



# The *Empath* Empowerment & Development Academy

I'm changing things up a little.

I want to help you start 2024 out with a bang and continue the momentum for the entire year! Which is why I'm offering this new membership program to you for \$99/month or \$1188 for the entire year!

I've called this program **The Empath Empowerment and Development Academy** because that's what it is! It helps empaths just like you empower and develop their mindset as well as their intuition.

Spirit led me to create this program to help all of those empaths who are stuck in the "old traits" but are ready to upgrade to the next spiritual level in their intuition as well as their mindset.

**So, if your an empath who.....**

- Experiences depression and self-pity almost daily
- Feels the loneliness of separation
- Feels like their world is missing something but can't figure out what it is
- Feels that there is more to their intuition or even more to life
- Or just knows intuitively that something has to change
- Knows that they have a life purpose
- Then this program is for you!

*"You can't make changes without making changes"*  
- AA Michael -

# The Empath Empowerment and Development Academy is comprised of 2 programs.

## Program 1: Discover Your Divine Gifts (\$1500 value)

This program helps you begin exploring and understanding your intuitive abilities. Everything from understanding your intuition to Psychic and Mediumship abilities and sooo much more.

## Program 2: Mindset Bootcamp for Empaths (\$1500 value)

This Program gives you 4 tools to help you in your daily inner-healing. It also helps you explore the 5 most common identities of the Empath and begin releasing those and create something more aligned with the true essence of who you are.

Why these two programs?

In my own journey, I found that as I began to develop my intuition, the urge to develop of my mindset began to emerge as well.

In the beginning, I had no idea where to start.

I realized that as Spirit led me in the development of my inner-healing this also led to the improvement and development of my intuition even further.

They really did go hand in hand.

However, I don't want it to take you 13 years to figure all of this out.

This program is designed to fast track you in the empowerment and development of both so that you can lead a more divinely inspired life daily.

So, the discovery in my own journey led to what I like to call the 2 Pillars of an Empath.



Shifting you from the old mindset of the empath to alignment with your true essence. This in turn can help in the development of your intuition.

Moving you from the disempowered empath to the  
EMPOWERED EMPATH

*2 Basic Pillars  
of an Empath*  
**1. Mindset  
2. Intuition**

# What is the difference between an Empowered Empath and a Disempowered Empath?

## EMPOWERED EMPATH VS DISEMPOWERED EMPATH

### EMPOWERED VS DISEMPOWERED

- Sets healthy Boundaries
- Understands self love
- Understands how to stay present
- Grows and Expands their mindset
- No longer feels the need to people please
- Releases old patters that no longer serve them
- No longer the victim
- No longer the need to be "perfect"
- Ready to change
- Understands that they are the creators of reality

- Doesn't set boundaries - sacrifice themselves
- Doesn't understand love of self
- What does it mean to stay present?
- Always being taken down by life situations
- Always people pleasing
- Still clinging to the past or trying to predict the future
- The world is against them/blaming
- Perfectionism
- Not ready to take the steps for positive changes.
- Gives there power away to the world around them.

When you begin moving through the world being the empowered empath, so many things can change for you.

It will seem as if they change without effort.

Being in this state of being can also help lead you to your life purpose.



# Program 1



## **Pillar 1 - The Empath Intuition**

Here you will begin exploring and discovering your divine gifts. We will be exploring all things metaphysical so that you can dive in, have fun and get to know who you are on the level of energy!

Every chapter has a new spirit assignment so that you can experience an array of all things metaphysical! This helps you get to know yourself and what your strengths are. Keep in mind I want you to explore these different topics. Approach them with a sense of adventure or curiosity.

