

# a few notes

## Topic: Emotional Intelligence Part III



### Daily Envision Employee Check-in

Hosted by Dr. Stefanie Simmons

Today we discuss the fourth element of emotional intelligence - empathy. Having empathy is critical to managing a successful team or organization. When you have empathy you have the ability to put yourself in someone else's situation. To help improve your empathy skills take the time to look at situations from other people's perspectives. Learning to read body language is another skill that improves empathy because it helps you determine how others feel. And lastly, learning to respond appropriately to feelings will aid in giving genuine empathy.

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