THE SIGNIFICANCE OF EMPATHY AMONG TEACHERS

by:
Belen M. Cheng
Teacher III, Renato L. Cayetano Memorial School

Empathy is at the heart of coaching/teaching and is an essential social ability for any teacher. You need empathy to understand and interpret your students' needs, emotions and concerns or to demonstrate sensitivity while speaking to parents about tough issue or issues.

Empathy is also about sensing what is needed and making people sense comfy and cozy. And when you can read a situation through seeing other viewpoints and using this to create possibilities you’re using empathy.

Sometimes it’s only when you are in a stressful situation that empathy has real meaning and your skills or abilities are put to take a look at.

So what does empathy imply to you and how do you show it?

Here are a few things to help you develop your skills:

• View struggles with parents as an opportunity to empathise with a different viewpoint. You need to approach it through letting go of your own agenda and seeking to recognize theirs from a place of curiosity which means asking lots of questions.

• Adopt a provider mentality when working with your students i.e. when you serve you listen and ask inquiries to understand the needs and necessities instead of pushing your own thoughts and evaluations.

• Increase your political competencies by means of gazing your colleagues frame language and behavior in team meetings and trying to work out what they are really thinking and feeling.
And, if you have developed your skills to a high degree you may need to watch out for a couple things like empathising too much which can lead to you taking on others responsibilities or trying to meet everyone's needs and expectations which can be quite stressful.