



3: Enhance Your Natural Empathy

How can you let others know that you really see and hear them?

The core learning from this session is that you, and all but a tiny percentage of the other humans on the planet, have an extraordinary ability to sense into how others are feeling – to genuinely empathise with them. So how can you harness this extraordinary ability?

Do



- [Watch the 'Nudge' video for session 3](#)
- Watch [the Amnesty video](#) again

Think



- What difference would it make if you, and your peers, stopped for a beat before meetings to be intentional about how you'd like to show up?
- What value would it have to you if more of the people you meet with felt a greater sense of connection with you?

Act



- Set up a reminder or cue of some sort right on your desk somewhere: *"How do I want to show up in this meeting?"*
- Take a note of anything you notice about what you heard the people in your meeting *feel*.