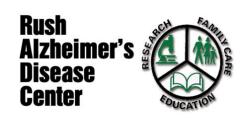


Development. Knowledge. Practice. Networking.

Empathy vs. Sympathy

From Brené Brown and her Dare to Lead book







Development. Knowledge. Practice. Networking.

Show Brene Brown's video on Empathy and Sympathy







Development. Knowledge. Practice. Networking.

Empathy Skills

#1

See the world as others see it – perspective taking

- We can't take off our unique lenses
- We can honor other people's perspective as truth

#2

Be non-judgmental

- We judge in areas where we feel we're most susceptible to share
- We judge the people who are doing worse than we are in those areas







Development. Knowledge. Practice. Networking.

Empathy Skills

#3 and #4

Understand another person's feelings and communicate it back to the person

- Understand emotions in others
- Must have emotional literacy

#5

Mindfulness

- Being mindful to our own emotions
- Balanced approach to negative emotions







Development. Knowledge. Practice. Networking.

Thank you for your participation and leadership with those living with dementia.

Join the Dementia Leadership Network at

www.DementiaLeaders.net



