



## Celebrate International Women's Day With an Empathy Workshop

The future of work is now. In this new era of work, empathy is a critical skill needed to build more inclusive workplaces, create connections during change, and support the life-work needs of your workforce. Looking to upskill employees on empathy? Consider hosting one or both of our virtual empathy workshops in March or April as a follow-up to International Women's Day.

### Empathy Is a Critical Skill for the Future of Work

- Empathy is the skill of showing care, concern, and understanding to the life experiences of others. It empowers people to pause, acknowledge, and appreciate others' thoughts and feelings.
- Empathy is the foundation for creating an inclusive, equitable workplace where employees can belong, contribute, and thrive.
- Catalyst research finds the skill of empathy has positive business outcomes for your organization and your employees, such as increased engagement, innovation, inclusion, and decreased burnout and intent to leave.

#### DEMONSTRATE EMPATHY AT WORK

##### Virtual Instructor-Led Training (VILT) 1

This training will help your leaders build empathy—a skill that can be improved through learning and practice—by offering research- and results-driven tools to enhance empathy as a critical skill for the future of work. Through written and video scenarios, practice, and feedback, participants will build their empathy skills, creating workplaces where employees can belong, contribute, and thrive, even in disruptive times.

#### STRENGTHEN YOUR EMPATHY SKILLS

##### Virtual Instructor-Led Training (VILT) 2\*

Deepen and further develop your empathy skills in this next step two-hour training. You will share and receive feedback on your experiences applying the empathy strategies at work that you learned in the first training.

Through structured and confidential small-group sharing, you will gain insights into your strengths, growth areas, and barriers in demonstrating empathy at work. This training will equip you with specific, personal actions to strengthen your empathetic leadership, creating future-focused workplaces that boost productivity, support life-work integration, and build more positive work experiences.

\*Completion of Demonstrate Empathy at Work is a prerequisite. This training will be available at the end of March 2022.

### For Both Virtual Workshops

**Audience:** Managers and above

**Format:** Two-hour virtual instructor-led training

**Number of participants:** Recommended class size: 30 (maximum 50)

**Fee for each VILT:** USD \$6,500 | CAD \$6,500 | EU €5,000

#### Save by Bundling:

Purchase Empathy virtual workshops 1 and 2 together for USD \$12,000 | CAD \$12,000 | EU €9250

Purchase 5+ Virtual Workshops together for USD \$5,500 each | CAD \$5,500 each | EU €4250 each.

### Start Making Change

Interested in attending or hosting a session? We'd love to hear from you! Please contact [futureofwork@catalyst.org](mailto:futureofwork@catalyst.org).