

Empathy

In between stimulus and response is our greatest power

- Being present to what wants to unfold, not rushing to strategy or action request.
- Different experience when we talk (report) about something than when we are being IN the experience.
- Connecting at needs level rather than thoughts level.
- Holding the space.
- Being hardly able to speak up because the needs are so charged-step into the longing of the need
- Being present and giving this to the other person (healing and inspirational)
- Transforms habitual reactions to natural compassion and we are able to choose our response.
- Giving that voice (chatter) empathy.
- Empathise-no need for forgiveness.

Steps to Empathy

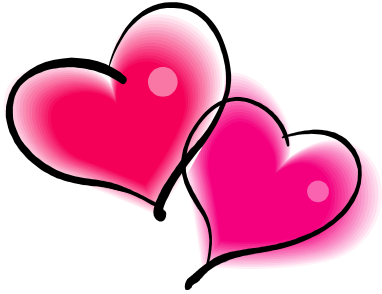
Intention

Attention

Connection

1. Being with the other person
2. Presence to their being-what is alive for them. Presence in my heart(not my head)
3. Listening and focussing on feelings and needs -sensing
4. Paraphrasing-aloud or silently

5. Confirming –when you are not clear, when you sense they want feedback, or confirming that you have heard them.



If you would like an empathy session with Glynis you can send her an email with some times which might be suitable. Empathy sessions can be face to face or by phone.

info@keystoneskills.com

Empathy sessions \$55 per half hour