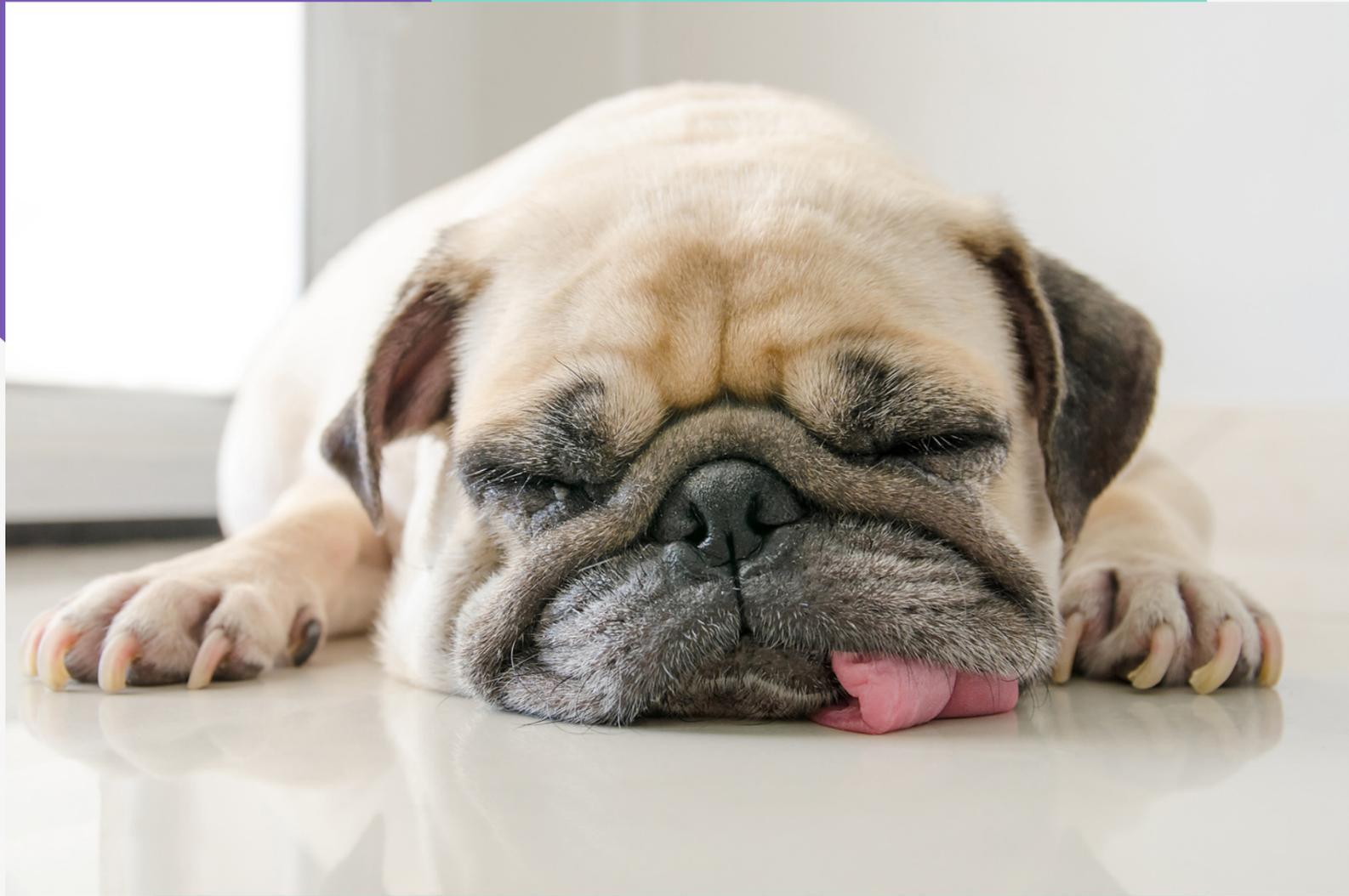
Explaining

Listening

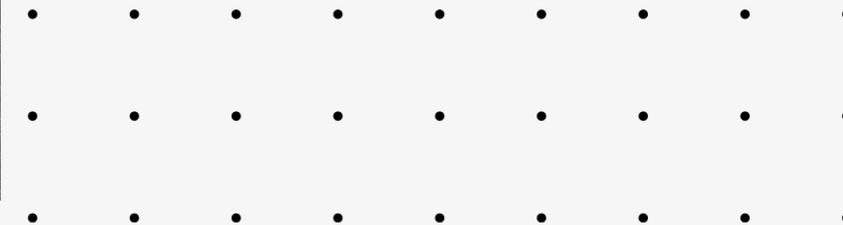
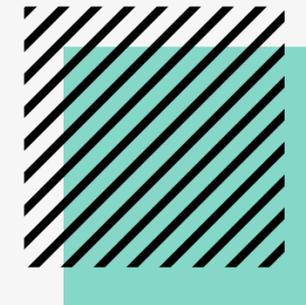
Components of Active Listening:

- Focus
- Don't interrupt
- Ask questions
- Actively and actually listen
- Know your biases
- Don't gaslight
- Don't tone police
- Maintain eye contact





**It's ok if this
sums up
how you can
sometimes
feel**



LET'S KEEP THE CONVERSATION GOING! ▶



Photo by Syed Yaqeen



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