

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.

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.

SEE FROM THEIR PERSPECTIVE

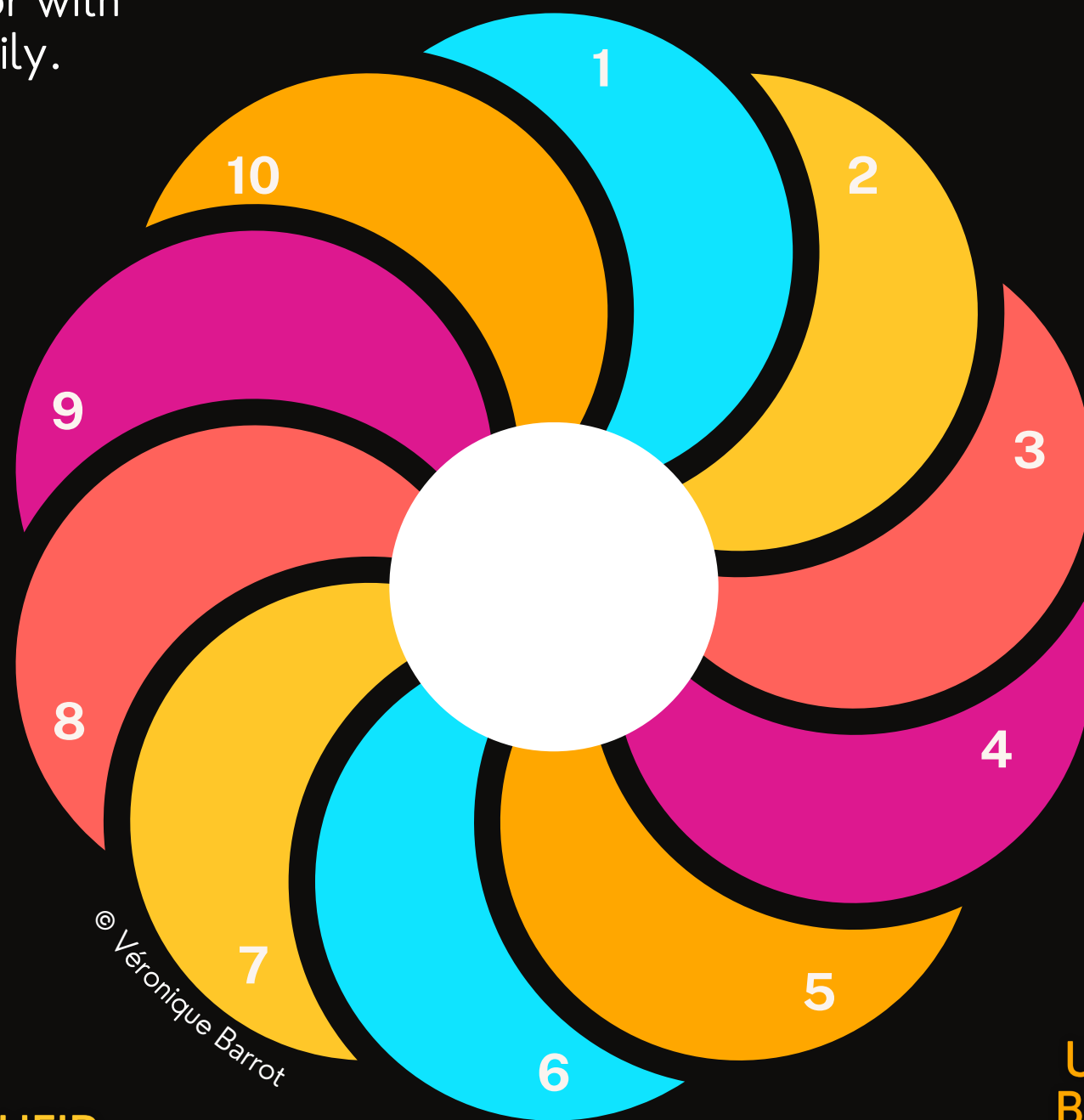
Try to see things from their point of view. Consider factors affecting feelings & behaviour.

NOTICE THEIR BODY LANGUAGE

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

STAY CURIOUS

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



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