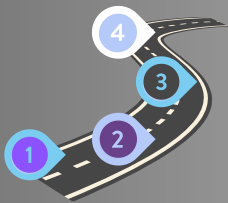


C&C EMPATHY NAVIGATION PATHWAY[®]

Your Empathy Roadmap



1



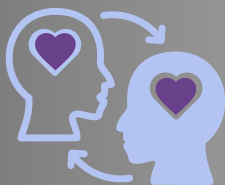
IMAGINE & INTELLECTUALLY UNDERSTAND

Using your Cognitive Empathy imagine & intellectually understand another's position & situation.

2

FEEL THE EMOTIONAL EXPERIENCE

Using Emotional Empathy allow yourself to connect with the feelings & emotional component of another.



3



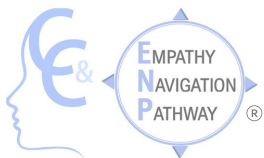
WHAT CAN'T BE DONE

Using logic & intellect recognise the reality & limitations. What things are out of your control. (Important for self care).

4

COMPASSIONATE ACTION

Using Compassionate Empathy, what action CAN you take. Listening? Practical doing? Supporting? Checking in?



C&C Empathy Training Ltd
www.empathytrainingltd.co.uk





‘Behind every fact there
will be an emotional
component’

‘You can’t give a hungry
person food if your plate is
empty’

Carolyn Cleveland

Courageously Flawed, Authentically Real

