



## A Guide to Empathy at Work

### Objective

Empathy - the ability to understand and share other people's emotions - is critical in any workplace. In this course, you'll first learn about empathy and why it's an essential skill to have in an academic environment.

Then you'll find out how to communicate with empathy and overcome empathy roadblocks.

Finally, you'll learn about the different strategies that will help you to develop empathy.

### Description

- What is empathy?
- Learn about the importance of empathy at work
- How to communicate with empathy
- Strategies for building empathy

### Conditions

In cooperation with TwentyOne Skills, GRADE offers about 35 asynchronous online courses.

The 3-month sessions start at the beginning of January, April, July and October.

Registration is possible at any time. Confirmed participants can access the courses for 3 months at the online platform of TwentyOne Skills. The current registration link can be found here: <https://tinygu.de/en21skills>

### Organizational Information

Language / Format	English / Online
Target group	Doctoral Candidates at all stages and Postdocs from all faculties
Duration	Approx. 1:20h
Registration	<a href="https://tinygu.de/en21skills">https://tinygu.de/en21skills</a>