

# Inclusion Contact: Empathy



Empathy is the experience of understanding another person's thoughts, feelings, and condition from their point of view, rather than from your own. Empathy is a *sharing* of feelings, thoughts, or emotions.

[Watch this video: Brené Brown on empathy](#)



Video length – 2:54

## Discussion

- What role has empathy played in your life? Discuss a time when you have experienced empathy or witnessed empathy. How did it make you feel?
- Who is the most empathetic person you know? How does it make you feel to be around this person?
- Is empathy something we can learn or is it innate in human beings?
- What role does empathy play at work?