

WHAT IS EMPATHY?

Empathy is all about understanding and sharing the feelings of others, helping you connect on a deeper level and respond with kindness and compassion.



EMPATHETIC LISTENING

Listening deeply to not just hear the words, but to truly understand and feel the emotions behind them.

- 💡 Focus on the speaker's emotional cues, reflect their feelings back to them, and respond in a way that shows you understand their experience.



PERSPECTIVE-TAKING

Seeing a situation from someone else's viewpoint to better understand their feelings.

- 💡 If you find yourself disagreeing with someone, pause and consider how the situation might look from their perspective.



EMOTIONAL RECOGNITION

Identifying and understanding the emotions others are experiencing.

- 💡 When you're with others, try to recognize the emotions they might be feeling by observing their tone, expressions, and body language.



NON-VERBAL COMMUNICATION

Understanding body language, facial expressions, and other non-verbal cues.

- 💡 Pay close attention to non-verbal signals like posture and facial expressions to gain better insight into how someone is feeling.



COMPASSIONATE RESPONSES

Responding to others' emotions with care, support, and understanding ..

- 💡 When someone shares a problem with you, respond empathetically by offering support and validating their feelings.



CULTURAL SENSITIVITY

Being aware of and respecting the different cultural backgrounds and experiences of others.

- 💡 Take the time to learn about the cultural backgrounds of the people you interact with regularly, and practice being open and respectful of different perspectives.