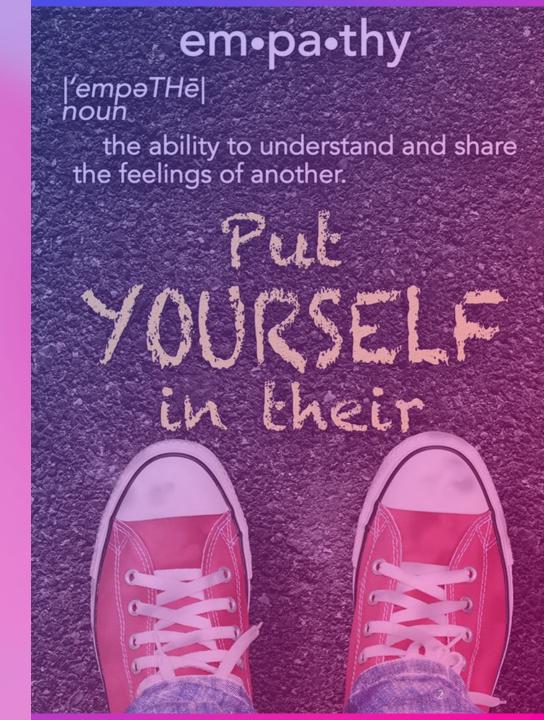


## What is Empathy

**Empathy** is the capacity to understand or feel what another person is experiencing from within their frame of reference, that is, the capacity to place oneself in another's position.









4 ELEMENTS OF EMPATHY





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Why is this important for us?



