

## An invitation to participate in an **Online Empathy Circle** Design Team

### New teams now forming for 6 week meeting commitment.

Short url to this document: <http://j.mp/2kprkZZ>



### Links

- [Facebook Discussion Group](#)
- [How-To Host an Empathy Circle](#) prototype page
- [Team Working Website.](#)

### About

We are starting a new 6 week series for our Online Empathy Circle Design Team, and you are invited to take part..

One of the most effective initial practices and skills for deepening empathic presence and skill is empathic listening, (also called reflective listening or active listening). Beyond this is becoming more aware of and able to express feelings and also a whole series of other processes and practices that build on this practice. But I find empathic listening is the most effective first step to be mastered.

To start, the best way I've found to practice and get good at empathic listening is in small groups we call empathy circles.

There is a shortage of really good training material around this empathy circle practice and we want to work on developing that. Everyone is welcome and we need educators, artists, graphic designers, etc. to help develop this material.

**Our Challenge:** How might we design a simple and accessible training webpage for anyone to use, start or take part in an empathy circle?

### Join Design Team

We are adding new people to our design team. If you would like to take part, add your name and email here. Email me, [EdwinRutsch@gmail.com](mailto:EdwinRutsch@gmail.com) and we can discuss the next steps.

1. Lisa Cain- [lisa@marketingu.com](mailto:lisa@marketingu.com) Late afternoon (4 to 6pm) is fairly open for me Tues through Thurs.
- 2.
- 3.
- 4.

### Design Team: Wednesdays, 9am to 11pm PT

1. Edwin Rutsch - [EdwinRutsch@gmail.com](mailto:EdwinRutsch@gmail.com)
2. Karin Tamerius - [tamerius.smart@gmail.com](mailto:tamerius.smart@gmail.com)
3. Howe Rokofsky - [howe@rokofsky.com](mailto:howe@rokofsky.com)
- 4.
- 5.
- 6.

## Meeting Dates or TBD

1. Jun 28
2. Jul 5
3. Jul 12
4. Jul 19
5. Jul 26
6. Aug 2

## Empathy Circles have many benefits. We want to help spread them!

Empathy circles can be easily reproduced, as they are simple to facilitate, and they offer a lot of benefits for the effort for learning, practicing and deepening empathy skills. They serve as a good way to learn empathic listening which is a core skill in many applications: listening, dialogue, facilitation, mediation, and creativity. [See more benefits](#)

## The Call To Action

We are forming project teams to work on designing materials to teach the empathy circle process and practice. We will be redesigning this existing prototype web page to be more effective.. See [How-To Host an Empathy Circle](#).

<http://cultureofempathy.com/Community/Handouts/How-To-Emathic-Listening.htm>

## Commitments For Joining the Design Team

### 1. Time - Show Up

Take part for 6 weeks, weekly 2 hour meetings online. Also you will need about 2 hours a week minimum for facilitating your own empathy circle, documenting and designing prototype training material. We realize you may have to miss a meeting because things come up.. The intention is to try to make all meetings.

### 2. Design Weekly Prototype

You will create a prototype introductory web page, bring it to share at the meeting. Then redesign it every week to improve it.

### 3. Host Weekly Empathy Circle

You commit to using the training material to facilitate a weekly empathy circle (online or in person) during the week with family, friends, colleagues, or community, etc. Then gather your insights and bring them to share to refine the training material. We keep iterating to create a more refined webpage.

## FAQ

### What is your vision?

Our vision is to contribute to society's well being by creating easy to use tools that anyone can use to deepen their empathic way of being and skills by using the empathy circle process.

### Will we be using the empathy circle format?

We will be using the empathy circle format for at least a portion of each meeting. However, we will also be using other tools that have been created to support a collaborative design process. We don't think that empathy circles are the "only" tool that one should ever use for anything! We do think they are a great "initial step" within a larger spectrum of empathy-based processes.

**I've never been in an empathy circle before...**

Please let us know about what your interest is, in being part of this design team. We envision that most of the participants in this team will already have some experience with empathy circles, but are willing to consider exceptions. Another possibility is that you might be a great fit for a subsequent focus group, as we will be "testing" our prototypes later with folks who are new to empathy circles.

**How do you meet?**

We meet online using Zoom or Google Hangouts video conferencing.

**Is there a Cost to Take Part?**

No cost. We are all working together for the good and well-being of society and to make these tools available to everyone.

**If you have any questions that are not on here, please let us know!**

[EdwinRutsch@gmail.com](mailto:EdwinRutsch@gmail.com)