



# LEADER EMPATHY

(This card is used to facilitate instruction, questions to ask – answers ETC... If the back is required – that’s OK – but try to limit to one card for reference)

What is Empathy and why is it important?

- Internal element of a leader's character
- ability to put oneself into another person's shoes
- allows Leaders to properly advise and help Soldiers

What is Coddling and Sympathy?

- treating tenderly; nurse or tend indulgently
- sharing the feelings of another, especially in sorrow

Leaders with Empathy relate to Soldiers' issues or problems. In empathy you relate to their current situation through experience and help the Soldier through the problem. Look to make the Soldier a "Fisherman" vs. just handing them fish.

Leaders with Sympathy or Coddle, feel sorry for the Soldier's issue. May just see the issue from the surface, doesn't dig into the why or understand the issue completely. Doesn't necessarily relate to what is going on with the Soldier. May look for the quick, easy, temporary solution to a problem to make the Soldier happy at that time. Most likely not a sustainable fix.

Examples: Long term profile and a Soldier has to enter the ABCP (do you help them create a diet or extra work in PRT or do you just flag them and rationalize that it's because they are on profile?), Soldier who fails APFT – (do you just flag and counsel or do you get involved and help them improve?)