### **What we will work on:**

1. **Understanding what intuition is** - Everyone has an idea of what intuition is but what is it really?
2. **Your Energy Body**- You will learn about your chakras, what they do and how they work.
3. **The Empath** - We will be talking about the empath and what it has been defined as up to this point, just in case your not quite sure what that is. Keep in mind.....we want to move you into being the EMPOWERED EMPATH!
4. **Spirit Communication** - Learn how spirit communicates with you and explore your skills!
5. **Mediumship** - Explore the history of mediums, what a medium is and explore your skills!
6. **Psychic** - Explore what a psychic is, different psychic abilities and explore those abilities!
7. **All Things Metaphysical** - we will also be exploring past lives, higher selves, contracts, energy clearing, star people, energy hygiene and sooooo much more!

These tools give you everything you need to start exploring who you are as a spiritual being. They also help you begin to understand where your strengths are and lean into those. When we can go in the direction of our strengths, we empower ourselves in big ways.

## Program 2

# Mindset Bootcamp for *Empaths*

### Pillar 2 - The Empath Mindset

So many ask me why we work on the mindset. They will say “Steph, I just want to work on my intuition. What does mindset have to do with anything?”

Answer: Mindset work (inner-healing, shadow work, etc) goes hand-in-hand when developing your intuition. The more you release old emotions, the more room you create for higher consciousness to work through you.

#### What we will work on:

1. **Understanding and reprogramming the brain** - It's important to understand how your brain, body and emotions work together and once you understand that, you can reprogram the brain and the body! Yes, the brain and the body are reprogrammable. It's important here that you know that you CAN CHANGE!
2. **The 4 tools**- next we will be diving into the 4 tools that I use for myself on a daily basis. These tools have helped me get to know myself on so many levels. These tools are the start of a beautiful relationship with yourself, your inner-healing and your higher consciousness.
3. **The 5 old identities** - We will be working on what I like to call the 5 old identities of an empath. I give you the tools to recognize these old identities and begin to create something that is in alignment with your true essence. These tools also help you recognize any emotions, thoughts, and/or behaviors when they come up so that you can begin to change them on the spot. This will allow you to begin changing.....
  - a. People pleasing tendencies
  - b. Perfectionism
  - c. Victim mentality (yes, most have this - even myself)
  - d. Lack of boundaries
  - e. Lack of self-love

These tools give you everything you need to start making more room for higher consciousness to create and discover your divine purpose. Tools for daily life.

## What kind of results can I expect?

Below is some of the data I have collected from students who have taken my programs.

### What was your biggest celebration since joining the program?

- Wendy** Feeling more confident in myself.  
**Jessica** Actually being able to complete legit mediumship readings  
**Tammy** Clearing beliefs and learning to trust my vision  
**Kyia** Being able to realize the true connection I do have  
**Joyce** I was immersed in the teachings for over 3 months which I knew would help me to stay on track and keep learning. One of my problems has been sticking to a program so this was most helpful. Yay!  
**Alsna** Feeling like I was gifted  
**Kim** Trusting my intuition & others!!  
**Monica** Connecting with higher power, all the techniques we learn from the beginning, absolutely every was great.

### What would you tell someone who is thinking about joining this program?

- Wendy** JOIN!!! I want my daughter Anna to do it because I know she would grow exponentially from it.  
**Jessica** DO IT!! You are drawn to this for a reason and you won't regret it!!  
**Tammy** I would recommend any class you teach  
**Kyia** I think it's a very good idea especially if you are wanting to open up and explore your gifts  
**Joyce** Just do it - being exposed to all of the information over a period of time is invaluable. And Stephanie is deeply committed to helping every student succeed.  
**Alsna** It's a way to help others and find yourself  
**Kim** Its guaranteed growth~•~ and a safe and delightful experience.  
**Monica** That you would end it being well rounded

### Do you feel that this program has created healthy changes in your life?

- Wendy** More than I can count or name here.  
**Jessica** Absolutely!  
**Tammy** Yes, it helped me to fully understand how my feelings and thoughts could be changed for the better  
**Kyia** Yes with belief work, remembering my why, and a regular routine of meditation.  
**Joyce** The program raised my commitment level and increased my trust of using my imagination as a guide.  
**Alsna** Yes  
**Kim** Absolutely  
**Monica** Absolutely!

