

Empathic Connection

Why participate in this workshop on empathy?

We thrive on connection and some even say we are hard wired for connection, yet it can seem so hard to do when you need it most. Empathy is the missing link. Empathy will help you support yourself and connect with others in situations in which you normally would feel lost.

Empathy is very different from sympathy and basically means understanding what it is like to be in someone else's shoes. But not just that, it also means understanding what it is like to be in your own shoes. You need understanding just as much as anybody else. So why not give it to yourself too? Empathy helps you to understand yourself and others better. Once there is understanding, connection is usually the result.

"When someone really hears you without passing judgment on you, without taking responsibility for you, without trying to mold you, it feels so good. When I have been listened to, when I have been heard, I am able to re-perceive my world in a new

way and go on. It is astonishing how elements that seem insoluble become soluble when someone listens. How confusions that seem irremediable become relatively clear flowing streams when one is heard." Carl Rogers.

WHAT IS THE TRAINING LIKE?

During this day we'll address what empathy is and what it isn't. We'll also work on listening skills. This will make it easier for you to relate to others as they respond to you. We'll also tap into the emotional experience that you have and what it means for you to be heard and listened to. We'll look at how you can create this experience for yourself and how it is part of the self-care you need. During this day we'll talk about some of the theory that you need to understand, we'll do a little demo every time and then you get to practice in two's or little groups to get the feel of it yourself. Practicing the skills this day will make you feel more confident in applying what you have learned outside this workshop too. At the end of every topic we'll do an evaluation to share what we've learned and answer any questions.

COSTS

PRIVATE

€ 130,-* (1 day including coffee, tea, manual)

CORPORATE

€ 175,-* (1 day including coffee, tea, lunch, manual)

* This training is exempt from Dutch sales tax.

Prices in N-America as advertised on the web.

IN-COMPANY

Request a quote mail@govertvanginkel.nl

DATES AND LOCATION

Check the agenda on this site.

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