



daily GOOD

It is astonishing how elements that seem insoluble become soluble when someone listens. How confusions that seem irremediable become relatively clear flowing streams when one is heard. --Carl Rogers

The 'E' For Empathy Test

"If you ever want to understand your boss, corner him (or her) at the next office party and see if he'll play a little game. Tell him you need only 30 seconds. Then ask your boss to extend his right forefinger. "Go ahead," you might need to assure him, "this won't hurt." Then ask him to take that extended finger and draw a capital E on his forehead. Does he draw the letter so that it faces him -- that is, backward to a person looking at him? Or does he draw the letter so that the viewer can read it? Neither way is right or wrong. But the direction of that letter might tell you something about the disposition of that leader." Dan Pink shares more.

Be The Change:

Experiment with empathic listening at your own workplace.