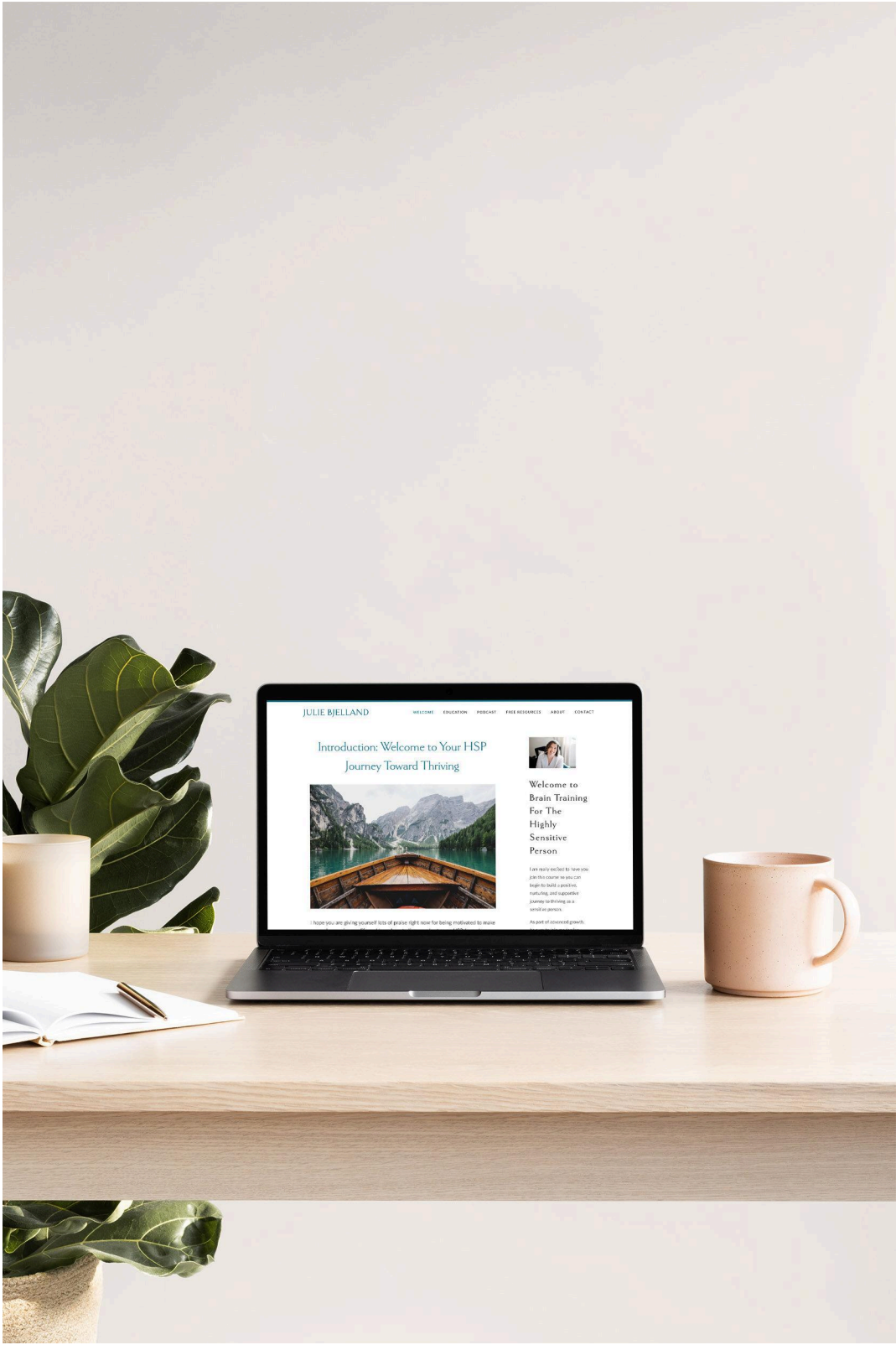


Julie Bjelland - Self-Paced Course-HSP Brain Training

Online Course

Brain Training



Brain-Training for the Highly Sensitive Person and the Neurodivergent— Techniques to Reduce Anxiety & Overwhelming Emotions

Train Your Brain So You Can Live Your Best Life

Is the chaos in the world overwhelming you?

