

A scenic photograph of a stone archway spanning a river in a forest. The trees are in autumn, with vibrant orange, yellow, and red leaves. The archway is made of dark, stacked stones. The river reflects the surrounding trees and the archway. The overall atmosphere is peaceful and natural.

CULTIVATING EMPATHY



@lhawthorn

@dajanaguenter



— WHY —
EMPATHY
— MATTERS —

IT'S ABOUT

YOU,

TOO ...





EMPATHY

— IS A —

CHOICE

NOT AN
INNATE
SKILL





PRACTICE
ACTIVE
LISTENING

READ

— FICTION —



BE

CURIOUS

Avoid Assumptions



— **BE EXPLICIT** —

VALUES

— **BE INCLUSIVE** —

— DISCOURAGE —
HiPPoing





DON'T
FLIP THE
BOZO
BIT

MAKE IT
TRULY
OK
TO FAIL



**THANK
YOU!**



REFERENCES

- *Empathy is Actually a Choice*, New York Times, July 10, 2015, <http://www.nytimes.com/2015/07/12/opinion/sunday/empathy-is-actually-a-choice.html>
- *How Does Fiction Reading Influence Empathy? An Experimental Investigation on the Role of Emotional Transportation*, Bal and Veltkamp, <http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0055341>



PHOTOGRAPHY

Slide 1) Photograph by PromesaArtStudio/BigStock

Slide 3) Photograph by Leonid Tit/BigStock

Slide 4) Photograph by Patrick Foto/BigStock

Slide 5) Photograph by bondarillia/BigStock

Slide 6) Photograph by onephoto/BigStock

Slide 7) Photograph by zoph/BigStock

Slide 8) Photograph by perhapzz/BigStock

Slide 9) Photograph by Dinabelenko/BigStock

Slide 10) Photograph by enterlinedesign/BigStock

Slide 11) Photograph by Nosnibor137/BigStock

Slide 12) Photograph by Willee Cole/BigStock

Slide 13) Photograph by FreedomTumZ/BigStock

Slide 14) Photograph by Sosiukin/BigStock

