# BeWellLeadWell pulse®

# STEP INTO EMPATHY

## EXPLORE THRIVING TO OPEN NEW INSIGHTS ABOUT LEADERSHIP

The concept of THRIVING is a wonderful doorway to evolve your understanding of leadership. Use this tool to tap into leaders' views about thriving. Bring insights from this exploration to the certification training.

**1** **Select at least 3 leaders you currently (or want to) support.**

Who to choose? Go for a variety of points of view. Each leader is an opportunity for you to practice your skills for perspective and empathy. Here are some ideas:
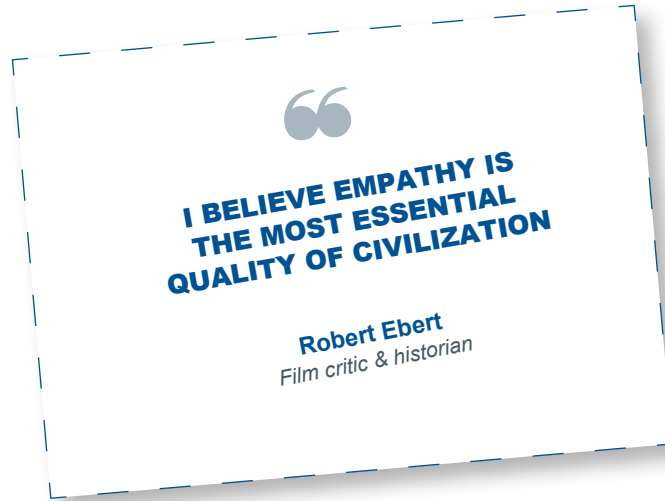
➜ **EXISTING RELATIONSHIPS**

| Key customer | Strategic partner | Mentor or boss | Previous colleague |
|---|---|---|---|

➜ **NEW RELATIONSHIPS**

| Potential customer | Potential partner | Recent acquaintance | Leader you admire |
|---|---|---|---|

| **I choose:  { Name ■ Title ■ Organization }** | **{ Email ■ Phone Number }** |
|---|---|
| | |
| | |

Wisdom WORKS

> **❝**
>
> **I BELIEVE EMPATHY IS THE MOST ESSENTIAL QUALITY OF CIVILIZATION**
>
> **Robert Ebert**
> *Film critic & historian*

## 2   Shift internally into a mode of empathy. Then, explore these questions.

➔ Why might thriving matter to this leader's organization or team?

➔ What trends are impacting (or will soon impact) the ability of this leader's workforce and organizational stakeholders to thrive, including suppliers, partners, distributors, communities, and consumers or customers? How might this affect the leader's organization today–and its potential for growth in the future?

➔ What does the leader's organization do to foster thriving & sustainable productivity at work? What seems to work well–and not so well?

➔ In what ways does this leader connect (if at all) thriving personally as a human being with how they lead?

(For extra credit, feel free to modify these questions & interview the leaders you've chosen.  And if the word "thriving" doesn't feel meaningful, use "wellbeing" or a like word.)

## 3   Capture the insights you gain from exploring the questions.

Capture your ideas and insights here or in a personal notebook. Jot down thoughts about how you could apply these ideas in service to the development of leaders, as well as your personal pursuit to activate and amplify thriving for yourself and others.

| Intriguing Ideas | Insights and Implications |
|---|---|
|  |  |

**Wisdom** Works