

## 2015-09-02 - Meeting Notes and Minutes

This shared document is for taking notes, minutes, documentation during the class meeting. While people are doing the empathic listening, we can take notes about what has been said. Also post any ideas, thoughts, suggestions, etc etc, as they come up here.

### **Melissa**

- I see clients being misunderstood
- I do the same thing and it's frustrating
- as an outside observer

### **What is the emotional experience that you may have while doing the empathy circle online using google hangouts.?**

- Empathy Circle Experience Map
- Emotional map

**Add your feelings below.**

### **Anxiety**

- Anxiety of meeting new people and being in a new environment
- Anxiety at dealing with new technology that can be buggy
- Anxiety at dealing with technology that is not as connecting as in person
- anxiety of being recorded
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### **Frustration**

- When doing empathic listening you may feel frustrated by not being able to speak when you have an idea. You need to wait your turn and that may feel frustrating
- With the technology
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### **Curiosity**

- may feel curious about the process and how it works.

## **Feelings around the Mini design**

**Anxiety about the speed that we are going.**