

WHAT IS EMPATHY?



Empathy is to *feel* with people. The skill of understanding what it feels like to experience emotions. The ability to create space for someone to reveal their authentic self whilst reserving judgement.

It's one of the most essential skills to be learning right now.

It allows us to make sense of ourselves as well as those around us - whether we agree with them or not. Empathy is ultimately vital for success as it underpins the skills of effective leadership, creativity and communication.

Empathy activity

Choose something that someone of your age might experience and write it below

What might someone in this situation think about it?

How might they feel about it?

How might they behave?

How could a friend show them empathy?