

HOW TO HUMAN

developing healthy empathy workshop

WELCOME

EXERCISE 1:

how to human ice breaker

EMPATHY

em·pa·thy

/ˈempəˌθi/

noun

the ability to understand and share the feelings of another

**BE HUMAN.
SEE HUMANS.
FREE HUMANS.**

BE HUMAN

The text "BE HUMAN" is rendered in a bold, black, sans-serif font. Below the text is a thick, yellow, textured brushstroke that underlines the words, giving the design a hand-drawn, expressive feel.

EXERCISE 2:

empathy assessment

SEE HUMANS



EXERCISE 3:

walk in my shoes

FREE HUMANS



EXERCISE 4:

brainstorming session

CLOSING