



Empathy mapping exercise

The Empathy Mapping exercise helps you connect with your mentee's emotions and perspective. After your mentee shares something with you, create an "Empathy Map" to explore what they might be feeling, thinking, saying, and doing in that situation. This exercise helps you better understand their experience and build a stronger emotional connection.

Process:

1. **Listen to a Story or Challenge:** Ask your mentee to share a recent experience, whether it's a challenge, success, or everyday situation.
2. **Create an Empathy Map:** While the mentee speaks, think about the following:
 - **Feel:** What emotions might they be experiencing?
 - **Think:** What thoughts could they be having?
 - **Say:** What are they expressing with their words?
 - **Do:** What actions or body language are they showing?
3. **Reflect Back Empathy:** After the mentee finishes, share your understanding of their feelings and thoughts. For example:
 - "It seems like you felt [emotion] when that happened."
 - "It sounds like you were thinking about [thought] at that time."
4. **Check for Understanding:** To make sure you've understood correctly, ask the mentee, "Did I get that right?" or "Is there more you'd like to share about that?"

Outcome:

This activity helps you understand your mentee's unspoken emotions and thoughts, creating a safe space where they feel heard and valued. It strengthens trust and deepens your connection.

