The Empathy Effect

Friday, September 12th - 8:00 AM ChST

A MindSculpt Class for

GUAHAN ACADEMY CHARTER SCHOOL

Every facet of our relationships can be enhanced by simply understanding others perspectives & meeting them where they are. From leadership, to negotiation, to creativity & meaningful connections, this tool & skill can be heightened & strengthened on a regular basis with practice & intention.

In this therapist-led class, you'll learn:

- To differentiate the 2 main types of empathy,
- Areas of our lives that can be improved with practice,
- Specific steps for cultivating empathy every single day,
- Skill-building exercises that focus on building “empathy pictures”, incorporating mindfulness with others’ pain, along with practicing “empathy scenario journaling”.

Join this live, 60-minute event, with opportunities to anonymously ask questions & chat with others.

No Registration Required

RSVP To Team Calendar Invite

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