



# Coaching With Empathy

Putting yourself in someone else's shoes or seeing the world from someone else's perspective.

Empathy is important to early intervention practitioners. Using empathy during interactions with caregivers is key to building positive, collaborative relationships. Empathetic relational help-giving strengthens the emotional connections between caregivers and coaches. Studies show these positive, collaborative relationships increase caregiver self-efficacy. Caregivers are more likely to value their own knowledge and abilities when practitioners demonstrate empathy during their coaching interactions.

## Relational Help-giving Practices:

- Eye contact
- Reassuring tone of voice
- Pause and listen to responses
- Head nods
- Neutral facial expressions
- Observe and listen to caregiver's non-verbal cues
- Non-judgemental responses and expressions