



Creative Empathy Training



windsweptworkshops.com



Hello there!

Across the corporate world, HR teams and CEOs are beginning to see the value of empathy in the workplace. An empathetic team communicates more effectively, gets fewer customer service complaints and retains staff. For some, empathy is something that your employees either have or they don't, but the most successful organisations recognise that empathy can be nurtured.

Through our community workshops, we have seen that empathy is built on storytelling and, by empowering your team with this uniquely human skill, you can create an empathetic, happier and more productive culture. We are bringing empathy into the workplace through storytelling...

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Windswept's Philosophy

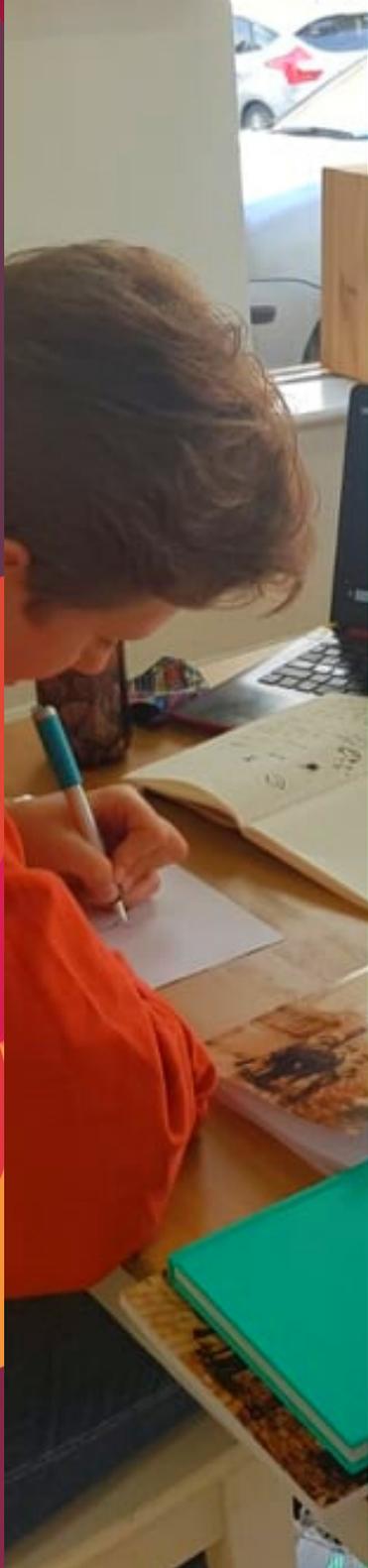
Windswept Workshops have been running multi-disciplinary storytelling activities in the community since 2020. Through our Writing Community, Storytellers' Clubs and workshops series, we have seen strong relationships form across generations, through the sharing of stories. Our facilitators have seen first-hand that storytelling is the key to building empathy in communities.

Learning to tell a story well not only improves the clarity of an individual's communication, but also allows them to nurture their own self-awareness. Once those stories are shared aloud in a group setting, listeners effectively experience the story second hand, allowing them to empathise with the storytellers' experiences, and ultimately creating a space of mutual understand, where collaboration and communication can take place effectively.



**‘the process of writing is a powerful way of getting people to become aware of what they feel as well as of what they think.’ -
Gavin J. Fairbairn**

Why storytelling?



Learning to tell a story well improves clarity of communication, reducing misunderstanding



The reflective process of storytelling benefits self-awareness and mental wellbeing



Actively listening to colleague's stories increases mutual understanding and respect



Exchanging stories within a group builds on these qualities to create an empathetic culture

'When we are moved by a play, or a film, or by a novel, we are moved because we begin to imaginatively live the lives of the characters we are observing or reading about.' Gavin J. Fairbairn

Symptoms of empathy deficit on your team



- Customer service complaints
- Intergenerational conflicts
- Communication issues
- Frustrated team members and mental wellbeing concerns

'This is a great gift for educators who want to help people to develop empathetic understanding of others because we have all, to some extent, had practice in relating to other lives through narrative form.' Gavin J. Fairbairn

Aspects of the workshops

01 SET OFF

Participants will be introduced to storytelling through interactive activities.

02 UNWIND

Participants will be guided through a freewriting activity, where they will explore their own experiences, and their emotive and cognitive responses.

03 SHOE SWAP

Participants will collaborate on verbal and non-verbal storytelling exercises, designed to put them in each other's shoes and find their own way to an empathetic culture.

04 LISTEN IN

Facilitators will support participants in actively listening to their colleague's stories and providing encouraging and productive feedback, thoughts and responses.



"We represent our lives through narrative."

Jerome Bruner

Pricing



FULL PACKAGE, VENUES INCLUDED

£3200

FULL PACKAGE, AT YOUR VENUE

£2800

FIRST CUSTOMER PRICE

£2000

• Full day of workshops for up to 15 team members

• Two experienced facilitators

• Bespoke activities for your organisation

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Let's Get Started!

If you are interest in the Creative Empathy programme, please feel free to get in touch! We are happy to provide bespoke offers to cater to the needs and budgets of different groups.

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