Highly Sensitive and Neurodivergent People have particular brain differences that make us more susceptible to high stress, overwhelm, and even anxiety. Thankfully, there is a way to train your brain so you can navigate the challenges of high sensitivity, access your gifts, and live your fullest life!

60% OFF Today Using Code: **SENSITIVE60** — Regularly \$399, Now Only **\$159!**
(Scroll down to learn more)

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Highly Sensitive & Neurodivergent People often struggle with...

- High Stress Levels and Anxiety Holding You Back In Life
- Overwhelming Emotions
- Feeling Overly Sensitive and Reactionary
- Having Low Energy or Being Depleted
- Trouble Sleeping
- Feeling Not Good Enough
- Having a Hard Time Saying No or Creating Healthy Boundaries
- Low Self-Esteem or Self Worth

You are not alone. Highly Sensitive People (HSPs) and the Neurodivergent have specific brain differences that make us more susceptible to increased stress, depression, anxiety, and overwhelming emotions. We were born with these supercomputer brains, but no one taught us how to navigate these differences.

Until now.

Just imagine....

- What your life would be like if you lived in a calm, centered space and felt balance in your life
- Feeling more in control of your emotions and being able to pause, reflect and respond, instead of react
- Having more energy, even creating extra brain space to get the creative center in your brain flowing strongly
- Sleeping better and waking up feeling refreshed and positive
- Living your life in alignment with your core values of meaning and purpose, and honoring who you are
- Feeling fulfilled and positive at work
- Knowing your needs and getting them met, being able to set healthy boundaries without guilt
- Feeling more connected and close in your relationships and friendships
- Feeling calm in situations that used to make you feel anxious or overwhelmed

“Brain Training for the Highly Sensitive Person is a valuable support in opening to the challenges and potentials that come with high-level sensitivity.”

— TARA BRACH, PHD, AUTHOR OF RADICAL ACCEPTANCE AND TRUE REFUGE

“This is full of thoughtful, warm-hearted, and useful suggestions for calming and fortifying the nervous system. Julie Bjelland is a master of her craft.”

— Rick Hanson, PHD, Author of Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence

Who Am I and How Can I Help?



I'm Julie Bjelland, LMFT, a Psychotherapist, author, and founder of Sensitive Empowerment. I specialize in high sensitivity, neurodivergence, and adult-discovered autism. My mission is to teach you how to support your sensitive nervous system, understand your incredible value, and empower you to flourish at your highest potential. I am LGBTQIA+ and Neuroaffirming.

“Julie has developed great expertise and success in her work with Highly Sensitive People. She has used research, clinical experience and her HSP gifts to develop a unique and effective therapeutic approach to help HSP clients overcome the obstacles of living in a world that is too often not supportive of HSP needs, and to help HSPs feel accepted and valued rather than different or “wrong”. The course also offers the benefit of Julie’s warm, compassionate voice and her caring.”

— Jeannie Wolitzer, LMFT

“This course gave me clarity, understanding, and acceptance of myself and what I need to thrive; like having an owner’s manual to myself as an HSP. I started the course feeling depleted and easily knocked down by life’s challenges. I now feel centered, resilient, empowered, energetic, and joyful, and am feeling and bringing my best to my life and to the people in it.”

— Michelle, California

Are you ready to transform your life?

For just an hour or two a week, you will begin to feel the benefits of this training.

This course is self-paced so you can do it on your own time in the comfort of your own space. You can even take it while you are still in your pajamas!

“I would like to thank you for offering this online course to HSPs. The format is great when having two small children and needing to be flexible. I am very glad I jumped in and recommend it to anyone who is suffering from being very sensitive instead of thriving. Thank you Julie for living your life purpose!”

