

WOMEN

AND THE FUTURE OF WORK

BY CATALYST



Catalyst Workshops on Empathy

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.

Empathy Is a Critical Skill for the Future of Work

- Empathy is the skill of showing care, concern, and understanding for 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.

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

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 by taking the next step along your learning journey in this 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 empathic 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.*

Start Making Change

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