

Empathy



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Empathy is stepping into someone else's shoes for a moment and trying to understand how they're feeling, even if you've never been in their exact situation.

Examples in the Workplace Can Include:

If a coworker is stressed about a deadline, empathy is trying to understand their pressure, not just saying "that's too bad."

If a colleague returns to work after personal time off, empathy is acknowledging their experience with care and being willing to assist them in easing back in, if needed.

If you've noticed a team member has been on edge lately, empathy is recognizing their emotional shift and letting them know that you're there for them if they ever need someone to talk to

EMPATHY IN THE WORKPLACE

Can Bring Several Benefits:

- **Better Communication** - Empathy helps people listen actively and respond thoughtfully, reducing misunderstandings.
- **Improved Teamwork**- People are more willing to collaborate and support each other when they feel understood.
- **Lower Conflict** - Empathy helps de-escalate tension and resolve disputes more effectively.

"Choose empathy. Listen, understand, and respect each other-every day, without judgment."