

“The Personal Empathy Project™”

Group Exercise

(60 insightful minutes)

Presented by *Colleen Sweeney*

Taking a good look at our *own personal fears* in healthcare can help to narrow the gap that stands in the way of our connection with patients' fear.

Empathy is an ability that can be developed more fully when we take the time to examine our own anxieties. Through this exercise, **we discover** that we hold the answers to calming patients fear within ourselves.

THE PATIENT EMPATHY PROJECT™ revealed that many of the fears we suffer from as adults stem from earlier childhood experiences. Each of us is a prisoner of our past experiences. Using artwork, Colleen will help audiences **identify their own fears** in healthcare settings. Often emotional, frequently surprising, always valuable, this exercise is one of the key components to allowing us to **see the healthcare experience as patients see it.**

This session is a perfect fit for an all-day

- **Leadership Development Meeting,**
- **Nurse Retreat, or**
- **Volunteer Conference!**