



STORYCOMP PROJECT

**WORKSHOP
ACTIVITIES**





Developing Further
Competences

WORKSHOP ACTIVITY

UNCOVERING THE HIDDEN YOU AND THE HIDDEN ME



Adult educators &
adult learners



60 to 90
minutes



Between 10 & 20
participants



How to improve Empathy
competences of adult
educators to deeply
understand their
audience's experiences
and concerns.



There is no material to be
prepared before the activity.
The facilitator can organize
the room with different chairs
in a semi-circular shape to
explain the activity to the
participants at the beginning.



Pens
Paper



- Give the participants enough time to discuss about similarities.
- Give the participants the right to share or not, to select what they want to share.
- Participants should feel safe and secure while sharing about their things, so better to do this activity with a group that already know each other's for some time.



Methodology



1

Setup: Divide the large group into twos or threes.

2.

Write about experience: Give each individual two sheets of paper, each folded in half. Each sheet will have "Good" and "Bad" written at the top, one on each side of the fold. On the first sheet, each person creates two lists of the good and bad things that have happened to him in his lifetime. On the second, list the good and bad decisions he has made in his lifetime. Each individual sit alone in a quiet place without computers or phones for a period of 20 to 30 minutes to complete their list.

3.

Listen to partners: Once ready, each pair or trio will find a quiet place for them to sit as a group. Each person will share his list with the group members. It can be just by saying the list out loud, by telling it as a story or by selecting the elements he would like to share with the others.

4.

Reflect: As a large group, discuss the similarities that emerged. The following questions can help to further discussion:

- What are the similarities and differences that you noticed with other group members?
- Share something you learned about your peer that you admire.
- What did you learn that was unexpected?
- How will this change your interactions with your group in the future?

Evaluation

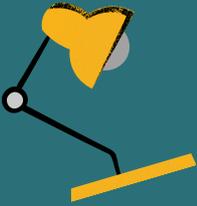
Debriefing questions that can be used:

- How do you feel after this activity?
- What does mean empathy for you now?
- How can you use this activity with your adult learners?
- Can you identify any difficulty in setting up this activity with the adult learners?

Additional material that can used for evaluation?

- The videos listed in the annexes section





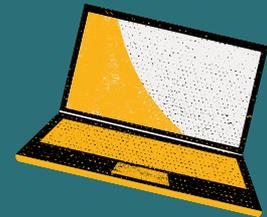
Annexes



Here is a list of videos that can be watched before or during the activity in order to understand better the concept of empathy through concrete examples.

- [The importance of Empathy](#)
- [The little puppy story](#)
- [Empathetic Listening - Inside Out](#)
- [Putting Yourself in Someone Else's Shoes](#)
- [The Thai Ad about Empathy](#)
- [offer Empathy](#)
- [Empathy Leadership](#)

References



Some literature review about empathy:

What is Empathy Competence?

- [emotionalcompetency](#)
- [Conceptualizing_Empathy_Compentence](#)

What is Empathy Competence in Storytelling?

- [Developing Empathetic Leaders through Storytelling.\(PDF\)](#)
- [Empathy-and-storytelling-the-way-we-connect-and-communicate](#)
- [how-great-leaders-use-storytelling-to-activate-empathy-in-their-teams](#)





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