To finally know who I am is a blessing for sure! I hated feeling lost and now I am moving forward!

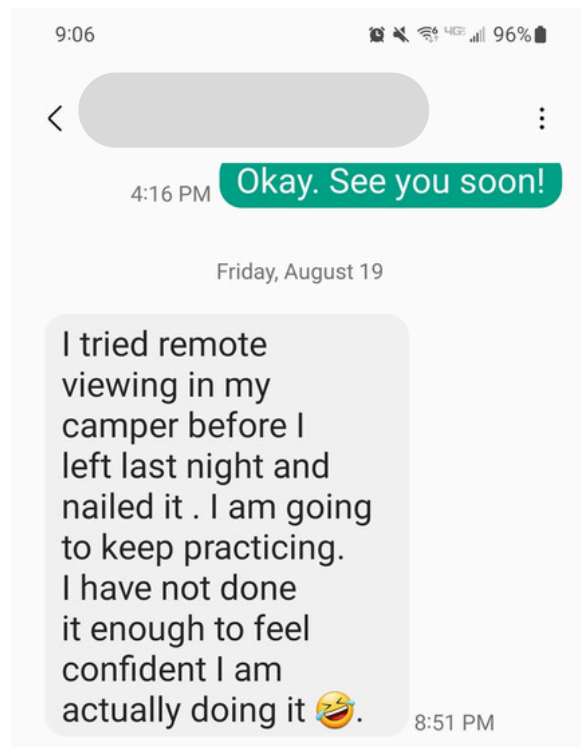
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This is a great program!! I hope you never stop! ❤️

6:10 PM



I highly recommend working with [Stephanne Cox](#) to anyone on a spiritual path who is exploring life as an empath, wanting to understand how to manage being a psychic, or in search of someone to help them with guidance and clarity for their life in general. She is the real deal and has the knowledge and experience to assist others on their spiritual journey. She is an excellent resource, guide, and mentor.



### **Ok, say, I sign up.....how does this work? What do I get?**

1. As soon as you pay your monthly (\$99/month) or Yearly (\$1188/year) fee,
2. You are granted access to the Discover Your Divine Gifts for the time that you are in the program.
3. You are granted access to the Mindset Bootcamp for Empaths for the time that you are in the program.
4. You also have access to the Private Empath Academy FB group where I share even more knowledge, live meditations, live Reiki healings and so much more!
5. We meet twice a month LIVE Via Zoom so that I can be your coach and help you through any questions you might have. We can also use this time to help you practice any of your intuitive abilities and more!
6. I'm also your mentor for the time that you are in the program. I will answer any and all questions pertaining to the topics of the program. (readings are not done here)
7. I'm here to be your accountability buddy.

### **How Long do I have to stay in the program?**

The duration of your subscription is entirely up to you.

The longer you are in the program the more transformation can occur for you but you can cancel at any time.

**\*\*\*Note:** weather you decide to do a monthly or yearly subscription.....what you pay for is already paid for. No refunds are given.

### **How much time do I need?**

First, you'll want to make sure to put the Zoom calls on your calendar. (If you can't make it live, no problem. You can watch the recordings and get support in the Facebook group.) However, it is recommended to attend the live Zoom calls to get the most out of this academy.

Then, I recommend you allow at least 1-2 hours a week for study and implementation. Many of the program chapters have spirit assignments to help you implement what you have learned.

We're going to be working closely together but it isn't going to be drawn out.

Groups thrive on contribution. When you are getting wins we would love for you to share the success in the live Zoom calls or on the group page so others can learn from you and help inspire you to keep going!

Deal?

### **What's The Investment?**

When I first began this journey, some of the programs I found were charging \$5,000 - 7,000 for 6-8 week courses! So, trust me when I say that the investment for this program is PHENOMENAL!

I wanted to create something that was budget friendly but was also packed with knowledge, information, experience, implementation, mentoring annnd coaching. I also wanted to make sure that you have me available to you live each month.

