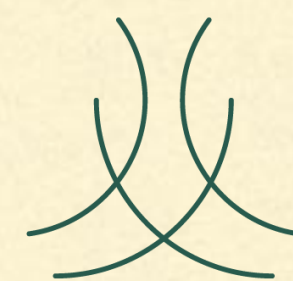


# HOW EMPATHY EMPOWERS ME AND WE



EVE Programme Asia-Pacific  
2022



JULIANN LIU  
FACILITATOR - COACH

[JULIANNLIU.COM](https://juliannliu.com)





*“If I don’t learn to slow down,  
life will slow me down.*

*If I don’t learn to stop,  
life will **stop** me.*

*And the price will be higher.”*





1. What is your  
**intention**  
for this workshop?

2. What is your biggest **difficulty**  
in practising empathy?





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*“Empathy is the listener's **effort** to hear the other person deeply, accurately, and non-judgmentally.”*

*- Carl Rogers*





# YANG

Goals

Rules

Discipline

Structure

Organization

Procedure

Time

Logic

Rational



# YIN

Connection

Caring

Attention

Listening

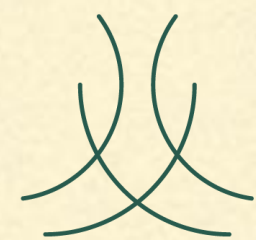
Empathy

Creativity

Sensitivity

Intuition

Team spirit



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## Exercise: **ENJOY SILENCE**

Question:

“Do I have more Yang energy or Yin energy in my leadership? ”

Give one concrete example.



### Breakout room instructions:

1. A speaks regarding this question for 2 min; B and C listen.
2. B and C listen attentively in the presence and in silence.
3. When A has nothing to say. Then B or C may wait for a moment, and say: “And then?”
4. A, B and C observe what is happening inside and welcome it.
5. After 2min, A, B, and C switch roles. 2 more rounds x 2 min.
6. When everyone has expressed, 2 min to share one feeling or one insight from this exercise.



# Disempowering vs Empowering Intention

## ■ Disempowering intentions

- Judgements
- Competition
- Saviour
- Fear
- Resistance
- Projection
- Convince /Manipulate
- Conspire /Agree/Pleasing
- Make self/other feel guilty

## ■ Empowering intention?

- Acceptance
- Curiosity
- Neutral
- Accompany
- Opening
- Sincerity
- Peace
- Respect
- Understanding
- Courage
- Service
- Confidence
- Compassion
- Inclusion
- Kindness
- Love



## Exercise: **EMPOWERING INTENTION**

Question:

“What do I decide to do differently  
so as to balance Yin and Yang energy in my leadership? ”



### Breakout room instructions:

1. Before A speaks, B and C take a moment to set an empowering intention.
2. A speaks regarding this question for **2 min**; B and C listen.
3. B and C listen **attentively** in the **presence** and in **silence**.
4. A, B and C **observe** what is happening inside and welcome it.
5. After 2min, A, B, and C switch roles. 2 more rounds x 2 min.
6. When everyone has expressed, 2 min to share **one feeling or one insight** from this exercise.





# KEY POINTS OF THIS WORKSHOP

- “OR” is our brain mechanism. “**AND**” is the way out.
- Empathy is the **effort** that you decide to make for yourself and others.
- Empathy is more Yin energy in leadership. To **balance** with Yang energy.
- Presence is like a bubble of **consciousness**. To **illuminate** ME and YOU.
- Empowering intention is your **conscious decision**, otherwise the disempowering intention will take charge unconsciously.



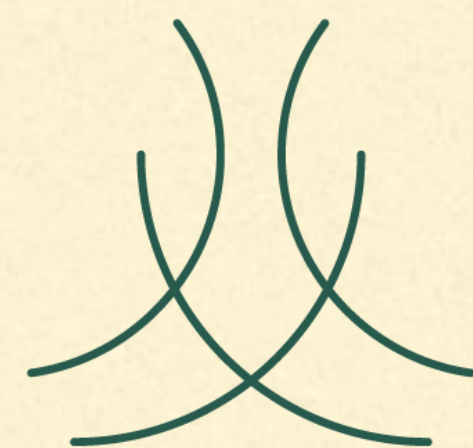
EMPATHY  
IS  
A  
PATH  
TO EMPOWER  
ME AND YOU





# Q & A

# THANK YOU



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