



CoachingHer

Lesson 10 – Worksheet Empathy & Social Competence

1. What does empathy mean to you personally?

2. When was the last time it was easy for you to put yourself in someone's shoes?

3. In which situations do you find it difficult to react empathetically? Why?

4. Change of perspective

Describe a situation in which you were annoyed. How could your counterpart have experienced the situation?

5. What qualities do you associate with social skills? (e.g. team spirit, listening, ability to deal with conflicts)

6. Choose an area in which you want to improve your social skills: What do you want to do specifically? What do you need for this?

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