



## Tips For More Empathetic Communication

212 - Careers

Empathy is a skill all great communicators need to develop. It is the ability to put yourself into the mindset of another person. You understand and feel their emotions. You can get inside their minds and hearts by seeing things from that person's perspective.

Empathetic people understand why someone else is feeling a particular way. They share the feelings of someone else as if they were experiencing them. This skill can help you become a powerful communicator. You know how to talk, so your audience cares about what you are saying. The same applies to snail mail, email, texting, and posting content online.

When you know what your audience is going through, you can properly position yourself with a message that will resonate with them. Here are a few tips for communicating with more empathy so your audience benefits from your understanding of the thoughts and feelings they are experiencing.

### **Get the Opinion of a Third-Party**

You may not get a grip on what your audience is thinking. You don't know how they feel. If not, why not get some help? Get a third party involved. If you know someone close to your audience and understand their situation, their opinion is priceless. They can help you develop empathy for your audience so you communicate so that you and your listeners benefit.

## Revisit Your Past

You can become more empathetic for someone else by taking a trip down memory lane. Were you ever in a similar situation? Sometimes, we forget all that we've endured in our lives. You can connect with your audience if you've been through what they are going through.

Remember the thoughts and feelings you had. Forget the person you are right now. Look at the person you were when you were in a similar situation to theirs. Take some time to explore the experience you had. You can become a more empathetic communicator if you have lived their experience yourself.

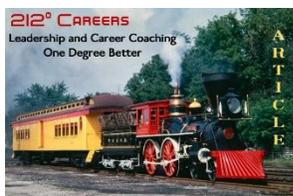
## Look for Clues

Whether you are talking with a close friend or a room full of strangers, they can help you communicate with more empathy. Watch them closely. How are they responding? Do they look disinterested, or are they fully on board with the experience? You can ask them if there is any way you can communicate more effectively and if your message is relevant to their situation.

## Ask Lots of Questions

You may think you have a good idea of someone's thoughts or feelings. Maybe you do, but maybe you don't. An empathetic communicator asks questions. They understand that learning the thoughts and feelings of someone else and embracing them can benefit from asking some simple questions about what the person is feeling.

Empathy can lead to a much better experience for the people you communicate with. This is true verbally, and if they can't hear you, your communication is nonverbal, like when you text a friend or email. These four tips make you a more empathetic communicator, meaning better relationships.



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