

Workplace Wellbeing

Empathy

Empathy is an emotional response to another person's emotional state, where you move beyond your own concerns to recognise their emotions, understand their perspective and offer assistance. We all naturally exhibit some form of empathy, however, it's important, especially in the workplace, to exhibit that empathy effectively. On completion of this module you should have a better understanding of the different types of empathy and how to develop your own ability to effectively empathise with others.

In this Module

Videoscribe explainer video, with professional audio (duration: 02:43)

English Subtitles

8 Expanded learning content blocks in the module format

'Check my understanding'
5 Question knowledge check

Top Tips

1. Set aside your own beliefs and consider the situation from the other person's viewpoint.
2. Actively listen to what's being said.
3. Try to understand what someone's going through and offer support.

