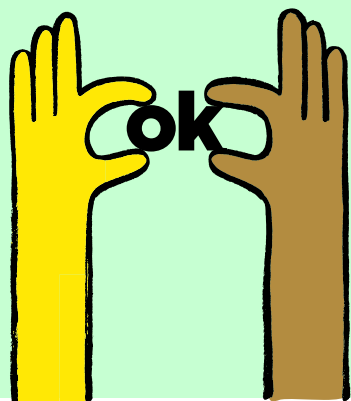

Empathy



EMPATHY IS THE ABILITY TO CONNECT AND UNDERSTAND SOMEONE ELSE'S FEELINGS. TO SEE FROM THEIR PERSPECTIVE, RELATE TO THEM AND PLACE YOURSELF IN THEIR SHOES.

Discussion Questions

1. What does empathy mean to you? How do we show empathy to one another while working from home?

2. What does it mean to "put yourself in someone else's shoes"? Can you think of a time you showed empathy to someone else?

3. How can showing empathy contribute to the well-being of ourselves and others?

Take Action

1. Research a news story that makes you feel empathy toward someone and discuss with a small group.

2. Schedule a virtual meeting with a colleague or a small group. Discuss steps you can take to turn feelings of empathy into action in your local community.

“EMPATHY IS SEEING WITH THE EYES OF ANOTHER, LISTENING WITH THE EARS OF ANOTHER AND FEELING WITH THE HEART OF ANOTHER.”

ALFRED ADLER

