



Embracing Empathy



Loren Sanders

Discover how empathy and effective leadership go hand in hand

During this engaging discussion, Sanders will delve into practical strategies for leaders to enhance their emotional intelligence and harness the strength of empathy. From the importance of active listening and gaining perspective to building trust and providing meaningful feedback, she will share actionable takeaways that can be implemented immediately.

Tools and Tips to Bring Back Home

- Leaders who show empathy develop better relationships with teams.
- Empathy starts with you, how you see yourself, talk to yourself and your internal driving narrative including your relationship to the power you hold.
- There is a balance leaders must find between understanding colleagues and leading teams to be an effective empathetic leader.
- Empathy is often mistaken for kindness. It is not the same thing.
- Empathy is not solving other people's problems.
- Empathetic leaders are agile, open, safe and effective listeners.
- Part of being empathetic is understanding your own energy drivers.
- Taking hold of empathy allows you to respond and not just react (harmony of heart, mind and mouth)
- You can interrupt your ineffective patterns with practice.

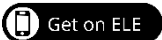
Application Tips to Try This Week

1. Identify some of the blind spots that keep you from seeing situations objectively.
2. Make a list of the times you struggle most with listening and being in the moment with people.
3. Think about a past situation that you see more clearly now that you have had some time, space, and distance from it.
4. Write down how your lack of perspective impacted the past situation you identified.
5. Ask someone you trust if they think you have a fixed or a growth mindset and why. Be tactful in your response and communication. Listen well.
6. Try using the Yes And approach the next time someone presents an idea.
7. Note how you think each of these practices will help you become more empathetic.

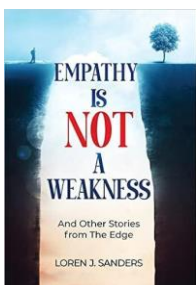


My Plan to Act

- 1.
- 2.
- 3.



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