THE SIX HABITS OF HIGHLY EMPATHIC PEOPLE
Roman Krznaric

Affective empathy: shared emotional response
Cognitive empathy: taking the perspective of others

Habit 1
Switch On Your Empathic Brain
Regions of the brain responsible for empathic accuracy, Ochsner and Bolger, 2009

Habit 2
Make The Imaginative Leap
Whenever you are in doubt, or when the self becomes too much with you, apply the following test. Recall the face of the poorest and the weakest man whom you may have seen, and ask yourself, if the step you contemplate is going to be of any use to him...Then you will find your doubts and your self melt away.

Mahatma Gandhi

In the context of your work, where do you see the greatest empathy gaps?

Habit 3
Practise The Craft Of Conversation
What is essential is our ability to be present to what's really going on within – to the unique feelings and needs a person is experiencing at that very moment.

*Marshall Rosenberg*

Studies in labour-management negotiations demonstrate that the time required to reach conflict resolution is cut in half when each negotiator agrees, before responding, to accurately repeat what the previous speaker had said.

*Marshall Rosenberg*

jealous  panicked

arrogant  hateful
Habit 4
Seek Experiential Adventures
Habit 5
Travel In Your Armchair
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<th>Habit 6</th>
<th>Inspire A Revolution</th>
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**Top Ten Books**

1. *Haruki*  
2. *On the Horizon of Happiness*  
3. *Complete Guide to Coaching*  
4. *The BOLD List*  
5. *Will You Be Gone Tomorrow?*  

**Top Ten Films**

1. *Scent*  
2. *Identifying Your Strengths*  
3. *Eyes Wide Shut*  
4. *The Last*  
5. *The Living Dead and the Butterfly*  
Empathy opens the door of our moral concern, then laws and rights wedge it open.
The Six Habits of Highly Empathic People

Inspire a revolution
Switch on your empathic brain
Make the imaginative leap
Travel in your armchair
Practice the craft of conversation
Seek experiential adventures

Balance introspection with OUTROSPECTION

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