

# 10 WAYS TO CULTIVATE EMPATHY

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## PRACTISE EVERYDAY

Make a conscious effort to be empathetic in all your interactions, whether at work or with friends and family.

## STAY CURIOUS

Be genuinely interested in what they have to say and be open to learning from others.

## NOTICE THEIR BODY LANGUAGE

Pay attention to tone of voice, facial expressions, and body language to better understand how they're feeling.

## SEE FROM THEIR PERSPECTIVE

Try to see things from their point of view. Consider factors affecting feelings & behaviour.

## PRACTISE ACTIVE LISTENING

Pay attention to what the person is saying without interrupting.

## PUT YOURSELF IN THEIR SHOES

Think about how they might be feeling and what they might need right now.

## VALIDATE EMOTIONS

Let them know it's okay to feel the way they do.

## ASK OPEN-ENDED QUESTIONS

Encourage deeper conversation. Ask questions to learn more about their experiences and feelings.

## USE EMPATHETIC BODY LANGUAGE

Maintain eye contact, nod in understanding, and use comforting gestures.

## SHARE YOUR OWN EXPERIENCES

When appropriate, share similar experiences or feelings to show solidarity and that you understand.

