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The Power Of Empathy



Explora
JOURNEYS

What is Empathy?

- Understanding another person's emotional world.
- Not the same as agreement.
- Can go hand in hand with vulnerability

Your Speaker

- Author, speaker & singer
- Series of talks on this cruise.
- Come on a personal journey of self discovery



Talks on Explora

1. Personal growth foundations
2. Exploring emotional intelligence
3. The power of Empathy
4. Develop the confidence to go for your goals



**Seek first to understand,
then be understood.**

Some listening strategies

1. Listen to **understand**, not to respond
2. Don't push back; let it pass **through** you
3. Acknowledge that the person's **lived experience** may be different than yours

RATE YOURSELF



How **curious** are you?

- Do you go straight for the solution
- Do you enjoy being 'right' rather than being better connected
- Do you assume rather than listen

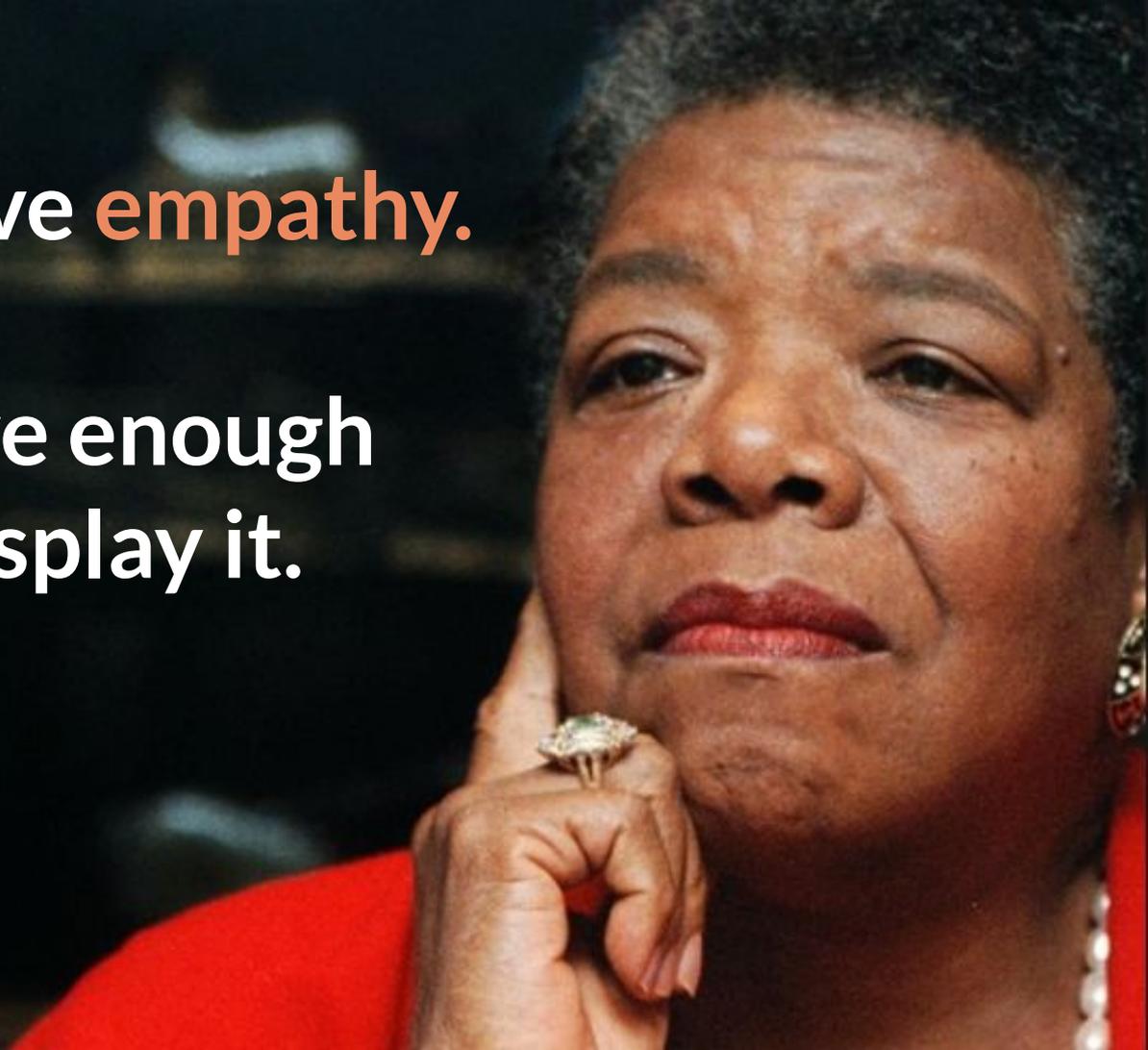


COURAGE

I think we all have **empathy**.

We may not have enough
COURAGE to display it.

- *Maya Angelou*



Did you ever go to share with a friend and were met with panic, fear or lack of interest?

We've got to get comfortable being uncomfortable

It's OK to feel moved

How do we become more empathetic?

- Magazines with different viewpoints.
- Movies about different cultures.
- Listening to stories.
- Befriending people from different countries and different identities.

The background of the image features a group of people's silhouettes with their arms raised in a gesture of celebration or support. The silhouettes are filled with a vibrant, multi-colored gradient that transitions from dark blue on the left to bright yellow and orange in the center, and finally to deep red and purple on the right. The overall composition is dynamic and positive, set against a light, textured grey background.

**COURAGE +
EMPATHY**

THE
EMOTIONAL
AUDACITY[™]
DARING & CARING MATRIX

DARING



FEARLESS BUT FRACTURING

Trust and empathy are lacking. Behaves in a callous, harsh or intimidating way.



EMOTIONALLY AUDACIOUS

Transparent, brave, empathetic and deeply human. Your sweet spot.



PASSIVE OR WITHHOLDING

Avoids conflict, fails to speak up. Uninvolved and low impact.



COMPASSIONATE BUT CAUTIOUS

Kind but reluctant to act. May sacrifice outcomes for harmony.

CARING

RATE YOURSELF



How **courageous** are you?

- Do you reach out to people even when you might be rejected
- Are you OK being vulnerable
- Do you engage openly with people different than you

The Empathy N.E.T.

First let them speak...**YOU LISTEN** and then

1. **Name it** - the challenge they're facing
2. **Empathise with it** - help them feel heard. Loop/rephrase/acknowledge
3. **Transform it** - how can I support you?





Exercise – Being empathetic

Share with your partner one small gripe or complaint. Partner has to practise empathy. Can:

- **Loop**
- **Rephrase or**
- **Acknowledge**

Next Steps

What are YOUR next steps?

1. What was the most valuable for you? Bad listeners, Caring/Daring framework, NET framework.
2. Who can YOU approach with empathy?

Get the resources and keep in touch!



- Wheel of Life link
- Values sample list
- Stop-Start-Continue
- Quick feedback form

sholakaye.com/explora

Keep in
touch!

You'll see me around the ship

Say hi!

Discuss the tools with your fellow
cruisers.

Don't stop here, keep the good work
going. Come back for more talks!