



EMPATHY SCHOOL

Empathy is at the heart of trauma-informed teaching practice. Teachers' and leaders' capacity to take another's perspective and to communicate understanding to that person is a key driver of secure relationships in classrooms and schools.

THE ART & SCIENCE OF EFFECTIVE LISTENING

In this full-day workshop, educators explore and experience the art and science of empathic communication, developing skills around effective listening and how to help others feel seen and heard.

RESILIENT DISTRICTS ARE BUILT ON SECURE RELATIONSHIPS

Educators and leaders will experience and learn how empathy builds safe, more productive and satisfying relationships that support healing, reflection, problem-solving, exploration, and growth in adults and children alike.

Empathy School gives educators the experience of both being the one showing empathy and being the one shown empathy. The training was informative, cathartic, and gave me communication skills I can use in real life situations at school.

SCIENCE & SKILLS

In FuelEd's Empathy School workshop, teachers and leaders learn how to:

- Articulate the scientific benefits of empathy
- Explore personal strengths and weaknesses in empathic communication
- Recognize “empathy blockers” and learn how to avoid them
- Demonstrate greater awareness of others’ perspectives, feelings, thoughts, needs, and values
- Activate and practice new skills of empathic listening with adults and students
- Practice staying out of judgment
- Identify how empathy moves educators toward being secure attachment figures





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Research demonstrates that when teachers and school leaders are more empathic, they develop more productive and satisfying relationships. These stronger relationships build a healthy school climate where students and adults thrive.

SECURE RELATIONSHIPS BEGIN WITH SECURE CONVERSATIONS

Educators are natural caregivers driven by a mission to help their students succeed. This can become a heavy burden when educators start to feel personally responsible for making everything right or even “fixing” people. When this burden of responsibility gets too heavy, as a defense mechanism, educators sometimes turn to blaming circumstances outside of their control - the district, parents, the community, and even their students. This, of course, works against the educator’s heart to be a supportive presence for others.

Empathy School is a short, powerful workshop that gives educators a new lens and set of skills and tools to make others feel safe, seen, and soothed. It helps educators and leaders see that they don't have to fix others' problems. Instead, when they help others heal, they help them to learn, grow, and problem solve themselves.

The components of our Empathy School workshop are:



**Empathy &
Its Benefits**



**Communicating
Empathy**

WHY CHOOSE EMPATHY SCHOOL?

Districts whose teachers and leaders take part in FuelEd's Empathy School workshops, quickly and efficiently gain communication skills that will allow them to build stronger, more productive, and satisfying relationships with students and colleagues in their classroom and school.

This workshop lightens the load of educators and leaves them feeling more empowered.



FuelEd

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