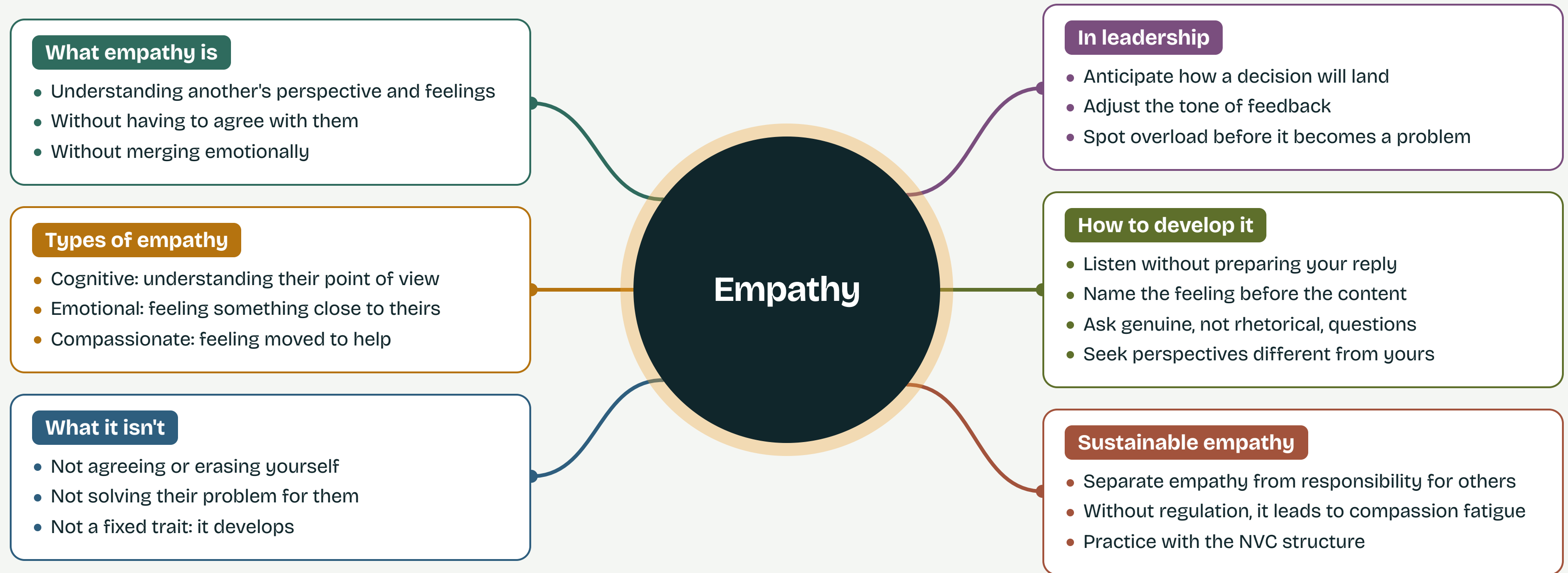


Empathy: types and how to develop it in practice



Action plan

1

Listen to the end before thinking of your reply

2

Name the feeling before responding to the content

3

Ask open, genuine questions with no built-in answer

4

Expose yourself to perspectives different from yours

5

Support others without taking on their problem

Key takeaway

Empathy means understanding others without agreeing with everything or erasing yourself; it grows with practice.

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