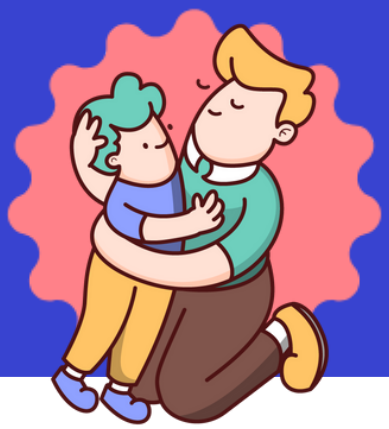
10 WAYS TO SHOW EMPATHY



Listen

Listen with your heart: use your eyes, ears, and feelings to really see the other person.



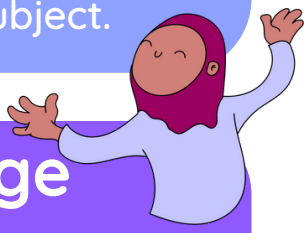
Hold back

Don't interrupt; refrain from giving instant advice, & don't change the subject.



Look

Tune into the nonverbal cues - what people think or feel, not just their words.



Leverage

Use your tone, body language, and facial expressions to communicate.

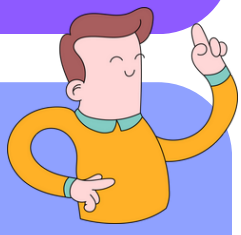
Names

Nothing pleases so much as using their name; remember them & use them often.

Present

Be fully present; don't check your phone or take calls during a chat.





Smile

The one you give out really does come back to you!

Vulnerable

Be willing to show your weaknesses & readiness to admit mistakes.



Recognise

Catch people doing the right thing and praise; offer genuine support and encouragement.



Interest

Show that you care and take interest in their lives.