

EMPATHY:
UNDERSTANDING
AWARENESS
ACTION

LION PRIDE LEADERSHIP



OUR PURPOSE



BUILDING UNDERSTANDING



INCREASE AWARENESS



INSTITUTE MORE WINNERS
THROUGH ACTION

A GLIMPSE INTO EMPATHY

https://youtu.be/cDDWvj_q-08

WATCH AND SHARE

REFLECTION

TAKE 30 SECONDS TO REFLECT ABOUT...

- **SOMEONE YOU WORRY ABOUT**
 - **SOMEONE YOU CELEBRATE**
- **HOW DO YOU FEEL WHEN YOU THINK ABOUT THAT PERSON?**
 - **WHAT CAN YOU DO TO SUPPORT THAT PERSON MORE?**

UNDERSTANDING EMPATHY

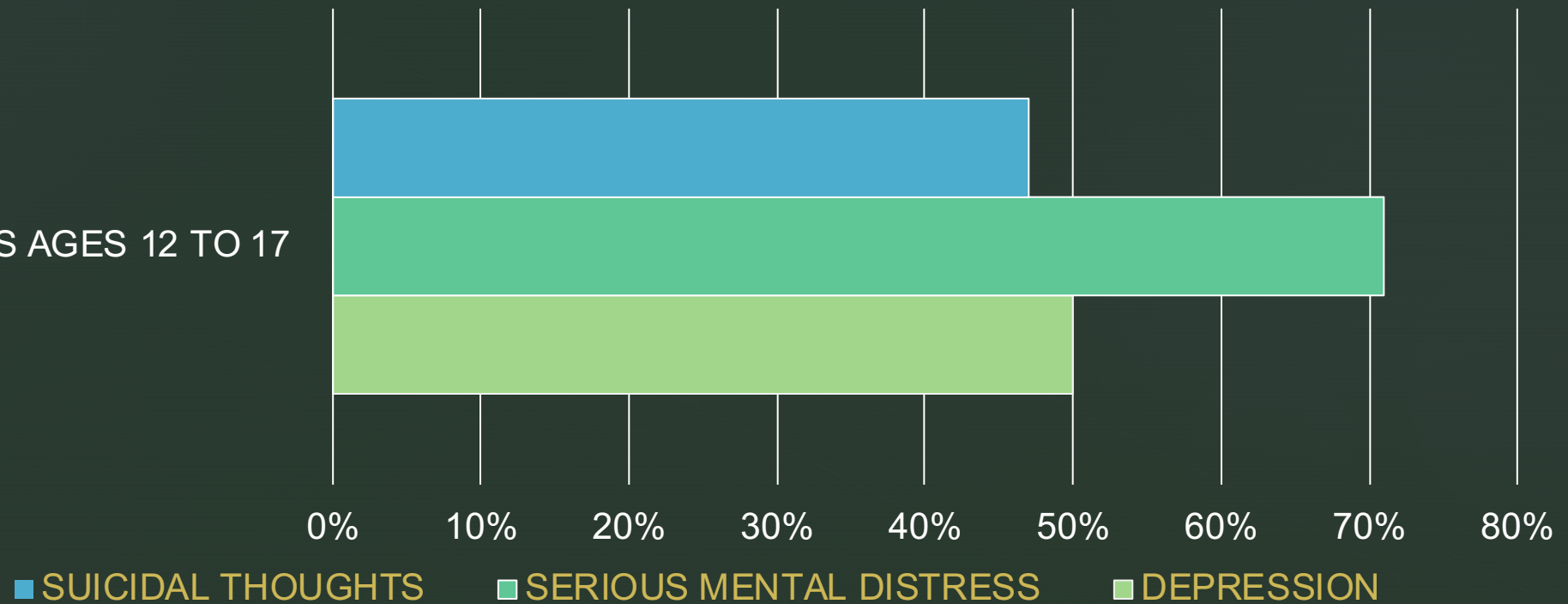
4 COMPONENTS:

1. TAKE OTHER'S PERSPECTIVE
2. RECOGNIZE FEELINGS & EMOTIONS IN OTHERS
3. STAY OUT OF JUDGEMENT
4. COMMUNICATE UNDERSTANDING

HERE ARE THE FACTS

STUDY FROM THE JOURNAL OF ABNORMAL PSYCHOLOGY

STUDENTS AGES 12 TO 17



EMPATHY AWARENESS

- **ACKNOWLEDGE:** “I SEE HOW...” / “I HEAR HOW...”
- **SHARE BACK:** “I FEEL...THAT THIS HAPPENED”
- **SHOW INTEREST:** “WHAT IS THIS LIKE FOR YOU?”
- **SHOW GRATITUDE:** “THANK YOU FOR...”
- **ENCOURAGE AND SUPPORT:** “YOU ARE...”

EMPATHY BLOCKERS

- **SILVER LINING:** ATTEMPTING TO HELP SOMEONE GO PASS INSTEAD OF THROUGH THEIR MOMENT
- **FIXER UPPER:** ACTING AS THE AUTHORITY IN SOMEONE ELSE'S MOMENT
- **INTERROGATION:** PROBING THAT SHIFTS FROM SHOWING INTEREST TO BEING INVASIVE
- **VIDEO SUMMARY:** <https://youtu.be/1Evwgu369Jw>

ACTIVITY: AWARENESS & ACTION



CREATING MORE WINNERS EXERCISE:

- 9 PARTICIPANTS LINE UP IN 3 ROWS OF THREE
- PARTICIPANTS WILL BE GIVEN BALLS TO SHOOT IN A HOOP
- PARTICIPANTS WILL ATTEMPT TO MAKE 2 SHOTS TO EARN REWARDS

ACTIVITY: AWARENESS & ACTION PART 2

CREATING MORE WINNERS EXERCISE:

- 9 PARTICIPANTS LINE UP IN 3 ROWS OF THREE
- PARTICIPANTS WILL BE GIVEN BALLS TO SHOOT IN A HOOP
- PARTICIPANTS WILL ATTEMPT TO MAKE 2 SHOTS TO EARN REWARDS



HOW WILL YOU BE EMPATHETIC ?

MAYA ANGELOU



“I’VE LEARNED THAT PEOPLE WILL FORGET WHAT YOU SAID, PEOPLE WILL FORGET WHAT YOU DID, BUT PEOPLE WILL NEVER FORGET HOW YOU MADE THEM FEEL”