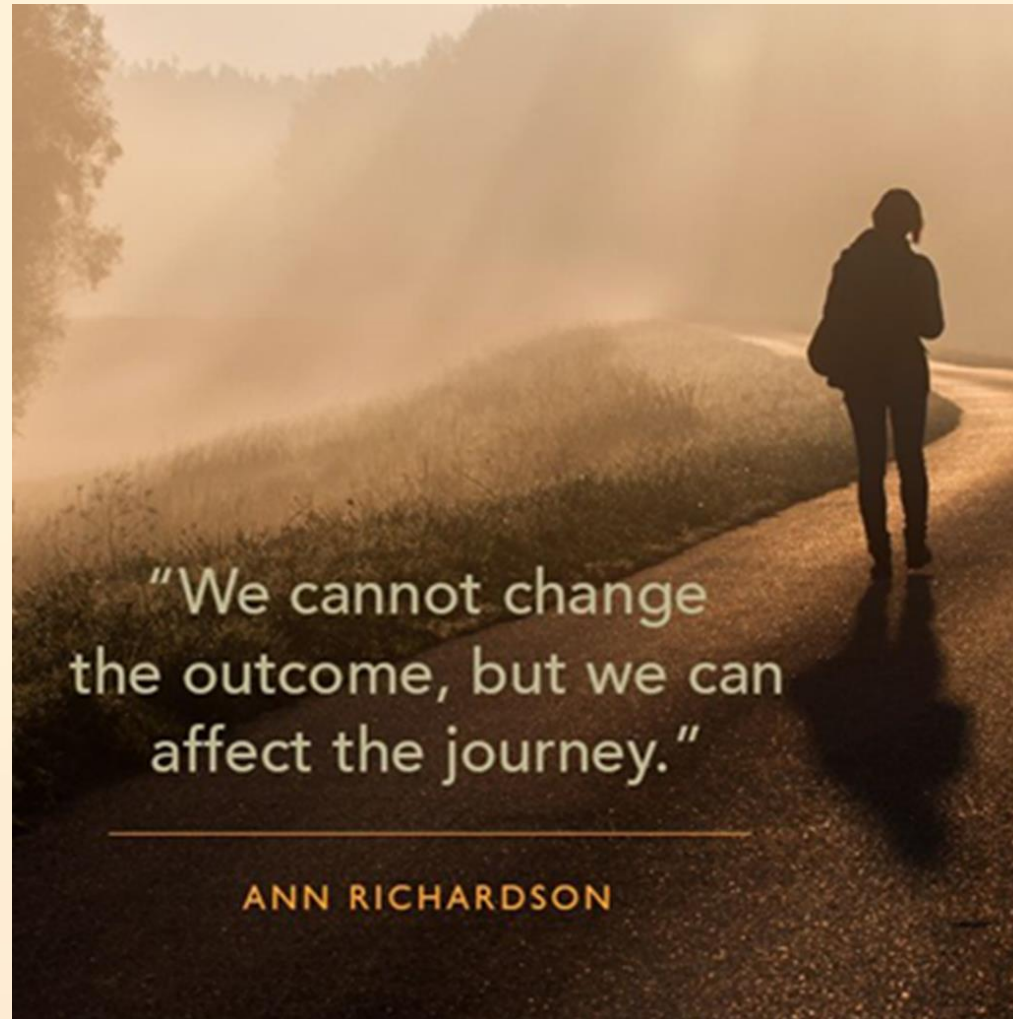


# Understanding the Impact of Empathy...

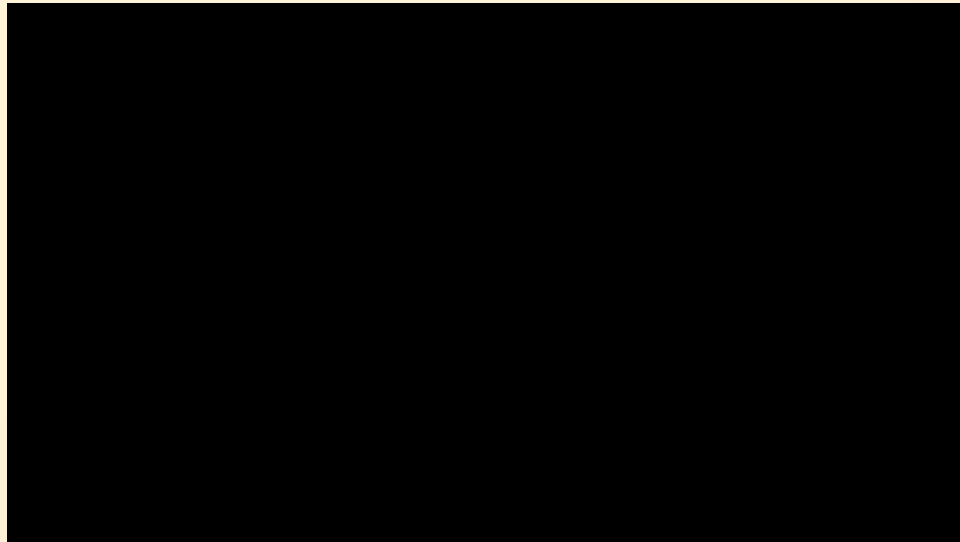


"We cannot change  
the outcome, but we can  
affect the journey."

