



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 helpgiving 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 Helpgiving 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