With that said...

I'll give you bite-sized chunks you can knock out in a few minutes a day.

During our time together, in our live zoom calls, I want to be here to help answer any questions that you may have about what you have been learning so that you can put these tools in action.



This program membership can be purchased by the year or by the month. Again, I wanted this to be budget friendly. Also, again, keep in mind....the longer you are in the program, the more transformation can occur for you.

- **Purchase the program month by month: Your investment is \$99/month.**
  - No bonuses.
- **Purchase the program for 1 year: Your investment is \$1,188.** This does come with bonuses!
  - Bonus 1: You get 2 FREE private 1:1 Intuitive coaching session with me!
  - Bonus 2: You get 7 days of FREE Intuitive voice coaching on FB Messenger.
  - Bonus 3: You get FREE access to any of the 1 hour Masterclasses that I teach.
  - Bonus 4. You get 50% off of any of the 5, 6 or 8 week classes that I teach!
  - Bonus 5: You get 20% off of any Reiki classes I teach!
  - Bonus 6: You get to join me on FB Lives via Zoom for the Story Time with Steph

### **Is there a guarantee?**

Any time you invest time and money to work with a coach, there's a risk. Right? What if it doesn't work? What if it's not as good as she said?

So let's look at the best and worst-case scenarios:

**Best Case:** Over the course of a year in this program, you gain the tools, the clarity and the knowledge to empower and develop your mindset as well as your intuitive abilities. You become more connected to higher consciousness so that you can be divinely led in your life daily and in doing so has the potential to lead you to your life purpose.

That's the best case.

But what about the worst case?

**Worst Case:** maybe you spin out in fear, don't do any of the mindset work, don't do any of the spirit assignments to explore your divine gifts, ignore my messages, or do not show up for live Zoom calls, and don't take any action.

In any case, I know that whatever knowledge you glean from this program, it can help you in your next spiritual chapter. Whatever that is for you.

I know you will put this knowledge into action and trust in your decision 100%

## **Stephanne, what if I really want to do the program but a lack of finances is holding me back?**

Listen, I so understand this, when I first began taking classes (Reiki I and II), I was hard pressed to find the \$275 for that class. I was working full time as an office manager and my husband was enrolled full time at the university. And up until that point I had no idea where this path would take me but I knew I had to take the first step. When I sat down and explained to him I was ready to take this first step without knowing the outcome, he was all in. He said "I want you to do whatever makes you happy, Steph". I was so surprised when he said this but I started taking the steps.

After the Reiki class, my next big investment was a \$500 class, the next was a \$1500 class, then a \$3000 class, then a \$5000 class and I just kept going! The money seemed to find a way to me. Some of the bigger classes I applied for loans and was always afraid that I wouldn't get it but I did! Best investments ever!

Now, I've spent thousands for classes, teachers and coaches to help me in each step of my spiritual journey. I don't regret one moment of it!

I truly believe once you decide, the Universe will respond, just be sure to DECIDE.

I do my best to be as accommodating as possible, so let me know how I may be able to help.

### **This program is for you if.....**

- You are ready to move from the disempowered empath to the empowered empath.
- You are ready to move beyond people pleasing, being the victim mentality, lacking self-love, lacking boundaries and always trying to be the perfectionist.
- You are ready to embrace the magic of being an empath
- You are ready to move beyond what you THINK an empath should be and the old traits.
- You are ready to connect more deeply to your intuition and be led by it daily.
- You are ready to develop your intuitive abilities
- You are ready to learn about many metaphysical topics!
- You are ready to let go of expectations, keep an open mind and embrace the unknown.

## **Stephanne, what if I've already decided that I want to do this? How do I get started?**

Contact Stephanne to get started! She will get you set up with the payments as well as the modules!

E-Mail: [stephannecox@gmail.com](mailto:stephannecox@gmail.com) or message her on Facebook Messenger!

Can't wait to meet you!