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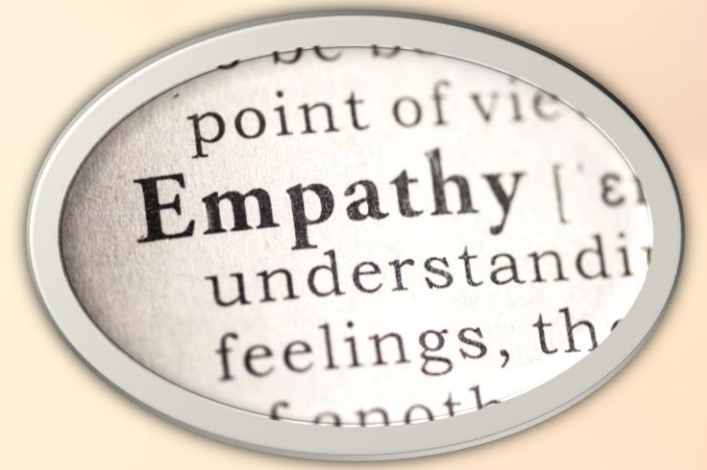
ANN RICHARDSON

# Empathy vs Sympathy



Watch Dr Brené Brown's full talk 'The Power of Vulnerability' here:  
<https://www.youtube.com/watch?v=sXSjc...>

## Discussion

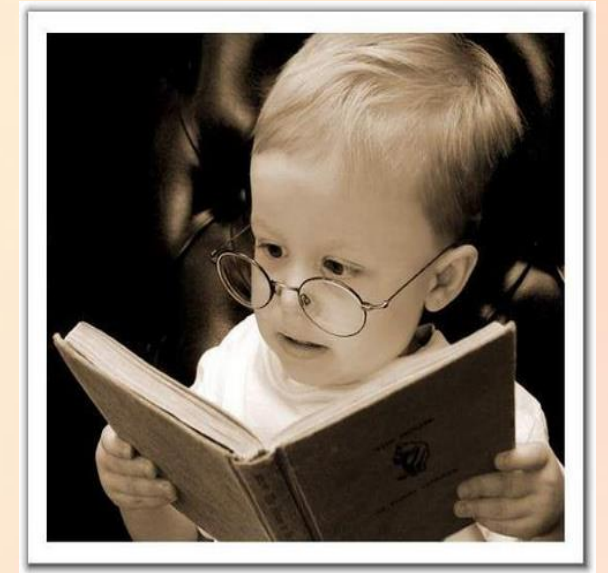


How would you explain empathy to someone who does not know what it means? How are empathy and sympathy different? Share an example of each.



## Discussion

Is the practice of empathy something that we can learn or is it innate in human beings?



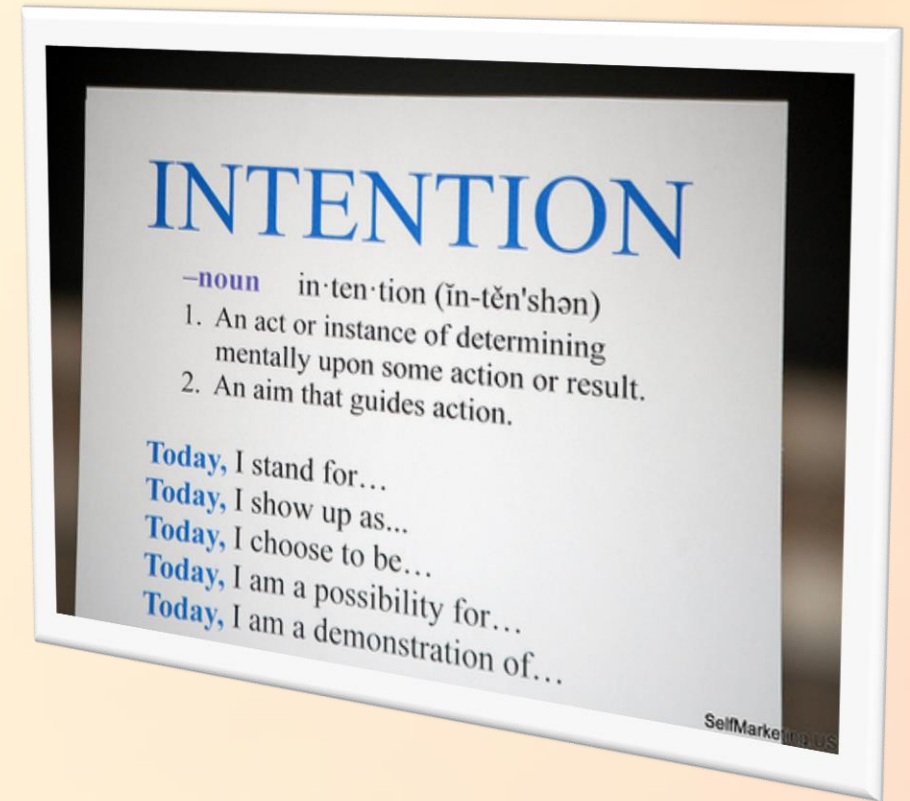
## Discussion

How can using empathy be a tool for building relationships and connecting with others? Share examples from your daily life or work experience to illustrate when you have shown this or seen it in action.



# Discussion

What are some ways you can be intentional in practicing empathy more in your daily life?



MAY YOU BE PROUD  
OF THE WORK YOU DO  
THE PERSON YOU ARE  
AND THE DIFFERENCE  
YOU MAKE