

# Empathy Team Exercise

1. Lead a team exercise that allows team members to get to know each other. Pair up and answer these questions: How might your work style be misunderstood? What should others know about how to best work with you? What are your workplace pet peeves?
2. Practice a listening exercise with your team. Team members pair up and 1 person can only talk about themselves for 5 minutes, and the other person can't say anything. The other person has to listen and nod and show interest in body language. Then switch and let the other person talk for 5 minutes, and the other person can't say anything. You will be amazed what you can learn about someone in 5 minutes. Sample questions to answer in the 5 minutes – Why are you passionate about your job? What are you passionate about in your personal life – do you have a hobby or interest? What is the one thing you can't live without?
3. Watch Brené Brown's [TED Talk on Empathy and Vulnerability](#) and discuss it. Have a team member give you an example or share when they used skills of empathy with a peer, vendor or client.
4. Take time as a leader to go to lunch with each team member and get to know them personally.