Inclusion Contact: Empathy

Empathy is the experience of understanding another person’s thoughts, feelings, and condition from their point of view, rather than from your own. Empathy is a sharing of feelings, thoughts, or emotions.

Watch this video: Brené Brown on empathy

Discussion

• What role has empathy played in your life? Discuss a time when you have experienced empathy or witnessed empathy. How did it make you feel?

• Who is the most empathetic person you know? How does it make you feel to be around this person?

• Is empathy something we can learn or is it innate in human beings?

• What role does empathy play at work?