

# PRACTICING

# EMPATHY

► The tips below provide a starting point to helping you practice empathy:



## Be present.

Tune out distractions  
Take a deep breath  
Don't jump ahead or envision the end of the conversation

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## Tune in.

Be a listener first, then relay back what you heard  
Watch for non-verbal communication  
Validate other's feelings (you do not have to validate actions)

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## Challenge your narrative.

Do not assume intent  
Recognize your judgements  
Check your mood

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## Ask curious questions.

"Why?"  
"Tell me more..."  
"Help me understand..."

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## Follow up.

Share gratitude  
Recognize vulnerability  
Demonstrate commitment to action



*Start small. Help one person. Repeat. Change the world.*

## **HOW CAN I PUT EMPATHY INTO ACTION?**