

Leadership Fund - Empathy

Empathy - feeling into (as if you experience it)
 Sympathy - feeling with

1. perspective taking of the other - connecting w/ our own emotions.
2. staying out of judgement
3. recognizing emotion
4. communicating it

- not "an at least" statement.
- a response doesn't always make it better but a connection does
- vulnerable on the part of person offering it - connect to something inside your self.

"I don't know what to say, I am glad you told me, you are not alone."

- Jesus becoming man - most empathetic action ever.
- It's about loving people well.
- Don't start w/ advice giving.

Do's & Don't's.

"Is this feeling ok. Is this song ok?"
 - Nail in your head experience

Practicals:

- Active Listening:
 - eye contact
 - miming their eye contact, their body language
- Non multi-tasking.
 - people are more important than projects.
 - people are more important
- attending:
 - verbal - offers presence w/ words "parroting"
 - non-verbal - body language
 - para-verbal - uh-huh, etc.
- not in a rush
 - Jesus was never in a rush.

Interior Practical:

- self-awareness
 - honesty
 - vulnerability
 - trust in God in me, so they can be impacted by Him.
 - St. Theresa and her little way
- Spirit creates the space

'Empathy is not the answer to everything but best place to start.

- It might seem artificial at first.
- Everyone has their own style.

Narrow: a form a spiritual hospitality