Empathic Consciousness
The Key to Collaboration

Anita Nowak, PhD – MForum 2019
True or False?

EMPATHY IS AN ESSENTIAL LEADERSHIP SKILL – & THERE'S NOTHING SOFT ABOUT IT
Agenda

• Empathy Primer
• Massive Collective Empathy Deficit
• Empathy in Industry 4.0
• 4-5 Empathy Exercises
• Conclusion about Collaboration
What is Empathy?
Empathy is the innate trait that unites us in our shared humanity.
Things to know
Cognitive Empathy
Affective Empathy
mirror neuron
Altruistic Emotion Continuum

Pity  Sympathy  Compassion  Empathy
Shared Humanity
AFFECTIVE EMPATHY
Massive Collective Empathy Deficit
Greed + Self-interest = human nature.
4th Industrial Revolution
Guttenberg’s printing press, 1440
Protestant Revolution
Age of Enlightenment
Modern Science
Universal Education
Exercise #1
Exercise #2
Exercise #3
I am grateful for:

- Clean water
- Food, rest, play
- Amazing parents
- Awesome friends
- Teachers
- Cleaners
- Medicine
- Teachers
- Schools
- Knowledge
- Family
- Unconditional love
- Hugs
- Earth
- Clean air
- Nature (trees, woods, fire, magic)
- Flowers, bees, herbs, honey
- Kindred spirits
- Connection, healers
- Art, music
- Creativity
- Passions
- Community
- My mind, my body, my soul
- My home, my life, my experience, my culture, my spirit
- Spirit, soul, love, patience, tolerance
- Vision, communication, languages, symbols
- Birth, soil, water, strength, renewal
- Mind, rain, meditation, yoga
- Nourishment, fruit, vegetables, plants, herbs
- Butterflies, fields, stones, desert
- Sunrises, sunsets, lakes, oceans
- Maori, ancestors, elders, stories
- Spirit, ancient ones
- Fire, water, wind, earth, mystery
- Spirit, awakening, wisdom, mystery
- Animals, farms
- Quiet
- Naps
- Music
- Rest
- Bed
- Roof over our head, clothing
- Animals
- Technology
- Fun, laughter, joy
- Nature, animals, plants, water, to walk
- Support, giving, acceptance
- Honesty, love, peace, forgiveness, harmony
- Animals, farms, nature, technology, fun, laughter, joy
- Spirit, awakening, wisdom, mystery
- Spirit, knowledge, art, music, passion, creativity, earth
- Community, relationships, love, patience, tolerance
Exercise #4
Exercise #5
Empathic Consciousness
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Thank YOU!

“The empathic action revolution has begun.”

THE EMPATHS STRIKE BACK

STORIES OF EVERYDAY HEROES USING EMPATHY TO CHANGE THE WORLD

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