Assignment #1 – Communicating with Empathy

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9/16/2024

1. I found the most interesting part of the video to be the analysis of your own communication styles versus the communication styles of your coworkers. In the video, the example they use is extroverts and introverts and how they both communicate differently.

2. What presentation skill are you developing?

I suppose I’d like to be more motivational. I always like to help and inspire others, so if that’s a skill I could develop, I’d welcome it.

3. Screenshot showing that you watched the video:

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4. Summary of what you learned (Minimum length of answer is 1 paragraph, but can be longer)

I am already familiar with the concept of empathy, but breaking down individual communication styles and patterns and empathizing that way is something I hadn’t considered.

5. What was most useful or interesting? Why? (Minimum length of answer is 1 paragraph, but can be longer)

The way the speaker in the video broke down how to empathize and communicate in difficult conversations was interesting. It’s easy to fall back on things *you* would like to hear in a tough situation, but it’s harder to understand the other person and try to help them in a way that better suits them than yourself.

6. Think about what you will say for your 1-minute presentation. Organize your thoughts and write out some keywords, so that you are mentally prepared.

I’ll break down the fundamentals of empathy, explain “what is empathy” and the differences between empathy and sympathy. I’ll also try to relay to the group how it is an important skill in the workplace and especially in the career paths we’re all on.