



CoachingHer

Coaching for Empowerment and Success



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Coaching for Mothers

- Empathy & Social Competence -

Objectives of the Workshop

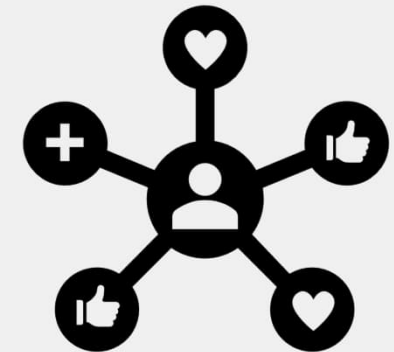
- ✓ Recognizing empathy as a social strength
- ✓ Consciously using social skills in everyday life
- ✓ Promoting communication and understanding
- ✓ Exchange & Personal Development

What is empathy?

- The ability to put oneself in the shoes of others
- Perceiving the feelings and perspectives of others
- Not: pity – but compassion & understanding
- **Cognitive Empathy:** Understanding thinking
- **Emotional empathy:** Empathizing with feelings
- **Compassionate Empathy:** Acting supportively

What is social competence?

- Appropriate behavior in contact with others
- Listening, communicating, resolving conflicts
- Respect, consideration, ability to work in a team



Basics of "Empathy & Social Competence"

A) *Empathy*

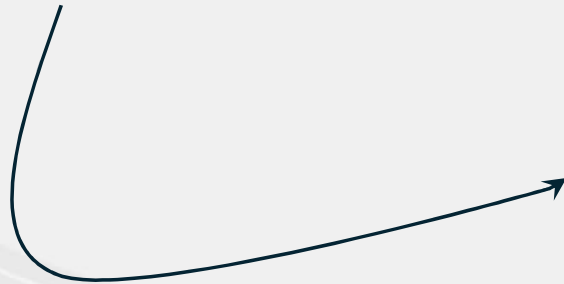
- Empathy
- Emotional resonance
- Support & Compassion

- Promotes relationships and trust through active listening
- Reduces conflicts
- Strengthens Community & Collaboration
- Child-rearing & partnership
 - "I see that you're just ... feel"

Basics of "Empathy & Social Competence"

B) Social Competence

- Communication skills
- Conflict resolution
- Relationship management



- Effective, (non-)verbal, empathetic communication
- Constructive, acceptable solutions
- Expansion of positive relationships, ability to work in a team

Exercise: Change of perspective

- Situation: A child throws something angrily and intentionally on the floor.
 - How are you feeling?
 - How does the child might feel?
 - What would be an empathetic reaction?

Social competence in everyday life

- Conflicts with children, partners, or colleagues
- Role model function
- Fairness, patience, clarity

Group exchange

"When did you feel particularly understood?"

"When was it difficult to react empathetically?"

Everyday tips

- Listen consciously
- Name feelings (one's own & others')
- Give feedback in an appreciative way
- Recognizing one's own limits

Conclusion

- What do I take with me?
- Where do I want to develop my social skills?

THANK YOU!