

5 Simple Steps To Be More Empathetic at Work



Actively listen to others

Make eye contact, be curious and ask questions, confirm understanding and then reflect. This will make it easier to put yourself in their shoes and respond empathetically.



Avoid assumptions, bias and judgement

Remind yourself that everyone has their own struggles so you should not let your personal opinions negatively judge the situation. Be kind and patient while you explore empathetically.



Take small actions to show you care

Empathy is not just about what you say but what you do. Smiling as you pass someone, holding the door open and making a cup of tea are all small demonstrations of empathy.



Train your brain

To be more empathetic when it doesn't come naturally, you need to consciously pause to consider other people's perspectives when in situations and respond empathetically.



Find strength in vulnerability

Being vulnerable yourself gives others permission to be more vulnerable too. Start the conversations and you will foster the growth of a supportive, empathetic culture.