Empathy Training: Developing and Implementing an Empathy Workshop
Midori Meyer

What I Did
Developed and implemented a workshop designed to cultivate empathy in college students.

Who I Worked With
My stakeholders included students, professors, and administrators at a small liberal arts college.

What We Accomplished

CHANGE FOR ME
The realization of the profundity of the term “the wisdom in the room” brought with it tremendous personal rewards: the reward of witnessing the blossoming of those unbinding the beauty of their authentic selves, and the reward of feeling part of an inspired whole by relinquishing the false power of personal preconceptions to the unfolding of an infinitely wiser collective intelligence.

CHANGE FOR PARTICIPANTS
The participants found the deep connection, nonjudgmental understanding, and sense of belonging many felt they were lacking since leaving home for college.

CHANGE FOR THE PROBLEM
Our research and experience indicated that implementing empathy training into the basic structure of the education system, work environments, and prison system is warranted.

Why I Did It
Our project was conceived to address research findings that suggest college students of today are 40% less empathic than college students of 30 years ago. Low empathy is associated with higher rates of narcissistic and antisocial behaviors such as violence and aggression; and criminal and sexual offences.

Key References