Antelope Springs
Basic Parenting
Session 9

Agenda

1) Review listening skills
2) Assertiveness basics
3) 1 Hour Empathy Power Point Presentation (Liz Ovard)
4) Empathy Basics (from Marshall Rosenberg)

Questions for study

1) What are some ways that you can enhance the level of empathy that YOU experience with others?
2) What types of conditions or personal issues/habits/baggage get in the way of empathizing?
3) What are some of the advantages of becoming more empathetic?
4) What are some of the disadvantages of becoming more empathetic?