

A conceptual image featuring two hands cupped together, holding several red hearts. The entire scene is overlaid with a semi-transparent purple gradient. The word "Empathy" is written in a white, serif font across the center of the hands and hearts.

Empathy

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.

em•pa•thy

[ˈempəTHē]
noun

the ability to understand and share the feelings of another.

Put
YOURSELF
in their



 SEE
THEIR WORLD

 APPRECIATE THEM
AS HUMAN BEINGS

~~JUDGEMENT~~

4 ELEMENTS OF EMPATHY

  
UNDERSTAND
FEELINGS

  COMMUNICATE
UNDERSTANDING

CC Michael Sahota 2012

Why is this
important for
us?



