

Stratagame Project

What is Empathy



Empathy. It's a quality that is much needed in society and in the workplace. The Oxford Dictionary defines it as the "ability to understand and share the feelings of another."

Empathic people have a natural predisposition for some of the most demanding competencies in job offers: teamwork, leadership skills, negotiation skills and customer service. Empathy is thus the ability to identify with someone and share their feelings. As any other innate capacity happens, some develop it more than others, but it is always possible to enhance it.

Does empathy work? The answer is simple: yes, because it generates benefits. Complying with the rules of coexistence is really profitable. Empathic individuals will try to contemplate other points of view besides their own. And, in general, they will not only look after their interests, but also those of the group and those of the company.

How empathetic are you at work? Do you want to improve your empathic skills? Do you know how to do it?

Look at the reactions of the people around you in the face of what happens to them. For this, you have to make the effort to stop observing yourself for a moment. You may have other issues in your head that occupy you practically all the hours of the day. Turn them away for a while and pay attention to the clerk who sells you the bread, in the neighbor who greets you or in the friend with whom you are chatting. If you have never stopped to make this kind of observation consciously, you will be amazed by what you will discover.

Set in motion the following exercises to improve your empathy:

Practice listening with the intention of understanding the other

Part of the basis that your way of seeing things is unique, that is, everyone has their own point of view and all are valid and respectable

Train the ability to understand your own emotions. This way it will be easier for you to understand those of others

Avoid advising if you do not expressly ask for it

Focus on understanding the other instead of judging him



There are also activities close to work experience that will allow you to increase your capacity for work-oriented empathy. These are some examples:

Belonging to an association with common interests

Do a collaborative work

Be involved in projects that are carried out in work groups

Do volunteer work

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