



The Dementia Leadership Course  
*Development. Knowledge. Practice. Networking.*

## Empathy vs. Sympathy

From Brené Brown and her Dare to Lead book





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Show Brene Brown's video on Empathy and Sympathy





## 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



## 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



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

Join the Dementia Leadership Network at  
[www.DementiaLeaders.net](http://www.DementiaLeaders.net)