— Natalie, Cologne Germany

“This course has helped me open my heart up to myself. It has changed my perspective and taught me that my sensitive trait is a gift not something to be endured painfully in my life. I feel calmer, more positive and hopeful. I recommend this course to anyone with High Sensitivity who needs understanding and acceptance of themselves. Give yourself this gift!”

— Alicia, Santa Cruz, CA

About This Course



What Can You Gain From This Course?

- Being able to feel a feeling without it overwhelming you.

- Energy, focus, creativity and productivity increased
- Finding your internal spark of joy and living in alignment with what honors you
- Feel more in control and respond instead of react to emotional experiences
- Self-esteem and self-worth increased
- Free yourself from intense, out-of-control overload
- Sleep well and wake up restored
- Self-compassion and self-love increased
- Feel more connected
- The ability to create healthy boundaries and say no
- Become educated about new neuroscience and research that addresses the true differences in your HSP brain

"I've been struggling with my anxiety for the past few years, and my brain feels like it can rest again. I am so grateful for this course and being able to work on myself for the better."

— Chloe, California

"Advice to other HSPs: TAKE THIS CLASS. My life is so much better because of it. Prior to taking this class I was very anxious, stressed and unhappy with myself. I felt different from everyone else (friends, family, coworkers, etc). I took this out on others and myself. Now, eight weeks later, I feel calm, relaxed and I am completely okay with being different. I embrace my sensitivity as a gift and take time to care for myself to stay balanced. When I stumble, I have my toolbox handy to help pick me up and get me back on track. This class is truly worth it and, most importantly, you're worth it!"

— Liz, Delaware

Course Outline

Written Materials and Videos

Week 1

Creating Brain Space and filling up the Positives

Week 2

About the Limbic System and Neural Pathway Training

Week 3

Practicing Self Care and Self Compassion. The Right Way for HSPs.

Week 4

Compassionate Exploration to Lower your Stress Levels

Week 5

Identifying Your Emotional Triggers and Learning How to Navigate your Limbic System

Week 6

Identifying Your Sensory Triggers and Accommodations

Week 7

Accessing the Positive Superpowers of being a Highly Sensitive Person

Week 8

Conclusion: Living Well and Authentically as a Highly Sensitive Person

“Julie what a gift this course is to HSPs. It has been important to have this information. To be heard and understood is so validating!”

— Sharon, California

“I feel calmer, not as easily overwhelmed or stressed. Feeling more in control is such a blessing. I am grateful to have found this training course when I did. With the tools that I learned on the course, I know that my life is changed for the better...overwhelm is slowly being replaced with calm, joy, and hope for my future. Julie, I am forever grateful for your work and research, and for providing this online opportunity to share your knowledge.”

— Mia, Ontario, Canada

“This brain training course has been life changing. I am less overwhelmed (something I never thought I would experience), less stressed/anxious, and I am able to enjoy myself and life around me without the chaos. I love it. This course has not only enhanced my personal life, but has helped me help others in my professional life more effectively. I am so thankful for Julie and this course.”

— Natalie Donohoo, Idaho

What I hear over and over again from HSPs:

“I wish I had done this sooner.”

In another year you will wish you did this today.

If you don't have a road map, you might be driving in circles.

It's time to begin the journey to the new you!

“I'd probably be in countless therapy hours if I didn't take this course. Thank you Julie for a wonderful learning experience.”

— Deidree, California

I hope you choose to make your well-being a priority.

Your best self is needed in the world.

Reduce your challenges and access your gifts.

More About Course

What's Included

Captions and Transcripts for videos

Access to the course material as long as you need it

8-weeks free (for new members) in my Sensitive Empowerment Community with *additional* live weekly trainings & events

Access to our amazing HSP library of recorded events

Daily support & Q/A

Connect to kind & supportive HSPs dedicated to growth & empowerment

Make new HSP friends

Network with HSPs

Feel normalized & validated

Experience the magic of HSPs being together

Sales page: <https://www.juliejelland.com/hsp-course-brain-training>