

- An awareness of the power of accountability and why it is important on teams
- Insight into how to build a team culture where everyone feels like they belong
- An understanding on how to build empathy with others to support better relationships
- Key knowledge about how to build psychological safety on teams

Micro  
Talk[illegible][illegible]

## Micro-Talk: Empathy

*An essential skill for a leader or a principled activist*

**Opening Script**  
 I'm glad to be here with you all, and I hope that the empathy Script is a little bit helpful to you. I hope that you will find it useful. I hope that you will find it useful. I hope that you will find it useful.

**Empathy**  
 The ability to understand and share the feelings of another.

**Emotion**  
 A feeling or state of mind that is experienced by an individual.

**Compassion**  
 The feeling of sympathy for someone who is in pain or distress.

**Principle** But we don't just want to be nice. We want to be **principled** and **empathetic**. — a powerful expression of the impact of empathy. — the only way that we can be the agents of change.

**Goal or Mission**  
 To be able to have a strong empathy for all.

| Capacities   | Emotion                                       | Compassion  |
|--|---|---|
| <b>Active listening</b><br>The ability to listen to someone and understand what they are saying. | <b>Love</b><br>Love with your heart and mind. | <b>Gratitude</b><br>To be able to feel, to willing to be grateful for whatever it is that you have or for someone who does for you. |
| <b>Empathy</b><br>The ability to understand and share the feelings of another.                   | <b>Love</b><br>Love with your heart and mind. | <b>Gratitude</b><br>To be able to feel, to willing to be grateful for whatever it is that you have or for someone who does for you. |

**Closing Script**  
 I hope that this has been a helpful and useful script for you. I hope that you will find it useful. I hope that you will find it useful. I hope that you will find it useful.

The power of love is that it can change the world. — a powerful expression of the impact of empathy.

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