



## Equity Starts Here Challenge

North Carolina Community Action Association

# DAY 2: WHAT IS EMPATHY?

Empathy is the ability to sense and understand the feelings of others. It's walking a mile in their shoes. Empathy requires emotional intelligence, compassion, and a willingness to accept other's experiences as they are told to you. Empathy, like many soft skills, is rarely taught, but a highly sought gift.

Equity stems from empathy. Without empathy, we would be unable to understand why other's experiences differ from our own. When we are empathetic, we can understand the importance of equipping all public buildings with accessibility ramps. With empathy, we can understand why many people of color are terrified of law enforcement. When we understand where experiences differ and what is lacking, we can understand why change needs to occur.

To have true equity, we must learn and practice empathy. Some people are naturally empathetic, others are not. No matter where you are on the scale of empathic skill, take time to learn more about empathy and find a way to practice it today.

Today, select one or more of the following to read or watch:

- [How Do I Cultivate Empathy? - Greater Good Magazine](#) (article)
- [Six Habits of Highly Empathetic People - Greater Good Magazine](#) (article)
- [The Importance of Empathy - Lifehacker](#) (video)
- [Compassion and the True Meaning of Empathy - TEDWomen 2020](#) (video)

Discussion and Pondering Questions:

- Were you taught to be empathetic?
- Did anything in today's material stand out to you?
- What can you do today to practice empathy?
- How can you extend empathy to people with whom you don't agree?

Don't forget to share your thoughts with your inner circle today! If you post on social media, be sure to use the hashtag [#EquityStartsHereChallenge](#)